

The person and the complaint.

Include a brief description of the person, their relationship/family, their complaint, any relevant facts, health issues, history

57 year old male. Has been ill since a painful relationship breakup 5 months ago. Starting with a urinary bladder infection that had him wearing a catheter for a while. This is now resolved (2 months ago) **Keeps catching colds and flu and feels tired all the time** although he thinks he is getting enough sleep.

He comes mainly for **loose** stools which often turns to **diarrhoea where he has to run to the loo, he has not made it at times this is happening about 5 times a week.**

He has always had good digestion and had regular bowel movements previously.

Other issue, flaky skin. Diet is good, he is seeing a nutritionist.

The story and emotions.

What's the story with the client? Is there one? If there is nothing obvious, is it more of an attitude or recurring feeling? What are the emotions that he is experiencing or repressing.

The break up crushed him, his ex said some crazy and hurtful things that triggered memories of his alcoholic Mother who suffered from depression. She would come into his room at night and start screaming at him and berating him. He recognises he felt fear and he had the same feeling of unsafety when his ex was screaming at him.

In both cases he felt abused and afraid.

All his health symptoms developed immediately after the breakup. He lives in a community but is increasingly isolating and withdrawing. He's has a tendency to hoard especially books and for a while now he's been trying to unsuccessfully declutter.

Sadness, unable to let go and move on and fear.

The Energetic System.

How has the story, attitudes and emotions affected the energetic system? What is blocked/congested? What obvious centre's, meridians, fields etc are contracted?

Fear blocking **Base** and **KG** causing tiredness. Lungs blocked by sadness blocking the **Heart** centre. LI meridians could be congested unable to let go of emotional hurt affecting base and **Navel** centres and skin condition.

Sadness is weakening the lungs, the special messenger of the lungs **Bladder** may be affected blocking the entry of light into the body.

Treatment 1

Client feels very heavy as he comes into the room and hardly speaks. I treat **Heart** and **Shentao** and then **Heart to H7**. I feel as if my hand is frozen over the Heart centre.

Heart to HT7 and LU 10 to HT 4 (combination for sadness and fear) Deadmans. The last points were very weak then pain. Some movement.

Client sighed and half smiled at the end of the session and thanked me but otherwise did not speak.

Treatment 2

Client still has all of the symptoms but said he had a good cry after the treatment and felt a bit better for it. This information came without my asking, as soon as he entered the room. Treated **Base and KG** completely numb checked **Base to Navel** same.

Stayed on base to the KG for the whole session. Did not get good movement.

Client slept throughout. Rushed to the loo at the end of the session.

Treatment 3

Client reports he is slightly better with energy levels. Incontinence has got slightly worse. Returned to **Base and KG** and got movement. **K3** and **K10** earth and water points.

Treatment 3

Client reports incontinence has improved to 2 occasions this week. Continue with Base. **Base to Navel and then Base to Heart**. Base to Heart was extremely shaky, but calmed. Finished with client in side position **Shentao to Base** (I find it's a nurturing position) Client was quite talkative and upbeat at the end of this session.

Treatment 4

No problem with loose stools, no incidents of incontinence. Skin has cleared up.

Still has a cold and not up to his normal levels of energy. I give him a **COL**.

Sacral and C7 most blocked.

To date - Client did not come back as he said he felt ok. I saw him around and could still see he was withdrawing. He made the decision to move on from the community after a few weeks and after that became happier. I hear he is settled and content in a new home and job. He had to get rid of a lot of possessions with the move. I met him taking books to the charity shop (thrift store) and he said he was enjoying getting rid of stuff.