



Case: Anxiety and Depression

Age 56 Female

The Person & Complaint

My client was very depressed and anxious since she had split up from her husband 12 months ago. She said that she had become completely emotionally unstable since the breakup. She still wanted to make it work with her husband and was seeing a little bit of her husband on weekends. She had a lot of mood swings. He had always been unfaithful to her but she still loved him and wanted him back. She could not stop thinking of him day and night and this was keeping her awake. She had been prescribed Zoloft, tried it but soon gave up. She also had pain in her left shoulder and it was restricting her. It had been there for 6 months. She has been off work since the breakup but her office was putting pressure on her to return to work. She was frustrated by this. She had financial problems as well. At the age of 7 she had been sent to boarding school and did not have a lot to do with her parents. Her father died at the age of 12. She had also lost 5 kgs in the last month as she had lost her appetite.

The Story & Emotions /The Energetic System

Bernice was obsessing about her husband and their relationship constantly...she was overthinking and this caused some congestion in the spleen. She was not grounded which meant her base was blocked and she constantly and worried about her husband, her job and her financial situation...Netzach was blocked and she was desperate to see her husband and accepted his infidelity she was not honouring herself...Hod was also blocked.

She went from laughing about something to being quite flat which I thought was an issue with her heart and or PC. Relationships had been difficult for her and were one of her vulnerabilities. She was scared of being abandoned going back to her childhood events. Her poor sleep and anxiety issues were probably associated

Treatment – first session

I checked the front Mu point of the spleen and it was very tender. I did resonance to the heart and spleen .I opened PC9 and the source points of the heart to help her gain control of her situation I opened Heart 5 for the anxiety and kidney 14 which has a strong effect on emotional disorders and is really good for depression. I also opened spleen 6 and spleen 10 to assist with the constant worrying and low spirit. At the end of the session she appeared to be quite calm but a little teary .I advised her to try and rest and to see me again as soon as possible and she booked in 4 days later.

Treatment – second session

The client reported that she was much better after the first session and that her mood had improved substantially...she felt more stable. She looked quite disturbed to me and still quite anxious. Her eyes were flickering a lot and I thought she seemed quite restless. She talked about her husband a lot.

I worked on Pericardium 9, Triple Heater5 and Pericardium 6 for a long time and I also did resonance to the spleen. I opened her base and balanced base to the heart. The client left much calmer.

Treatment third session

The client returned 5 days later and she seemed much calmer .Her eyes were brighter. She said that she felt low and a little anxious but she had hardly been thinking about her ex-husband. I worked on the front and back of the heart. Heart 7 and Small Intestine 4 .I opened Netzach and did release work around worry- Her financial situation and her husband and also not feeling good enough.

Treatment fourth session.

My client returned a week later a very different person. She said that she really did feel much better and that she felt she was able to take control of her situation. She had spoken with her husband and he confessed to being in another relationship and that he was definitely not coming back. She felt strong enough to handle this news and move forward. I worked on Heart 7, Small Intestine 4 and Kidney 25 to lift her spirit. Small intestine 10, 2 and 3 for the shoulder pain and it disappeared.

Treatment Fifth session.

My client returned feeling quite good and had been sleeping really well. I had also sent her to the student clinic for a liver flush and a COL in between times. In this session we did release work around the husband and letting him go, resentment towards him, her work and her family, fear around being alone.

My client continues to improve although she has the occasional relapse when she sees her husband. She returned to work and regained her appetite. She is becoming increasingly independent from her husband and better in herself.