

Case Study 7, Depression, 40yo female

The Person & Complaint

D a 40yo married, 4 children: 3 daughters 14yo, 12yo, 9yo & a 6yo son. Greek Orthodox.

Her mother died suddenly while she was pregnant with her son.

Feels alive at work (talking to strangers), used to work as a chef, now works at Aldi, on the registers.

Struggles to function at home.

14yo daughter has a temper (like her!)

12yo is counting calories etc

6yo son was recently diagnosed with mild autism.

The morning kids routine is difficult for her.

Love coffee.

D is one of 3 siblings who avoid each other.

Feels aching, fatigued, headache as though a cold is coming on.

Chronic insomnia, gets up and checks on kids all the time.

Poor libido.

No contraception – avoids ‘fertile’ times.

Her parents separated when she was 2, shortly after her Dad lost his father.

D Copes by blocking out.

The Story & Emotions

Got depressed after her Mum’s death – blotted life out.

Father is still alive. D is angry with him (he is not a replacement for her Mum)

6yo son was recently diagnosed with mild autism, she blames herself, humiliation.

The Energetic System

Given her strong, Orthodox background, I would assume that there is congestion in the Sex & Throat areas (doesn’t want to talk, blocks out, heavy fatigue).

Her Heart and Shen Tao are very blocked due to the profound grief from losing her mother. Also anger at her going.

There is also congestion in her Liver, linked with Throat & depression.

Treatment – First session

Took a full history, took quite some time, accompanied by many tears.

Release work on Heart to Throat, releasing grief, sadness and anger.

“I love you & let you go Mum” etc.

She rang me 2 hours later, from her mother’s graveside. Told me how good she feels and how she’d had a good chat to her Mum about getting better and feeling happier.

Treatment Session 2

Came back 5 weeks later.

Has been feeling very guilty about feeling happy!

Her family are all fighting at home.

She feels angry all the time.

Sex to other centres: “I release feeling guilty”.

Base to other centres: “I release my fear of enjoying life”.

Base to Solar Plexus was particularly blocked.

Shen Tao to Hod, Base & P/C-9.

Taught how to do the Inner Smile meditation.

Has been wearing black all the time. Encouraged to wear more colour, even if it’s just colourful underwear!

Treatment session 3

Came back 3 weeks later.

Is wearing black & grey still.

Tried to sit and do Inner Smile a few times. Has started to read to try to relax instead.

Wants to feel more relaxed..

Anger triggers have decreased, even with her father!

Still feeling a bit guilty.

Scared to get attached to something good in case it gets taken away.

Liver feels OK

More grief releasework over Heart.
Released humiliation from Throat to heart connection.
Released blame from Navel to Heart connection
Opened crown.
Shen Tao really blocked. Opened eventually to Heart and then P/C-9
lying on side.
Did Heart to P/C-8
Base to Earth point which was blocked, opened eventually.

Treatment session 4

5 weeks later

Complaining of boils over her torso, armpits & groin areas.
Feels run down. Is on her 3rd script of anti-biotics. 1st course helped to
reduce the boils, 2nd & 3rd courses proving to be less effective.
To also try Tea-tree oil topically.
Feels exhausted.

Did Lu-7 (CV Strange Flow) to Kid-6 (Yin Heel)
Also Lu-7 to Lu-1
Kidneys to K-1's
P/C-6 (Yin Linking) to Sp-4 (Thrusting Channel)
Shen Tao to base, Sacrum & P/c-8
Opened Male pole & Female poles

Encouraged to keep up with meditating. Apparently Prep kids are now
doing it at school, and she sits in with her son. Feels better when she
does.

Treatment session 5

Came back 4 weeks later

Had IV anti-biotics in hospital overnight due to boils. Now on oral course
again, with a body wash & nasal spray.
Had some Vit B injections to boost her immunity.
Mother's house settles tomorrow. Has worked extremely hard to clear
years of clutter out of the house, able to let go of it now.

Still feels tired but energy levels have improved.
Is still doing daily morning meditation with kids at school.

Did Circulation of the Light Balance in 1.5 hours.

Treatment session 6

Came back 2 weeks later

Feels “not bad”, looks better than she has done. Is back at work.

Still has more boils coming up.

Flying to QLD with family for a holiday in a week.

Was anxious last holiday about leaving someone behind & kept losing stuff.

Has borrowed meditation audio books from a friend.

Is angry at husband, she’s not getting enough time on her own. He has annual leave this week, is getting odd jobs done around the house, but is annoying her by hanging around!

Complaining of dizziness.

Anger & anxiety need addressing.

Did resonance to base and all other front centres. Base very blocked.

Releasework: I release not feeling good enough, angry & incompetent.

Also did liver to Throat & Shen Tao

Treatment session 7

Came back 5 weeks later.

Had QLD holiday. Finds change a challenge.

Is less angry with her husband.

Is clearing up around the house, throwing out old, broken stuff and buying new furniture.

Only occasional dizziness now.

Complained of sciatica on her left side – usually the first sign of pregnancy for her!

Period is 2 weeks late. Had a pregnancy test at GP’s 1 week ago – negative. “Knows” she’s not pregnant. Husband would love 5 kids!

Opened GB organ to GB-34,

GB-30 to GB-34 sciatica cleared.

GB-44 bilateral

Hod to Naval, Netzach, Kid-16’s

Sm-1 to TH-1 & Netzach & Solar plexus
P/c- 9 to Heart & Shen Tao.

Result/ How it was resolved

She confirmed her unplanned, pregnancy a few weeks later and has since delivered a healthy baby boy at term.
She experienced no PND.

Reading back over this case, one of my early clients, I possibly would have done things different now. One learns and gains experience! She is certainly in a much more positive state and has a better outlook on life than she did before any Acu treatments.