



Practitioner Case Studies

Case Study 5 for Michelle Crowe December 2012

The Person & Complaint

A 38 year old woman came to me for treatment for severe hair loss on her head, she has large patches of hair missing on the sides of her head, smaller ones at the back over the occiput and a few on top. She first started losing hair at the age of 13 it has continued on and off since then. Other health issues include, psoriasis and chronic arthritis for which she takes medication and cold hands and feet all the time. Stressful job. Pain at Shen Tao sees a chiropractor to adjust fortnightly. Tight throat, husky voice. She has to do public speaking at work and she feels very nervous and scared every time she does it.

The Story & Emotions

Her father was a very angry man, verbally abused her and was controlling, her mother was very distant. At the age 13 she was sent to boarding school, she tried to commit suicide because she didn't want to go, she has abandonment issues and felt very alone. She has fear in every day life, wakes up fearful, works in an environment where she feels unsafe working with drug addicts with unpredictable behaviour. Has been seeing a psychologist for 2 years and she understands she holds on to her emotions and does not express them. She wishes she was with a partner and realises that her fear and hair loss is stopping her from having a relationship.

The Energetic System

The hair loss on side of the head tracked the GB channel and the BL channel on the top, hair loss on the back of the head was at the occiput (Bladder control). The Kidneys are responsible for hair on the head in TCM. Kidneys and Kidney gate Hod affected by fear at from childhood, and work and abandonment issues. Cold hands and feet and pain in the back indicate Shen Tao and the Pericardium are affected, not feeling loved by parents. Cheshed/Throat affected from feeling lonely (the hermit pathway) plus blocking energy rising up to the head. Arthritis, GB affects the tendons and sinews in the body.

Treatment – first session

We talked mostly, then I opened Shen tao to PC9. It felt really tight and prickly. She started to talk about her father, she felt angry towards him the centre started to move as she talked about her traumatic relationship. She started crying. She felt lighter. End of session.

Treatment – second session

She felt light and happy for 2 days after last visit. Then had some mad dreams/nightmares, feeling terror in darkness nowhere to go, aloneness, Mum and end of world doom and gloom. Aware of feeling really angry, recognises wall around emotions and is starting to opening up. Carrying fear around with her. Started with K1's to bring her into her body, she really relaxed and could feel the energy moving up her legs tracking

both sides it took 40 minutes but she felt it rising all the way to KI 35, talked about being afraid, fear of letting go, she felt her throat relax. Then worked on the GB organ to the GB34 help balance GB channel. As we talked about her anger and control with Mum and Dad, she could feel prickles in her head where she had the hair loss. She was amazed. She felt the connection between her holding patterns and her hair loss. I felt lots of pain the channel as it unravelled. The organ made lots of high pitched releasing noises. Malkuth not moving at all talked about feeling terror, holding fear and started to move. Talked about the inner smile meditation. End of session.

Treatment – third session

Her hair has been stable all week with no loss. She had a dream she met King Kong faced him and he shrank, feeling less fearful in everyday life. Faced fear with a colleague at work and although it was still scary she felt empowered and assertive. Some pain in Shen Tao. Opened Shen Tao talked about father “I release closing my heart to you Dad” massive clearing. “I open my heart to you Dad” sobbing lots of pain in heart, talked about finding forgiveness. Shen Tao to Hod talked about worthiness, and she felt shame about hair loss. Then opened Chesed “talked about shame in many of areas of her life”. Hod to Malkuth about being scared. Base heavy then felt much lighter. BL BI 67’S, both congested after a while she could feel energy on her scalp at the top. End of session.

Treatment – fourth session

She felt flat the day after session and sad. Good after that. Massive changes in her hair, baby hair now growing on all areas of loss. K1’s first, then opened female pole Binah (very tight) to Malkuth not talking slowly opened pole, client felt like her spine was stretching, felt taller. She felt energy in head. Talked about her controlling her fear. Gevurah to Chesed, Gevurah to Tiphereth. End of session.

Treatment – fifth session

Good news re hair growth, no need for steroid injections, it was constantly falling out and is no longer. With lectures at work she would not be able to sleep the night before, she had no fear this week, a big change. Still gravelly at her throat, feels like she needs to clear it. Chesed, talked about speaking her truth, loving and accepting herself, then Chesed to Tiphereth (painful) talked about not being good enough. Chesed to Netzach-emotional fear and blame (tight and painful), Chesed to Yesod, soul correspondence her throat cleared. End of Session.

How was it resolved

The client’s hair was now growing back. She decided to quit her stressful job and move back to the UK. She was feeling much happier in her life, no longer consumed with fear.