

Case: Bedtime Fear, 10 y.o. female

The Person & Complaint:

- 10 y.o. female has had night terrors since the age of 3- 7 years ago.
- She is in the 5th grade in Middle School, and lives with Mom, Dad, and older brother who is 12. She loves playing soccer and is on a year round team.
- As she has aged the night terrors have stopped happening as frequently and now exclusively happen when she does not have enough sleep.
- She has lots of fear come up at bedtime and would sleep in Mom and Dad's room every night if she could. Several times a week she comes into her parent's room and asks if she can sleep with them. Sounds like she is scared nearly every night but then falls asleep fairly quickly. Areas of fearful thoughts:
 - Burglars or intruders coming into her room
 - If it's humid she has a fear she can't breathe or feels like she can't breathe and gets fearful.
 - Has a fear of death and dying
 - Unrelated to bedtime fear of breaking a bone, "and not being able to do the activities I want."
- Other issues: she also gets stomach aches and nausea when she is nervous and has a tendency to worry.

The Story & Emotions:

- At the age of 3, 7 years ago, she moved into a new home with her Mom, Dad, and brother. Her Mom shared that there were no outward signs that it was a hard transition for her. However, it was pretty immediate that she started having night terrors after they moved in. Moving interrupted her sense of security which subconsciously started showing up in having night terrors. She was unable to express or perhaps even process her feelings due to her young age.
- Grandmother (mother's mom) died 6 years ago. Mom shared her daughter has a vivid recollection of when she told her she had passed. The mother told her daughter her Grandmother passed of insomnia, however it was suicide and insomnia was just one of the issues she had been dealing with before committing suicide.
- She does not remember the night terrors when they happen. Her mom helps her through them asking questions, holding her close, applying pressure on her body.
- Sometimes it feels like it is hard to breath when she is fearful and that scares her and makes her worry about her breathing.
- It is the same stories that come up in her mind repeatedly that spike her fear at bedtime and she is not able to manage her fearful feelings rationally in knowing she is ok, she is in her room, in her house, safe with her parents, and her brother, and that none of those things are happening to her.

The Energetic System:

- Her base closed in the trauma, or fears she experienced, as a 3 year old moving to a new and unfamiliar home.
- The physiological response of her body with her fear is sometimes like a panic attack where her breathing can get difficult so her lung meridian and throat are constricted and the flow inhibited.
- Her navel center is blocked. She suffers from a nervous stomach and nausea that can happen as she congests her system with worry but this does not happen at bedtime.
- Pericardium is also affected with constricting chest in fear and blocking meridian flow.

Treatment – 1st session:

- I do resonance to the base center while she talks about her night terrors and about what happens when she goes to bed. She is not fearful before bed just right at bedtime when she is in her room she starts to worry/be fearful about different things. And then her mind runs away with her. Sometimes it feels like it is hard to breath, and she feels like it happens when it is humid but says it can happen in the winter and any time of year. We talk about how the humid feeling is her body's physiological response to fear making her feel a little hot and clammy and that that feels humid when she has a hard time breathing. It scares her when she has a hard time breathing. Base started off feeling numb and moved to ache, got really painful when she talked about something scary that happened to her falling in Gooseberry Falls, last year, but a dad was there and grabbed her arm so only her feet went in. We recognized that she was ok, and talked about that she was safe and she is ok now, talked about how she is safe at home in between her parent's and chase's room. Base started to relax and felt like it had a lot more space to it. But not pulsing yet.
- Resonance to LU7 to base to help open base and because of breathing issue. LU7 felt achy but got lighter. Base got to a point where it was moving in a circular motion. During this part of her session she talked about her fear of death that she is, "to young to die." I asked if she was sick... she said, "no." And then reframed back to her that she's healthy and not dying. Talked about another fear of hers, breaking bones, and about how people she knows who it has happened to, they are ok now and can do the activities they want. Also, talked about how some people never have a broken bone. Talked about how mind can run away with us but when we notice that is happening we can choose to use some tools to help calm the mind. Taught her the inner breath and had her practice for 7 minutes breathing and feeling in the body to calm the mind. I also gave her a rose quartz to help soothe her at bedtime. She talked about bad dreams she's had, like time running out, or robbers in her room, and that sometimes going to bed can be scary because of her dreams.
- Did the base alone when feeling better and got it to open, pulsing.
- Balanced base to throat and got that pulsing in sync as well. The throat was achy to start.
- At the end also did P6 for nausea with stomachache.

Result:

- In follow-up communication with the mom she reports that her daughter has done well since her session. She has been sleeping in her room every night and has not been coming into their room either. And she has even mentioned sleeping over at a friend's house, which she has been scared to do in the past.
- I check in again about a month later and the mother shares that her daughter is doing really well and comments that things she used to be terrified of she is much more relaxed about like bedtime and being around dogs.