

The Person & Complaint

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

37 year old happily married woman with 2 children 3 yrs and 6 weeks old.

Comes for treatment as for the last 2 weeks she is **unable to sleep or nap and is exhausted**.

Diagnosed as suffering from postpartum insomnia. A drop in reproductive hormones which can influence the body clock and a shift for the brain to be more alert to listen for the baby can be the cause. (PPD can go on to become PND)

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?

Gave birth 6 weeks ago and all went well. Birth was easy and natural compared to the birth of the older child, which had been horrendous (C sec) long labour.

She does however find the second child more difficult to bond with and she's puzzled as to why that is. Things went ok until both children had colds 2 weeks ago and escalated when the baby started waking to feed every hour during the night.

Mum found she couldn't get back to sleep after the feeds and couldn't switch off to nap during the day either. Sleep is on average 3/24 at present. She can doze but then wakes with a start.

She went cold turkey with the breastfeeding as she felt desperate and thought it would be easier to formula bottle feed as her husband could help out.

Baby is sleeping more now, which she believes could be the formula.

(I believe it's possible baby could have just been having a growth spurt, I don't say that)

Client feels bad that she stopped breastfeeding so suddenly and acknowledges that it may have been a shock for her system and babies.

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?

Sacral centre - Blocked through guilt and not coping so well as Mum with second child.

Double pass (KG and Navel) Kidney Meridian. Low energy and exhaustion. Strengthen kidneys.

Heart Distant from baby.

Pericardium (Circulation sex) hormones could be effected more than usual after giving birth especially as breast feeding was stopped very suddenly.

Spleen usually needs treating after birth due to its role in producing breast milk,in this case to calm the mind too.

1st session

COL Everything slow to connect. KG HT Shentao,Naval and Base most blocked.

K1s are very tight. Breath is not descending down to the navel. Did some belly breathing with her which she will practice at home. She normally has a meditation practise which she has dropped since the baby. I encouraged her to take it up again.

Told her where to find inner smile meditation online after explaining the benefits of this practice. She slept throughout the balance.

2nd session.

Came for a COL the following day, it needed repeating and this time flow was much improved. She thinks she slept slightly better the previous night but wasn't sure. Again slept throughout treatment. I taught her to ground with hands on top of thighs with knees up lying down in bed. This at least takes the attention downwards and even if she doesn't sleep it will be a break from her mind.

3rd session

Arrived for the session 4 days later, quite desperate. She has been sleeping slightly better, about 4 hours during the night and a nap of around an hour during the day but feels things are getting unmanageable. She is not taking any sleeping aids. She has been trying the grounding and thinks it may help.

She's very anxious

Started with **Shentao** and then **Shentao to PC6** whilst she talked. Client talks about her first birth and how traumatic it was, she would get a feeling of being on edge and jumpy for months afterwards which is similar to the feeling she now gets whilst trying to drop off to sleep.

She connects the two and believes that the trauma of the first birth was somehow triggered again after the second child was waking up a lot in the night.

Shentao opened up and I got flow in the meridian after she spoke

KG to Navel, Navel numb and KG spiky. Some movement after 30 mins.

With client on side resonance to **Kidney organs**, hot and spiky.

Finish by **Shentao to Base**.

Base very blocked.

Slept throughout. I suggested I treat her at a home next time so that she could rest after and not have to drive. Reminded her of meditation practice, she has been doing this as an alternative to the elusive day time napping.

Session 4

KG to Base and **Base to Earth** point. K1s. Slept for the whole session. Had a nap for 2 hours and then slept again from 8pm until 5am.

Session 5

Session at home 3 days later. Sleep has improved now she's sleeping a lot and catching up on lost time. She feels regret that she panicked into stopping breast feeding so abruptly and feels guilty that her second son has had a rough deal, her words. I do resonance over **Heart** as she tells me this, very painful.

Sacral to Heart sacral numb and heart still pain. We had a conversation about guilt and it being held in the sacral centre.

She made a comment that she knew the guilt did not help anyone and she felt it after the first birth too, it had not gone as planned and ended in a Caesarean.

I explained that feeling guilt as a Mother was very common. As we spoke I felt the sacral centre become extremely painful and the heart less painful. I stayed there until they balanced which was another 35 mins.

Checked **Base** flow better.

Session 6

Spleen organ on and off. Hot and prickly, some flow after about 30 mins.

SP1 for rest of session. SP 1 is very calm by the end. Client looked bright after this session and seemed lighter.

To date - Client is sleeping better and has gone back to her meditation practice, also is having fresh air walks with the baby. She says she is noticing and enjoying his character forming and feeling closer to him. She will come for more treatments if she needs to and I haven't seen her again so far.