



Practitioner Case Studies

Case Study 7 for Michelle Crowe December 2012

The Person & Complaint

A 24 year old male came to me for treatment for Acne Rosacea. He has had it for a number of years, but it has become worse over the last 12 months and bothers him most on either side of the nose around LI20 and across his shoulders. Other health issues include needing to sniff all the time, because of a runny nose and pain in his left arm down to LI1 with some numbness at the end of the finger. Some pain also at the occiput, on and off, mild headaches. He is working in bar at the moment and is planning to travel in 6 months.

The Story & Emotions

At 11 years old his parents moved to Scotland, he felt very alone and didn't fit in. He was bullied for having an Australian accent, felt humiliated and embarrassed for being different. Had difficulty making friends and he was afraid. Two years later his family moved back Sydney and he then had a Scottish accent and had to go through the whole process of fitting in again. He was very frustrated and angry with parents at the time. This was when acne started. He was experienced fear arising from moving from one country to another and not fitting in, and then having to return two years later and do it all again. This had continued as a pattern in his life, he now feels more comfortable travelling than staying in one place. Two years ago when travelling overseas he fell and hit the back of his head at the occiput and was knocked out, he cracked open the back of his head requiring stitches. He also had an accident at work 12 months ago when he cut top of his index finger off.

The Energetic System

He has blocked Cheshed through the humiliation and shame he felt from being bullied and from being ashamed of his appearance. Non-expression of anger (swallowing his anger) has congested the liver and led to liver qi rising, including GB too, causing the inflammation of the skin on his shoulders and face. Resentment congesting Gevurah giving him a pre-disposition to Acne Rosacea. The trauma of moving to another country a lack of trust and not fitting in, meant he would have protected his heart and congested the Pericardium meridian. The Lung meridian governs the skin so will need to check as its also the pair of the Large Intestine, cut off finger.

He has pain was 4/10 down his right arm tracking the large intestine meridian, from the accident where he cut off his index finger at LI1. The fall to the back of the head may have congested Binah. Fear would have affected both the base and kidneys and in turn the female pole.

Treatment – first session

We talked, I then bilaterally opened the K1's as he was really disconnected from his body. Then the K1's to Malkuth, Malkuth was very heavy and congested, he talked about his fears of moving to another country as a child and it started to move. Then resonance Shen tao to PC9. As he talked about how he felt about leaving Australia and anger towards his parents and then deep sadness, Shen Tao responded as he talked. Then LI1 to LI14, I felt nothing at his finger for a while, I could feel energy on either side, then pain at LI14 and as he talked about the accident the meridian felt a bit stronger and I felt a connection with intense pain. Pain eased to 2/10 needs more. Taught the inner smile. End of session.

Treatment – second session

Client was feeling more motivated and connected to his body. His finger felt much better, no longer numb, arm pain now 2/10. He also noticed that there was “a bit of difference, less red” with his skin on his back. Did resonance to Chesed he talked about shame and humiliation how he feels and the centre released a little. Then Gevurah, resentment came up towards mum and dad for making him leave Australia. Then Gevurah to left arm. Then sat on LI1 (where he chopped his finger off). Could feel that the meridian was weak it took a long time to unravel, he felt much pain in his arm before it eased. End of session.

Treatment – third session

Still sniffing but not as much. Skin on the front of his chest where he had acne was much better. Opened LI20's bilaterally to ease the sniffing and pain in the arm. The client felt a release of pressure in his nose. Balanced Lu1 – Lu11 and then Lu11-LI20. Also did LI1 – LI20 and felt the whole channel clear. Then worked on Binah very heavy and congested. There was really sharp pain there from the injury and from controlling his fear, anger and life in general. It took a long time to clear, then Binah to heart. Opened female pole Binah to Malkuth, he felt his spine lengthen and felt lighter. End of session.

Treatment – fourth session

The client was breathing more clearly through his nose, no more habitual sniffing. Skin much better on his face, good now on his chest and back. No more pain in his arm. He was feeling frustrated with work so balanced the GB organ to the heart. GB made its squeaking noise and lots of bubbling, there was lots of tension in this area, GB organ to GB34. Talked about holding anger and control. Th5 then Th23 to GB 1 not talking than connected. Worked on Chesed and released humiliation, shame and anger, expressing self at work. During this we talked about him not feeling accepted at school too. Once this cleared, balanced Chesed to the heart and Yesod. End of session.

Treatment – fifth session

Big shift emotionally, he had planned to go travelling again for 6 months, but has now decided he no longer wants to go. He is applying for an internship and wants to settle in Australia. No more running away, he's feeling much happier. He is doing the inner smile most days. His stomach had been a bit upset, so I opened stomach organ to ST 36, then BI St1's. Stomach felt better, he also felt pressure lift from around his nose. Opened Binah to Chochma, ached then really released. Client felt a change, he could see light in his head as it balanced. I then opened the strange-flows GV, CV. End of session.

How was it resolved

His skin had cleared up, few minor spots. He's feeling much more confident because of the change in his skin, understands how attitudes and suppressing his emotions have affected his body.

Pain in the arm has cleared completely. Sniffing has stopped. No more headaches. Client had more direction in life and felt much lighter, his mother noted that he was no longer a boy and had become a man.