

Melaney Ryan Institute of
Applied Consciousness (MRIAC)

Clinical Application of ITA Energy Medicine

Case Study: Anxiety/Menstrual Imbalance

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Overview

The purpose of this case study is to provide an objective account of how ITA Energy Medicine has been used to affect change and improvement of pre-existing conditions; anxiety and menstrual imbalance, being experienced by the case study subject (the client).

Introduction

The client is female, 33 years of age who is married with two young children aged 3 and 5.

As a young child, the client experienced a sexual trauma which was not acknowledged by her parents. This trauma lay dormant until the client was approximately 15 years old, when she started displaying symptomatic behaviours of starving herself and over cleaning the vaginal area.

On separate occasions, the client experienced an additional trauma of attempting to revive two people, with whom she had a close relationship.

As a child, the client was exposed to a challenging family dynamic. Her father experienced mental imbalances and often had emotional outbursts. As a coping mechanism, the client's mother resorted to alcohol to deal with the situation. Communication within the home environment was difficult with the client stating that she did what was asked of her in order to keep the peace. The client has two siblings and her relationship with family members is "strained".

Approximately a year prior to commencing this treatment program, the client had received two ITA treatments however she was unable to continue with a treatment plan at that time.

Case Presentation

The client's symptoms fall within psychological, physical and emotional categories.

The client suffered a panic attack two weeks prior to commencing treatment. On presentation, the client was experiencing feelings of anxiety, constant worry, guilt and generally having difficulty coping. Other symptoms were low appetite, feeling teary, suffering tiredness, constipation, low energy, lack of libido and continuous frontal pressure to the head.

The client has a history of menstrual imbalances since she was young, causing pain, heavy bleeding, and clotting and was experiencing these symptoms at the time of her visit.

Furthermore, she is also experiencing sleep disturbance due to her young children currently sleeping with her at night because they are feeling insecure and requiring her reassurance through touch or close contact. This is causing the client, feelings of "irritation" and "resentment" towards her children.

Analysis

Due to the inability of this client to commit to a long-term ITA treatment plan, a *Root Cause Chart* was not established.

An appropriate short-term, ITA treatment plan was determined utilising the following ITA tools:

- Body Reading
- Systems Charts (Anxiety, Sexual Imbalance)
- Organ Relationship Charts
- Front and Back Chakra Charts
- Key Energy Point Charts
- Understanding Mental Illness and Psychological Imbalances Protocol
- Building the Essence Technique
- Element Questionnaire

The aim of the ITA treatment plan was to assist the client to gain more insight and clarity into why she was experiencing certain symptoms. *Key Energy Point* and *Emotional Aspect* information was provided to the client to assist her in understanding the connection to the symptoms she was currently experiencing.

Observation of the *Inner Channel* showed the client's right and left sides were misaligned with little energy flow. To create a better flow through the inner channel the *Stress Band Balancing* technique was used. The client indicated "everything was painful" which was symptomatic of the client's energy systems being highly congested. It was also observed that there was an energetic disconnect between the mid torso/hip area which in turn was contributing to digestive imbalance and insufficient energy flow to the head.

The *Organ Relationship Chart* was used to determine which front & back *Chakras* needed to be addressed. Affirmations for back *Chakras* were selected from the *Understanding Mental Illness and Psychological Imbalance Chart for Anxiety*. The *Figure of Eight* technique was used to distribute energy throughout the lower, middle and upper *Tan Tiens* and the *Yin Yang Stage 2* technique was used at the end of each treatment to assist with integration.

The *Anxiety Systems Chart* and *Understanding Mental Illness and Psychological Imbalance Protocol Charts* were referenced, in order to identify where fear/trauma was being held within the client's systems, contributing to low energy and sexual imbalance and to determine which back *Chakras* were contributing to menstrual imbalance.

Building the Essence technique aspects were used to further assist the client with grounding and stability as well as fuelling the sexual organs to promote balance & alignment of the menstrual imbalance.

Treatment Protocol

The client underwent the following treatment plan over a 4 week timeframe:

Treatment	Type	Frequency
<i>Stage 1 Alignment</i> <i>Stress Band Balancing</i> technique Front <i>Chakra</i> work (Overthinking/Worry/Anger & Resentment) Back <i>Chakra</i> work (Anxiety) <i>Tan Tien</i> work (lower/middle/upper)	In Person	
<i>Stage 1 Alignment</i> <i>Stress Band Balancing</i> technique Front <i>Chakra</i> work (Anger/Irritability) <i>Yin Yang Stage 1</i>	In Person	One week from previous treatment
Stage 1 Alignment Meridian work (Bladder, Kidney, Stomach and Conception Vessel)	In Person	One week from previous treatment
Stage 1 Alignment Spinal Reflex Points (Menstrual Imbalances Systems Chart) Back <i>Chakra</i> work (Anxiety & Trauma stored within relevant Organs)	In Person	One week from previous treatment

NOTE: All treatments also included Stage 2 Yin Yang to further assist with integration.

