

WHIPLASH: A CASE REPORT

On a quick google search under ‘whiplash injury claims’ I read that the

average claim is £9000 and there are countless no-win-no-fee lawyers

baying for the business. How much does it cost the insurance industry and ultimately this country in pay outs? According to a government report: “In 2011 UK motor insurers made an underwriting loss of £425 million” and later “Whiplash now accounts for 75% of all personal injury claims in the UK”. It was unclear how much of the underwriting loss was personal injury claims and therefore whiplash but whatever the figure, it is huge.

So my thinking is that why not hone in on researching into whiplash? If we can get some evidence that CST works then maybe the medical world, insurance world or private health care will come to us.

I recently treated someone who came in with anxiety and panic attacks. She had a whiplash injury four years ago and was terrified of leaving the house, let alone getting into a car. She had seen an Amatsu practitioner before who “hadn’t managed to deal with deep down pain and anxiety that goes with whiplash”. She had not seen her GP, was not on any medication, nor had any physio but she was certain that the anxiety came from the accident. When I saw her, CST was the only course of treatment she was undertaking.

The first session we had together addressed sympathetic nervous system overdrive, and involved calming the system down using trauma release techniques. Over the next few sessions, releases progressed according to the system’s inherent treatment plan, so some sessions were mainly focused on the sacrum, and then a little at T5, C7, C2 and the head. Other sessions

were predominantly working on C2, and so on. Sometimes verbal skills were used but I allowed myself to be guided by the system not what I thought, nor indeed what the patient wanted. Initially the sacrum was firmly stuck within the pelvis, as with a lot of whiplash injuries, so it was

important not to overlook the sacrum in the context of our treatments. It really was like peeling the layers of an onion.

With every session the client felt more empowered, looser and taller and her anxiety gradually dispersed. Each time she came I asked her to report how much better she was and over the sessions,

the percentage that she felt better increased.

After the sixth session she noticed that she could sense the inside of her head and her body felt whole for the first time.

In her feedback on how she was feeling and before her ninth session, she admitted that she was 95% better. We then had a discussion about that last 5%, as she had often referred to it as “my whiplash”. I asked her whether she thought she ‘owned’ it. After a pause, she agreed that she did. It was a relief to her to realise this – and with this realisation – she was able to ‘let it go’. She told me, it’s 100% gone and that CST had “got deep down and sorted me”

So, it took eight sessions. Now I am not saying that this would be the case for everyone, nor am I saying that in this particular case, it may not raise its head again sometime in the future. Some may take longer perhaps and others may never be sorted. And many clients will have other issues as well. But it was more effective, and far cheaper, than if she’d visited her GP, of that I am sure.

What we don’t have is the figures to quote and therefore to market CST.

Anyone willing to join me and start this ball rolling?

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