

CranioSacral Therapy Helps an 11-Year-Old Refocus and Accept his Special Abilities

By Karen Axelrod, BA, CST-D, CACMT

An 11-year-old boy came into my practice for four weekly sessions at an hour-and-a-quarter each. Adam* had received a few CST sessions as an infant after he was born via Cesarean, and his mother felt those treatments were extremely beneficial. His mom, a part-time massage therapist who has taken one CranioSacral class, felt CST could help her son now with his insomnia, inability to focus clearly, hyper-sensitive hearing, and minor emotional disturbances.

Adam is home-schooled and performing at somewhat-below-normal levels for his age. He had been on Adderall for a couple months prior to receiving CST to help him focus while studying. He said without it, he had trouble reading and that he would read the same line over and over again without really comprehending what it meant. Neither he nor his mom wanted this to be a long-term solution, since the Adderall created stomach and digestive problems for him.

Adam's body drew me right up to his cranium during our first session. I spent virtually the whole time following his intracranial membranes unwinding and working out a key strain coming from the right occipital lobe. As I worked, I dialoged with him – although he

** not his real name*

was a little hesitant – his about his sleeplessness. He shared with me something his mom had mentioned during our initial phone conversation. Adam is plagued by visits from spirits who come into his room at night and speak – sometimes for hours at a time and in large groups. This is what his mom meant when she indicated he had “hyper-sensitive hearing.”

You see, Adam is psychic and the spirits come to him because he is open to their energy. But, as an 11-year-old, he is often scared by the spirits and doesn't know how to handle them. He has tried to talk to them to see what they want, but they overwhelm him. When they talk over each other, he can't distinguish individual voices.

When Adam can't sleep, he goes into his parents' room if the voices are too much for him to handle. This was creating problems not only for Adam but for his parents too, who were losing as much sleep each night as their son. Adam told me would sleep for about three hours before the spirits would wake him up. Then he'd be up until about 5 a.m. and get a couple more hours sleep before waking up for the day. While his parents are very supportive and understanding of their son's special abilities, they are in need of sleep themselves and recognize that Adam's lack of sleep was affecting his school, mood, and overall performance.

I saw Adam a week later for our second session. He was pretty quiet as he walked in the door, as he was the first time we met. When he went to the bathroom his mom told me he didn't want to speak about the spirits this time. Not only does he feel uncomfortable talking about it, but it also scares him. Of course, I honored that request. Both Adam and his mom indicated there had not been much change in his sleeping habits in the previous week. And they both reiterated that he wanted off the Adderall.

His body again drew me right up into his cranium. This time I was drawn to work on his sphenoid, where I felt a right sidebend coupled with a severe inferior vertical strain. The sidebend righted itself after about five minutes, but the inferior vertical strain was stubborn. I waited and waited, curious to see what it would do. It took close to 20 minutes, but then I felt the sphenoid and occiput slowly starting to give way. As it released, the membranes around his brain and spinal cord became softer and began to lengthen. Even though Adam remained quiet and probably didn't feel the subtle changes I perceived in his body, I knew releasing the inferior vertical strain was going to affect a pivotal shift in his healing process. After that released, I did a couple other techniques to unstick his right

parietal bone, open his cranial base, and mobilize his hyoid.

Between our second and third sessions, Adam met with a psychic who works with psychic children. This meeting had a great effect on him, as it gave him a chance to talk to someone who has experienced the same types of spiritual interaction he experiences. Adam reported that his sleep had been improving over the last three days, and that he was sleeping about three or four hours longer each night even though the nightly visits hadn't really diminished. He was just better able to tune out the voices and sleep through them – and he was really happy to be getting that extra sleep each night.

I rechecked Adam's cranium to see how the last session's releases were holding, and everything seemed just fine. This time, I felt into a left torsion at his thoracic inlet, which told me that the strains I had worked in his cranium the last two times were starting to migrate and shift down into his torso. I spent a while doing some positional tissue release and a diaphragm release on his thoracic inlet. Once that smoothed out, I checked with his Inner Physician to see what else his body needed that day. I was directed to work on his temporal bones to enhance the function of his temporal and parietal lobes in relation to his learning challenges. After that, I helped down-regulate his reticular alarm system to bring him into a stronger state of parasympathetic tone and sustain his sleep improvements.

When Adam and his mom came to his fourth session – a month after I first met them – Adam almost bounced into my office. He was smiling, looked happy, and made eye contact with me without my initiating it. His body seemed much looser and much less on-guard than in previous weeks. When I asked him how he was and what he'd noticed since our last session, he beamed as he rattled off the changes he was experiencing.

Adam's mom decided to take him off the Adderall, which resolved his stomach problems. Additionally, Adam's school work was improving and he was focusing well on his reading and math without the drug. His sleep continued to improve. He was still sleeping longer periods each night and was feeling more energy than he had in a very long time. Adam reported too that the visits from the spirits were decreasing, which he talked about openly with a big sense of relief. His mom also said Adam had been telling his friends about CranioSacral Therapy and how much better he was feeling as a result.

In this final session, I arced to a couple energy cysts: one in Adam's left anterior abdomen and the other in his left posterior frontal lobe. The two cysts were connected to each other, but his Inner Physician indicated that it wasn't necessary to determine the reason why. The cyst in his abdomen released easily, but the one in his cranium required worked done via the vomer. Adam didn't even flinch or give me a weird look when I asked if

I could do some work inside his mouth. The trust was there. I was able to facilitate a great overall cranial spread using the vomer to mobilize his sphenoid, which in turn opened up all the other sutures as his body dived into a deep, long cycle of flexion. I did a hard palate spread and decompression, then moved out of his mouth and onto his cranium to address a remaining superior vertical strain of the sphenoid. It was pretty stuck initially, but opened up well. I finished off the work on his cranium with a nice ear pull to mobilize tentorium, some mandibular decompression, and a frontal release. He had a facilitated segment at T8, which I realized was the tie-in to the left abdominal energy cyst. It released it too.

Adam's mom came in for her own session a week later. She said Adam was still continuing to improve greatly. His sleep was stabilizing and he was focusing on his school work like never before. In fact, he had done about three weeks worth of past-due homework in the past few days, and was even helping his 13-year-old brother with *his* pre-algebra problems.

In a follow-up note four months after he concluded his sessions, Adam's mom reports: "He is doing very well. He took the California state test [for academic achievement] a few weeks ago and did very well. His focus and attention span is so much better, thanks to CranioSacral Therapy. No more Adderall either."

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