

Case Study 3

The Person and Complaint

A 27 year old woman presented with debilitating anxiety, and panic attacks. Her mother and Grandma also suffer from anxiety. The anxiety became so debilitating she couldn't do anything in the morning as the anxiety was worse in the morning. She would drive to yoga, and then sleep in her car afterwards until the next class, as it was the only thing that would help calm her down. She described her anxiety as 9/10 (10 being the highest level of anxiety). She would not be able to do anything to move forward in most areas of her life, due to the anxiety. She was unable to work because of this condition.

Story and Emotions.

She had a very upset and anxious when she was a child. She would throw tantrums, and they got so bad that her parents had to lock her in the bathroom because she didn't know what to do with her. She once smashed a window in the shower. Her parents took her to the doctor, and he locked her in his office to see what she would do. She stated smashing things in his office.

Her first panic attack happened at 20, which made her pass out. She started taking crystal meth and other drugs to try and cope, but got off it 1 and ½ years later.

2 months previous to her first panic attack she was hanging around with a drug dealer, who held her for 2 days while on drugs. He wouldn't let her leave and held guns to her head during this time. She thinks he sexually assaulted him but does not quite "trust this memory". She managed to leave after the 2 days. Although she doesn't have contact with him anymore, she still sees him in the pub she works at, and he acts like nothing had happened. She has never told anyone about what has happened as she feels that no one would believe her.

The Energetic System.

It appears she has a predisposition to anxiety, and the incident with the drug dealer was the trigger for the panic attacks.

The back of her heart was incredibly tight, as was her Pericardium channel. It appears it is the major contraction of the pericardium channel that is causing her panic attacks, and the fact that her kidneys are so adrenalized.

Her Throat and Sex centers were also very blocked and not connected.

Treatment – First Session.

I started with the back of the heart to the base. This was not connected at all, and very contracted. The back of the heart felt painful and had almost an electric charge to it.

We started to talk about the drug dealer, Victor.

I got her to say, "I release being afraid of you Victor". She really struggled to begin saying this. She had not said his name since the incident. As she said the release, tears come and there was a huge release in the back of the heart. Slowly the base started to move and connect to the heart but was not balanced.

I then moved to Pericardium 9 and the back of her heart for about 30 mins. It slowly began to move and relax.

She felt a lot calmer at the end of the session.

We talked about the need to come to terms with this event through talking about it and release work, otherwise it would keep controlling her.

Second Session.

She felt very emotional after the last session and has been “all over the shop” the whole week. However her anxiety has settled down to around a 5/10. She only woke up once with a major panic attack. She has had a sore stomach most mornings though.

I started on the back of the heart and PC9 for the first 30 mins. It felt a lot more open, but still contracted. She talked about blocking people out who she thinks might find out about Victor as she is ashamed, and thinks they will not believe her.

We talked about how feeling guilty and ashamed is her punishing herself for what Victor did.

I started to open the sex and throat centers. They were really tight and not balanced. I had her say –

“I release feeling guilty”

“I release feeling guilty about what Victor did”

“I release feeling Ashamed about what Victor did”

She had a major emotional release during this, and started crying. The centers released a lot though and started to balance.

I moved to the heart and had her say “I release hating myself”

And “I release closing my heart to (her name, and her nick name that everybody called her)”

She struggled with this at first but gradually she allowed her heart to open more. It really shifted when I had her say, “I open my heart to you (her name, and her nick name that everybody called her)”.

I finished this session with the back of her heart and PC9 on the left side, and had her say “I trust (her name, and her nick name that everybody called her)”.

Third Session.

She felt really good for the next 2 days after the last session, with no anxiety in the morning. Then it started to occur again through out the week, but only up to around 4/10.

I opened the back of the heart to the base for around 45 mins. The back of the heart was a bit contracted at the start but relaxed a lot by the end. The base was quite achy though.

I fished with Ki 1s for about 15 mins.

Taught her the inner smile, and grounding exercises.

Forth Session.

She has been good this week. She only woke up once with anxiety, which passed quite quickly. She is able to think and talk about Victor a lot more openly and does not have the same fear response.

I continued on with opening the back of her heart and her base for about an hour. They started to connect and the back of the heart felt quite warm and relaxed.

Fifth Session.

She had been feeling a lot better this week. She didn't recall any anxiety upon waking. She also found herself being able to plan her days, and is now looking for work.

I continued to work with the pericardium channel on Pc 9 to the back of the heart.

Both were a lot more flowing, and settled after about 50 mins. I finished by opening K1s again.

Sixth Session

She has had no major anxiety this week and has been able to manage any feelings of unease she has had with the grounding exercise. She has also started back working part time.

I just worked on the PC channel first from PC9, which felt flowing and warm, then PC 6. This was a little contracted but cleared well after about 30 mins.

I advised her to continue with the inner smile as a way to maintain her emotional state. I advised her to come back in 2 weeks.

Seventh Session.

She had not experienced any anxiety over the past 2 weeks.

I continued to work on PC 6 and 9 to the heart. And open the back of the heart.

How it was resolved

She did not experience anxiety over the following weeks. I saw her about 3 months later for a different issue, and the anxiety had not returned.