

More Samples of VAHT Case Notes – by Sarajane Williams

Types of conditions treated: arthritis, fibromyalgia, RSD, back/ shoulder pain, sciatica, MS, degenerative disc disease, headaches, esophagitis, tinnitus, Parkinson's Disease, grief, depression, anxiety, dysmenorrhea, PTSD, insomnia, lymphedema

Reported effects: diuresis, increased intuitive abilities, processing of emotions and memories, decreased pain and tension, improved sleep, Increased relaxation, synaesthesia (vivid imagery, colors and geometric shapes), clients feel less guarded than with massage, tension emerges from 'body memories,' floating sensation, dissociation, increased energy and endurance

- *Highlighted decreases in areas of pain are noted: pre VAHT (i.e. 7)-post VAHT (i.e. 3).*

Headache

1. Had headache for 9 mo., which began after a motor vehicle accident (MVA). After 30 min. of VAHT, head pain decreased from 7 to 2.

Back, Neck , Shoulder, & Knee Pain

2. Had various treatments that didn't work, for old shoulder injury sustained during a fall. By 4th 1 –hr. VAHT session, noted increased ROM and strength and decreased pain and need for meds.
3. 33 y.o. W.F with chronic lumbar pain since high school (from herniated disc) and subsequent exacerbation from MVA. After 30-min. session was tearful because of release of tension. Back pain 7-1; L hip 8-3; overall 7-3.
4. Bulging lumbar disc and sciatica. VAHT was relaxing, but "aggravated" sciatica, however leg pain 8-7 post session.
5. Normally is 'hypervigilant' during massage. VAHT was more relaxing. Back pain decreased. Felt "surrounded by comfort."
6. Buttock pain gone by end of 60-min. session. Felt rested and relaxed. Hips/thighs 9-3; mood; 7-3; overall 5-2.
7. Low back pain decreased from 7-1 after 30-min. VAHT. Requested religious music was not any more effective than other music played during session.
8. A mentally retarded young man reported decreased pain (7-2) in his left knee after a 30-min. VAHT session. He enjoyed the music and was sensitive to the Bs 1 and 2 octaves above middle C.
9. Herniated L4-L5 disc pain – slowly recovering with PT. Was very relaxed after VAHT. Hips/thighs 7-2.5.
10. Shoulder pain / scapular knot and L leg pain relieved after 30.min. VAHT. Shoulder 6-3; leg 6-2; overall 5-2.

Arthritis & Fibromyalgia

11. Arthritis pain decreased after 30-min. VAHT. Hands /arms 9-4.5; overall 7-4; mood 5-1.
12. Arthritis and thyroid cancer. Neck 7-2; overall 6-1; mood 5-1 post VAHT.
13. Fibromyalgia, degenerative disc disease, herniated cervical disc, esophagitis and LH tendonitis . Skeptical and initially found vibration to be “irritating and unsettling.” Was very relaxed at end of 60-min. session, with increased body awareness. Esophagitis 4-1; back 6-4; neck 5-2; mood 3-2.