Home Care Protocol

The following home care tools were provided to the client over the course of the treatment plan:

- Breathing Exercises (CV/GV, Abdominal, Solar Plexus Balancing)
- Relevant Chakra Cards and Targeted Mind Work
- Meridian Acupressure Points and Affirmations (Sexual Imbalance System Chart)
- Key Energy Points Information for Self-reflection
- Meridian Acupressure Points & Affirmations (Element Chart)
- I AM Mind Map

The client responded well to homecare and undertook to use these tools in between her weekly treatments.

Outcomes

The client noted the following changes within herself:

- Increased clarity and calmness
- Bowel problems resolved
- More vitality and passion
- Improvement in menstrual symptoms
- Improved relationships within family
- Increased intuition and psychic abilities
- Feeling excited about taking directorship of her life and the future

The practitioner observed:

- Sharpness & clarity in the client's response to questions
- A lift in the client's mood, she was brighter and happier post treatment

The client provided direct feedback at each treatment session.

During the course of her treatment plan, the client experienced a body detox in the form of profuse sweating (although feeling cold) which may have been due to the ITA treatment clearing the system or an emotional response in relation to her husband being at home and what she felt was expected of her sexually.

As the client began feeling better within herself, she realised she had a choice to make. She could choose to create sexual pleasure and a depth of love and intimacy with her husband as opposed to feeling that she was only there to sexually please him.

The client reported that her relationship with her mother has become more supportive and open.

By the end of the treatment plan the client felt she had achieved sufficient results. No further contact has been had with the client since her last treatment.

Discussion

The client's treatment plan consisted of 4 x in person ITA treatments, spaced 1 week apart. Each treatment showed steady and significant gains for the client.

Post the initial treatment the client reported experiencing energy flowing to her head with images of colour. Pressure to the front of the head had resolved and she felt clearer & calmer within herself. To further assist the client integrating the treatment, *Breathing Techniques* and *Chakra Affirmations* were provided to the client to complete for home care.

At the second treatment the client reported feeling "excited" and "hopeful" regarding the future. The client reported that her bowel movements are "back to normal". The client noted that she could feel the energy flowing throughout the treatment and felt calm and clear headed at the end of the treatment. For home care the client was provided with *Meridian Acupressure Points & Affirmations* relevant to the *Sexual Imbalance Systems Chart*. The client was also asked to continue with the previously provided *Breathing Techniques*.

The client reported at the third treatment that her relationship with her mother had become more "supportive and open", that her intuition and psychic abilities were re-awakening and that she felt she had more "clarity" and "passion" although she was finding her husband's sexual excessiveness challenging. During the treatment, the client experienced activation to the top of her head, hips and thighs. When the client was provided with information relative to those areas, she recognised the relevance this had for her. The client left feeling "excited" and was looking forward to the future. As home care the client was sent information on *Key Energy Points* for self-reflection and asked to continue doing the home care as provide post the previous treatments.

At the final treatment the client presented with a concussion sustained as a result of an accident involving a metal water bottle falling on her head. The client reported that since the accident she had been having continuous headaches and was advised to have a CT scan. The client was also menstruating and noted that her menstruation blood loss had reduced with less clotting and that she was not in as much discomfort as she usually is. The client reported that since the last treatment she had experienced an episode of "profuse sweating" even though she was cold and that this occurred when her husband had been home for a few days. The client also reported feeling "calmer" and was now "enjoying" interacting with her children and that she was considering whether to continue working as there were some structural changes that had taken place which were going to compromise the family.

At the conclusion of the treatment plan the client was made aware that further treatments were advisable. The client reported that she felt she had achieved sufficient results and would not book any further treatments for now. The client was sent the *Elements Questionnaire* for home care as was subsequently provided with the relevant *Element Meridian Acupressure Points & Affirmations*.

Summary/Conclusion

Over the course of this treatment plan the client's levels of anxiety and overwhelm decreased and her levels of self-esteem, self-worth, peace and clarity increased. This was evident from the client's own acknowledgement of always being a "people-pleaser" and her decision to take more directorship of her life and also the improved relationships with family members.

Physical symptoms improved with the client reporting that her bowel movements had returned to normal, headaches had decreased, and menstrual pain and clotting were much less. Emotionally, the client now feels excited and clear about her future in contrast to the feelings of anxiety, constant worry, guilt and difficulty coping which she experienced at the commencement of her treatment plan.

As this case study demonstrates, ITA Energy Medicine has the capacity to significantly improve the quality of life experienced by an individual, across physical, psychological, and emotional categories. ITA effectively provides an individual with "breathing space" to be able to self-reflect and consider how aspects of themselves and their life are interplaying. It also fuels courage within an individual which ultimately allows them to figuratively put their hands on the steering wheel of their life.