



Practitioner Case Studies

Case Study 4 for Michelle Crowe December 2012

The Person & Complaint

A 15 year old girl came to me for treatment for severe weight loss, she has lost 11 kilos in 6 months, feels nauseous all the time. She had recently been on a drip for dehydration. Pain in the stomach, she also has problems swallowing. Can't digest food properly when she eats. Always tired. Confusion in the brain. Sensitive to everything. Sleeping is poor, can't get to sleep. Other health issues include cold hands and feet. She is being monitored by a doctor they are unable to find a cause apart from suggesting it may be an eating disorder. She attended the session with her mother.

The Story & Emotions

6 months ago her granddad died, she was consumed with grief, with her Italian background she was very close to him. She had been experiencing anxiety and the above symptoms since his death. She worries about her grandmother being on her own and that she will never get over his death. (also feels abandoned by her grandfather.)

The Energetic System

Deep sadness and grief has affected Tipereth. Cold hands and feet indicate Shen Tao and the pericardium are congested. Anxiety and worry would contract the stomach organ, channel and Netzach which through the double pass has congested Hod, abandonment issues and confusion in head. Chesed/Throat congested making swallowing difficult. Not accepting nourishment pathway of fortune. GB affected by control.

Treatment – first session

We talked, I had previously discussed her health with her aunty to avoid her feeling overwhelmed in the session. She was happy to get on the table after I explained how holding emotions can affect your body. She said she wanted to feel better. I then opened Shen Tao to PC 9, my hand ached and I talked to her about how she was feeling, she began to sob. She expressed how sad she was with her Nona dying and released the sadness. Her mother started to cry in the room too. Shen Tao started to move and after a while she stopped crying. PC 9 started to clear. She then got pain in her back around hod. So I opened Shen Tao to Hod. Hod was lifeless. I talked about her feeling abandoned, (her words in the earlier discussion) and the pain eased. I felt the centres both settle in sync.

The session ended and when she got off the table she said she felt hungry and asked mum if they could go and get something to eat, mother and daughter were both feeling lighter.

Treatment – second session

She attended the session with her aunty. Her stomach was feeling much better, she was not feeling sick all the time. Eating a bit more and feeling more in balance. Energy levels are good. When she thinks of her Granddad she doesn't feel sick anymore. She understands more about her mind affecting her body and the anxiety has almost gone. She spoke to her Grandma about Granddads death, she sees that she is ok. Her Mum is coping better too. Client talked to me about some issues she has had with her girlfriend at school, she was angry with her.

Shen Tao to PC 9 talked about the sadness she felt, Shen Tao to Hod, talked about honouring herself, self respect, self nurture (hands and feet then felt warm.) ST organ to ST 36, organ very tight, really unravelled and softened. ST organ to Netzach very tense and hot, talked about worry, went crazy then settled. Liver/GB to Chesed/throat holding anger, control, not speaking truth. "I release being angry with you Georgia" a friend from school. Release opened throat she felt the lump in her throat clear. Tipereh to Chesed, pain in heart then settled. Talked about inner smile, thinking of something that she unconditionally loved allowing that feeling to expand in her heart. Taught her to say "I deeply and completely love every cell in my body", she could feel that her body felt happy when she said it.

How was it resolved

I spoke to her aunty 3 weeks later, said she was eating normally and was a different child. No longer walking around with the weight of the world on her shoulders.