

Case: 4 [jaw pain and tension, vertigo], 47, Female

Start April 5 2016

The Person & Complaint

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

relevant facts Client is female, married, 2 daughters. Works several days/week in the library and cafeteria of a local Waldorf School (Rudolf Steiner School). Slim body shape.

complaint The main complaint is several, with the most important 6 out of 10 being pain and tension in the left jaw and TMJ joint, reaching neck and pressure in the ears. Stomach pains, frontal headaches, ear pain, sleeplessness are also complaints.

health issues and history The problem started about 2 years ago, spring 2014 with constant stomach problems, stress and then burn-out and exhaustion, low energy, sleeping problem.

About half year later in fall 2014 a front tooth caused serious problems resulting in root-canal, but triggered jaw problems, now she is wearing a bite guard at night. Then about 1 year ago severe, so 6 months after the tooth, dizziness for the period of 2 weeks, standing and lying down which then disappeared. She went on a rehab for 3 weeks and the dizziness mostly disappeared, but then problems with the C1 to C7 part of the spine mostly on the left ranging up to the ear, causing pressure in the ear. The ear problems are current, often at night, sometimes a kind of tinnitus, she described with rustling leaves

When she wakes at night from pain, her mind goes crazy and she cannot get back to sleep

During one of the sessions she mentioned that **before** all these problems she had chronic back pain at T5/6 the back of the heart and lumbar near sacro-iliac joint

Digestion is fine, no menopause yet, no KI or BL or LIV or GB issues

Sometimes stabs in the front of heart, blood pressure ok

Doctors: The dentist assumes that the jaw and ear problems are caused by tooth grinding at night. She is wearing a bite guard.

She went to see a naturopath, 3-4 sessions, who treated her with procain/neural therapy against the neck pain

She had her stomach examined , but stomach is ok, no ulcers.

The Story & Emotions

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

The start of the complaint was the puberty of her oldest daughter; she described a process of letting go, difficult phase. It started with constant stomach pain, which she never had before, and stress resulting in insomnia and inability to relax. Now the daughter is older but her problems are still affecting the mother. It seems that the main issue here is letting go of the daughter and at the same



time resenting that the daughter is becoming a woman.

The lower back pain started when carrying the daughters in a sling, but still occurs once in a while.

The Energetic System

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

The heart center is definitely very tense, thus her sleeping problems and frequently cold feet, plus stabbing in the heart. It seems the heart and pelvis problems (GB) pre-dated the current problems. The GB is very congested affecting heart and the GB20 area and I feel the GB affects via the TH the ears

The C7 center is very tense reflecting the holding, shallow breath, and fear of letting go of the daughter so the prana field and lung and large intestine meridian are affected

The bina/occiput center is tense as well, reflecting the excess need to control life and the kids.

It seems that the problems in the jaw joint might be suppressed anger or shame – was she abused?

The initial plan First focus is pain in neck and stomach, the reasons for her visit, then ears and heart.

Treatment – first session April 5 2016\ 75 min

What did you do in the session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Sitting up, I did TH5 to TH1 on both lhs and rhs for about 10 min, quite electric, client felt rising energy up left arm to below shoulder. I do not feel TH is the main starting point.

Lying down did on stomach to on C7, for about 30 min. Stomach started to make many noises, first felt cold, then achy. At C7 after about 10 min a medium strong back and forth motion. I feel the C7 is a major point, letting go, and breath. We talked about letting go of her teenage daughter, and she confirmed, mentioned that letting go is the key point in her life. As she was breathing shallowly, I asked her about breathing and she responded that she doesn't.

Did then throat to C7 and after about 5 min here she said that she felt tension at binah building up. I went to binah and base to clear the female pole and explained the link to control. She noted that at her parents control was a big thing. After a few min the frontal ache in the head lessened. During treating the throat she started to talk about back problems at back of heart and lumbar, that this was **before** the current problems.

To finish and help with sleep problems I did back of heart to P9 and she felt that strongly, but that had the effect of ear ache and tension coming on. So I did TH17 to the 3 ear gate points TH21, SI19 and GB2, which lessened the ear problems but since the session was ending, only a few minutes here. At the conclusion client felt relaxed and that quite a few things moved. Gave her walking to help with stomach, and a breathing exercise, to count to 3 on in- and outbreath.

Next time: Ask about back of heart and lumbar problems, feelings. Do ears/pressure next time

Treatment – second session April 20th 2016 \ 75 min

How was the client after the first session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: She first felt for 2 days nothing, same or worse, then some improvement. The sleeping and the stomach are much better. She started to feel warmth above the left eye and temple that she did not have before. I feel that in the last session working on the TH caused some pressure in the TH, that's why this session my plan is to treat the gallbladder. Main sore spots are the GB20 bb. She did not do the breathing exercise, but did some walking.

She feels some gum infection coming on and wants to go see the dentist for that.

Treatment: Asked first about range of motion of neck the shake head motion is more blocked than the nodding motion, this confirms my take on the gall bladder being blocked, affecting the ears, TMJ and ileum sacral area. Due to some comments in the last session about her 'birth family' I had a sense of her being abused. My further plan is to clear the heart with some release work as the jaw grinding is probably due to deep held anger.

I started the TH1 to on back of heart. The heart is painfully cramping. When asked how she deals in every day life with anger she responded that she feels guilty for causing it, and rarely expresses any anger or emotions much.

I explained the concept of the release work as not being psychotherapy but a speaking exercise to help clear congestions in the energy. When I asked her about any trauma further in the past, she describes, that she was beaten often as a child. Many times her parents were on the verge of splitting up and often did not talk with each other for extended periods, sometimes months.

I do resonance off the throat and on back of heart during the release work. Starting with release of anger, release and forgive anger and shame, also some anger towards her sister is expressed. We do I release anger, I hate you, I forgive/love you sister and both parents, finishing off with I forgive/love myself.

During the release she cries and says that it was very difficult to say these sentences, especially since the parents are visiting at the moment. The release was about 20 min.

Next I do bb GB20 which is electric, but I feel that this is increasing the pressure so decide to unwind from the feet.

Lying down I do GB44 for the remainder of the session. Working close to the head last time increased the pressure. She reports that she is exhausted from the emotions, and then a pain in the temple came but then dissipated. GB44 on both feet feels electric but started to move at the end. She said whether I was going to treat the ears and I explained that I did, by remotely working on the feet, since working directly at the ears only had increased the pressure.

Advise: Advise her to do the breathing while walking, explain the relationship of breathing and emotion. Explained that we are a team to help her get better, that she can contribute with doing the exercises.

Next time: Work on harmonizing the TH with the GB, resonance on Shen Tao, clear stomach



Result/ How it was resolved

After second session she decided that while her complaints improved from the sessions, some of them returned, but since the sessions were too expensive for her (heard from the person referring her to me), she did not return.

My interpretation of this is that first there was a problem with money, and with her possibly not having or earning her own money and being dependent on the husband, who possibly did not support her having sessions. She only paid the reduced rate I offered at the time. The first time she saw me she did not bring any money or form of payment, but only told me so after the session. So I said ok, she can pay by money transfer into my account, which she did. I received the payment a few days later.

The second time she again told me, this time before the session, that she did not manage to go to the ATM to get cash. After the session we went together to the nearest ATM to get cash and she paid me.

My lesson from this is manifold. Not only the effectiveness of the sessions determines whether clients come back. There are a few more factors, such as support by the family. She clearly benefited. Also, it's important to be clear about the payment for the session. with new clients, and that it takes more than 2 or 3 sessions to improve the condition. Also I is important to be clear about which condition is treated first.