

Case Histories

Automobile Accident

A woman in her early twenties from Australia was in a near-fatal automobile accident. Pinned in her car beneath an 18-wheeler, she was rescued but suffered multiple fractures to her skull and body. After a life-and-death struggle and several surgeries to repair internal injuries and reconstruct her cranial vault, face, arms, and legs, she survived and underwent months of rehabilitation. When she was released from the hospital she was still suffering from severe headaches (metal plates had been placed in her skull) and was extremely sensitive to light, could not tolerate sound, and had serious panic attacks.

Hopeful relatives brought her to Houston, where she was evaluated by a number of physicians who determined there was nothing more that could be done for her. It was at that time that she was referred to me for evaluation. She came to my office covered in blankets and wearing dark glasses to avoid any contact with light. Emotionally exhausted, she had not been able to sleep for several days because of her headaches and anxiety. Forty-five minutes into the session she began to relax and let go of the fatigue that had been her companion for so long. Two days later we met again for the 2nd session. She mentioned that she had slept for ten hours straight after our 1st session, something she had not been able to do in months. We continued the sessions three times a week for the following two weeks.

After completing ten sessions, she experienced significant improvements. She could listen to soft music without discomfort, did not need to cover her head with blankets, and could go out during the day wearing only a hat and sunglasses.

When she returned to Australia, I referred her to a Craniosacral Therapist. Six months later she only required therapy once a week. A year later, I saw her again for four more sessions. Her improvements were remarkable. She no longer had anxiety attacks, could sleep normally, and rarely suffered headaches.

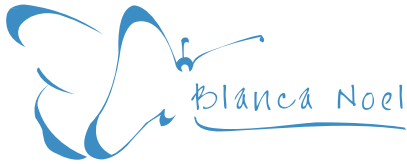
Non-Communicative Child

A 4-year-old boy was referred to me for treatment. His mother reported how he was not able to talk and make friends, and was, in general, a loner. He also exhibited a very short attention span and hyperactivity. His teachers were primarily concerned with his delayed speech and had considered speech therapy.

Because the boy would not speak, he gestured a lot with his fingers. I observed how he had trouble with his breathing and kept scratching his eyes. His mother said that he had many allergies and that they had tried a number of remedies without any success. After the 1st session, his mother reported his allergies had improved and that he had started using words that he had never used before. The boy was always enthusiastic about our sessions, taking my hands and putting them on his forehead.

After the 4th session the mother was delighted that the child's daily headaches subsided. After the 6th session his teachers reported remarkable improvements in his behavior and communication skills. On the 11th session the child was very talkative and spoke clearly in complete sentences. On the 14th visit, his mother reported that he had made friends and that his teachers were pleased with his behavior and social interaction. Speech therapy was no longer an issue.





Case Histories (cont.)

Victim of Gunshot Wounds

While I was practicing in the Houston area, I had a client who was the victim of a gunshot wound and had been left for dead after the vicious attack. After partial recovery and treatment at the Rehabilitation Institute of Houston for several months, she came to me for CST sessions. At that time she had no feeling from her knees down, was walking with a cane, and suffered from severe headaches as a result of the bullet still lodged between her fifth and sixth vertebrae. (The bullet could not be removed due to its location in such a critical area.)

After the 1st treatment, she felt a sense of calmness and relaxation that she said she had never experienced before. Prior to the 2nd and 3rd sessions, the intensity and frequency of the headaches began to diminish. After the 4th session she had a remarkable breakthrough: She regained feeling from her knees down and no longer needed a cane. She received weekly treatments for one year, after which time she regained control of her life. As part of an ongoing treatment protocol, she continued with monthly sessions. This client also reported having a paranormal experience during one of the sessions in which she sensed the presence of highly developed beings who had come to assist her and look after her.

Deep Depression

After losing her husband, mother, son, and aunt in less than six months, this woman was left severely depressed and lost the desire to live. After she heard about CST, she was motivated to begin treatment. After the 1st session her emotional pain diminished enough for her to make a commitment to weekly sessions. Though her recovery proceeded gradually in the beginning, with continued regularity, she improved with each session.

After the first ten sessions, she began socializing and participating in activities. Gradually, she eased herself back into the community, began traveling again, moved to a new home, and started a new life. Her understanding of pain and grief added a new dimension to living for her. She had risen from the depths of despair and reached a state of peace, and the joy of living returned to her. As she continued with regular sessions for several months, her vitality was restored, her diet improved, and she even lost 40 pounds.