

The Autistic Twins

A mother of three-year-old male autistic twins called to ask me whether CranioSacral Therapy (CST) could help her sons. She had researched CST online and hoped it could help. Following a brief discussion, she made an appointment for each of the boys.

Our first session was with son Brian.* As he walked in, I observed that he made no eye contact and kept repeating, “No, no.” He carried a tablet loaded with educational games. One foot was toed-in. His back was slightly crooked. And his neck was slightly pulled down to one side.

Moving to the treatment room, Brian immediately started to play a game. After ten minutes of “no, no,” he finally allowed me to touch him and start the CST. I sat down for a short break, and he climbed into my lap, pulling my hands onto his head. He kept saying, “No, no” but was very willing to let me do CST. After a forty-five-minute session, I asked him if he wanted to come back. He replied, “Yes.”

Brian’s foot was no longer toed-in. His back was straighter. And his neck was no longer pulled down to the side. He made eye contact with me as he left the building. During subsequent sessions, Brian continued to pull at my hands and want me to do CST.

By the end of four sessions, totaling three and a half hours, Brian’s therapists began to ask his mother if she was doing anything in addition to his normal daily therapies. They had noticed an improvement in eye contact and alignment.

The second twin, Ben,* had no verbal skills and made no eye contact. After a thirty-minute CST session, he started laughing! While laughing at a video, he sat in my lap and wanted my hands to hold him gently around his throat and jaw. When he decided that the session was over, he walked over to the door and opened it. He looked at me when he left the office.

During three subsequent sessions, Ben started vocalizing as soon as he came into my room. He would laugh and make eye contact with me and his mother. After his last session, he said, “Thank you.” With

tears in our eyes, his mother and I watched as he opened the door and left the room. Walking to the car, he looked back at me—and almost walked into the car!

All totaled, Ben received three hours and forty-five minutes of CST. His therapists also asked about his increased vocalization skills and eye contact.

*Names changed to protect client confidentiality

Karen Heyden, BA, LMT

Belleville, Illinois

CranioSacral Therapy Practitioner since 2008