Mental/ Emotional processing

14. Processed memories and felt emotions come up about “what could’ve been.”
15. Felt jaw tension emerge (A similar body memory had surfaced before – she had previous MVA and sexual abuse). Resonance with an old emotional scar was the issue. Mood 6.5-2.5 after 60-min. session.
16. Held lots of tension/anger in solar plexus. Half way through the 60-min. session, she reported that the tension increased and then opened like a flower above her abdomen. (Father had been abusive and she was raped at age 16). Extremely relaxed at end of session and much of anger was gone.
17. Depressed over miscarriage 2 years earlier. Was tearful during session. Imaged the baby as a balloon and she was holding the umbilical cord. It was her choice to hold or release. She wasn’t ready to let go yet. Accepting her feelings and unresolved grief was helpful – she was able to cry (and relax) after the 30-min. session. Overall tension 7-5 post session.
18. PTSD post MVA with lots of arm and neck pain, anxiety and nightmares of death. Had an image of a childhood memory of her walking along the shore with her dad (He’s been deceased for several years). The 15-min. VAHT session (at the conclusion of psychotherapy) decreased pain and anxiety and gave her a great deal of comfort.
19. Professional musician received 60-min. of VAHT a few hours before a symphony performance. Was relaxed and energized after the session, but later reported she missed some cues, had finger placements in incorrect positions and made more mistakes than usual during her performance. Was able to cover but was less focused and in control than usual.
20. Did not initially respond to vibration during 60-min. session. Pain localized between shoulder blades and eventually resolved. It felt as if someone was stabbing her in the back with a knife – visualized it as a Victorian woman’s hand. Interpretation: Perhaps the traditional woman’s role is making her feel ‘stuck.’ That was a core insight for her. She’s a burned out caretaker who didn’t know how to move out of her situation – felt stuck.
21. Two sisters (ages 65+) set up a joint 1-hr. appointment to try VAHT. Sister # 1 was recovering from bilateral knee replacement performed a month earlier – had a lot of thigh tension that was relieved with 20min. of VAHT and visualized natural scenery and animals. Leg pain 8-6; neck and head pain 7-2; overall 6-3.5; mood 3-1.

Sister #2 felt all of her chakras open with first musical selection (*In Brigit's Garden*). Second selection brought up a great deal of emotion about lack of appropriate mothering during her childhood– was tearful (*Adele's Lament*). Third piece (*Shubert's Lullaby*) was also deeply touching and gentle – realized she needs to find a way to heal and allow more love to enter and music entered in a way nothing else has. She described herself as normally an “unemotional person.” Mood 3-1.

Sister #1 was sitting in an unamplified chair in the room, crying with a similar reaction to the music (unaware of sister #2's reaction, and sister #2 was unaware of sister #1's reaction).

When I said that I composed *Adele's Lament* (originally entitled *Lament for My Mother*) for my mother they both were amazed that they had the same reaction to the music – longing for mother's love that they never received. Sister #1 said she felt that the 3rd piece (*Shubert's Lullaby*) provided some closure and that loving music could provide another avenue to fill that emotional hole.

Parkinson's Disease

22. Felt more energized, balanced and relaxed after 30-min. VAHT. Hypnogogic images surfaced – dealing with fears. Left foot tremors decreased by end of session.
23. Parkinson's Disease- completely exhausted, nauseated and could hardly move. Had migraine prior night. After a 60-min. VAHT session, felt energized and rejuvenated, puffy burning eyes were relieved and shoulder pain almost gone. R shoulder 7-1.5; overall 9-1.5

Tinnitus

24. 77 y.o. W.F. who was depressed from tinnitus (and subsequent sleep disturbance). Had 3, 30-min. VAHT sessions with good results. Session #1: tinnitus 4.5-3; overall tension 4.5 – 1.5. Session #2: tinnitus: 3.5-1.5; Session #3: tinnitus: 2.5-1.

RSD

25. RSD- L foot turned from cold, dusky blue to pink after 30-min. VAHT. L foot pain: 6-3. Had image of seeing people's feet and then she saw a lock on her L ankle open up, and also saw blue colors. Next session, blue foot turned pink after VAHT and pain decreased from 7 to 4.

Lymphedema

26. Lymphedema of chest post double mastectomy, 3 years earlier. Also has chemo-brain with cognitive impairments, esp. in time and direction. Had lots of tension and tearful, emotional release during 60-min. session. Had images of dancing, water and childhood memories. It was the first time that a treatment didn't hurt. Mood 9-2; overall 7-3; neck 8-3; chest 6-3.

During next session she reported she was delighted with outcome of last session – effects lasted several days. She had emotional release with decreased lymphedema and improved cognition. Felt very relaxed after 2nd session with lots of visual images of colors. Overall: 6-2; chest 6-2; shoulders 8-2; abdomen 8-1.