



Case Study 5

This case study is interesting to me as it shows that often teenage boys do not talk to anyone. When they do talk about their problems, they seem to evaporate very quickly; well the problem evaporated quickly in this case and speaking to other senior AcuEnergetics practitioners they seem to have experienced a similar thing. It took time to develop trust and for the story to come out but when it did, the problem seemed to be solved very quickly.

Case: Obsessional Behavior studying for the HSC, 17,male

The Person & Complaint

The high school student had become fixated on Ivan Milat after studying him at school. He was having "bad thoughts" and initially he would not talk about what those thoughts were. When he opened up the problem cleared quickly.

The Story & Emotions

The story was not coming out in the first sessions. We got to session three before I got him to talk about what he wanted in life and then he opened up. In the earlier sessions I was chasing symptoms of anxiety.

The Energetic System

He was very blocked at Yin Tang and found difficulty breathing at times.

Treatment – first session

In the first session the client told me he was studying for the HSC and he was finding it very difficult to study as he was getting short of breath and worrying.

I started treating Yin Tang initially and then Yin Tang to Binah as he was not really addressing the problem directly. He was alluding to something that happened at school in class. I started with questions trying to guess what it was but after two negative answers I gave up and just treated the points. The points were responding quite well and then he developed a pain in the chest and I treated Binah to Tiferet (the Chariot) definitely a problem unifying heart and mind. I asked him to put his hand on his belly

and breathe into the belly. The pains started to reduce with deep breathing. I gave him the inner smile meditation card and asked him to follow the card to try and do the meditation when he first woke up. I explained that by doing this he may be able set his day positively. We went through the inner smile meditation and he said he felt a little better after the session, particularly after grounding. He seemed almost relieved that the session was over. He said he felt better and thanked me and rushed off to the movies with his mates.

Treatment – second session

The client's mother rang and asked me to treat him as soon as possible. Something had happened and she seemed to be panicking. He was anxious and I treated Yin Tang and Heart 7. I got him to breathe into his hands that were resting on his belly. Asked him to walk with focus on K1's and flexion plantar flexion as it activated a lot of meridians and when combined with the breathing would help. I got him to walk around the room until it felt like he could do the exercise. I said any exercise would help as long as it got him into his target heart zone (220 beats per minute minus age will give a figure in this case of 200 beats per minute and 65% 130 beats - 85% 170 beats) for at least an hour a week. At that rate of cardiovascular exercise a person has no choice but to breathe deeply.

Treatment – third session

The client had been at surf lifesaving all morning and was in much better spirits. I explained that exercise was very beneficial in many different ways. That not only was it fitness but being forced to breathe deeper made his lungs open up and afterwards he was probably much more relaxed. I had said something similar before but this time he understood it. He was tight in the thumb (lung meridian), index finger (large intestine meridian) and middle finger (pericardium meridian). I treated them all off the body. When I asked about his dreams for the future, he replied that he wanted to visit New York, work in a creative design office, marry and have children with a nice lady and live in a nice house. I asked how he was going to get to that and it was by studying going to University and doing design in some form, depending on his marks.

I asked him if the present situation was helping or hindering these goals. I mentioned that focusing on the negative would lead to negativity in his life, focusing on the positive would help him to be drawn to the positive. Because he was visual I suggested he get a scrap book and cut out pictures and paste them in a book and look at them when he was having dark thoughts.

.....I was showing my age and we had a great laugh. My old man ways were much better served by cut and paste in a folder on the computer. We both had a great laugh about my mid 20th century outlook. He seemed to relax a bit after that. The pain went

out of the fingers and I treated PC 8 and the point on the dorsum of the hand opposite PC8.

He seemed much more relaxed and thankful for this session as he had been quite distressed when I walked in. I grounded him and left. He wanted to continue with the process and asked his mother to book another session.

Treatment – fourth session

The session started with me treating PC 8 to back of heart. The teenager said he felt better after the last session and he had tried to write down pleasant things as suggested and it had worked to a degree but he still had thoughts of Ivan Milat doing bad things to people and somehow had himself mixed up in the equation. I asked what the bad things included and he said girls. He was looking off into the distance and felt agitated. He had been doing the deep breathing into the belly and sometimes he had meditated but he did find that hard to fit into to his schedule.

I started treating Yin Tang to throat and he decided to tell me why he was so agitated. His uncle had died of a drug overdose when he was just a baby but he was not told until he was 14 years old. Shortly after he developed a skin complaint that led to him being put on Ritalin? Again not quite what Ritalin is used for but this was his story. About 10 months after that he became anxious and started obsessing over Ivan Milat and other dark stories. He was fascinated by crime shows and horrified at the same time. He could not see how people could do that to other people. He was concerned about whether his fascination would lead to him doing dark things. I said that the shows are designed to excite people and improve the show' s ratings. I said most of the media was designed to shock or excite you in some way. I talked of the music they played in the background as an example. He was going to a Catholic Boys School and he felt guilty about his thoughts. Immense relief came over his face as he realised that the shows and his fascination did not mean he was the next Ivan Milat. I shifted to grounding him at the end of the story. I suggested he keep meditating and suggested that if the problem came up again go for a walk and look at the ratings of his favourite shows to see how many people were watching the show.

At the end of this session he was animated, active and laughing.

Treatment – fifth session

The last session was close to Christmas. The mother rang and cancelled the session. She thanked me and said that Patrick was doing much better. They were going away and would call again if the problem came up again. She said he was back to his old self. I guess in releasing his big secret he was able to process and move on very quickly.

