UNRAVELING THE MYSTERY OF HEADACHES: AN ENERGETIC APPROACH

Putting It All Together

Thank You

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Problem #1: A client reports that Monday through Friday she gets a headache at about 3pm and it’s gone by 7pm.
Problem #2: A client is breathing deeply during the “open and squeeze” eye exercise and soon after he experiences some nausea.

Problem #3: A client reports that she got a headache after the session.
Treatment Planning

In order for treatment with an energy approach to be most effective, it’s helpful to create a treatment plan outlining everything:
What are the chances of success?

What’s the expected treatment length?

1-3 Months

Tension Headaches usually diminish in this time

2-4 Months

Migraine headaches can diminish in this time
What’s the expected treatment length?

What is the required frequency of treatment?
What is the required frequency of treatment?

How long is each individual session?
How should taking this course affect what a practitioner charges?

Dr. James Cyriax  Dr. Wilhelm Reich  Aaron Mattes

Questions to Consider

• What is the population you serve?
• What are your overhead expenses?
• What can your clients afford to pay you?
• What is the going rate in your area?
• How long have you been in the field?
• How much continuing education have you taken?
• How many people do you want to treat a week?
What are the client’s responsibilities?

What do you do when there’s a strong emotional factor?
How do we evaluate our progress?

5 = Extremely tense and painful with minimal pressure
4 = Fairly tense and painful with moderate pressure
3 = Some discomfort with medium pressure
2 = Very mild discomfort with a great deal of pressure
1 = No discomfort with maximum pressure
Commitment Prior to Treatment
Getting a Headache

Changes in Headaches
How is working with a migraine different from working with a tension headache?

Treatment During a Headache
Problem #4: A client reports that the night after his session he began to cry spontaneously for no apparent reason.
Problem #5: A client of yours with a headache problem who is also apprehensive about being in the water, tries a scuba diving lesson and reports pain in the jaw for days afterward.

Problem #6: As you work on the forehead, the client spontaneously remembers and tells you about being hit in the face repeatedly.
Technique Lesson 5

Thumb Tip Jaw Press
Thumb Tip Jaw Alternating

Rubber Face
Lower Jaw Press

Deep Under Jaw
Under Jaw Fascial Release

Questions

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