Example for session reports, SH II - Eval

This is an example of a case story and how to approach it with the questions of the session report (The last page of the session report).

1. A person comes to you complaining about lower back pain. She also has a dry cough and a sharp temporal headache.
   In the Hara BL is most kyo,
   GB is most jitsu.
   The person is irritable (What do you want?). Her preferred color is black. During the range of motion movement her joints are a little creaky.
   The pain gets better with movement and becomes worse when she lies still.
   She has a strong appetite and eats at regular times.
   She bruises easily and has often loose stools.
   She wakes up during the night.
   She has frequent and abundant urination.
   She likes the color red. She hates wind. She likes the fall.

   Which organ/ meridian is most involved in the CC?
   CC is lower back pain, so the Bl is most involved.

   Which function of this organ is out of balance?
   Back pain: the meridian pathway.

   Is it kyo or Jitsu?
   The pain is better with movement and worse with lying still: kyo.
   Also the Hara area for BL is kyo.

   Describe the pattern leading tot he chief complaint and how it manifests in the client using 5-Element theory.
   The GB is most jitsu in this client: indicated by Hara, irritability, waking up during the night, hating wind.
   The BL is most kyo: Hara, back pain, frequent, abundant urination, preferred color.
   So the child, Wood, is taking from its parent, Water, with the back pain as a result.
   We also see that Wood is jitsu by its effect on Earth, its controllee: the client bruises easily and often has loose stools.

   Strategy
   Work Water: most kyo and area of CC
   Work Metal to tonify its child, Water. It will also control Wood, the most jitsu.
   Work Earth: to tonify itself and feed Metal.