

The course combines seminar style teaching, demonstrations of working with babies and families, group discussion and experiential exercises.

It is intended for practitioners already working with babies and their families, who wish to deepen their understanding of how babies communicate their prenatal and birth experience and to work therapeutically with early trauma.

It is also relevant to therapists who wish to understand the impact of the pre and perinatal period in the lives of older children, adolescents and adults. Previous participants have included midwives, doulas, craniosacral therapists, osteopaths, paediatricians, paediatric nurses, lactation consultants, massage therapists, psychotherapists, psychologists and ante-natal yoga teachers. Participants are encouraged to find their own authentic voice with the work, by which they can integrate what they learn into their existing practices. The theoretical material is kept as simple as possible, with the emphasis being on practical application with babies and their families.

● **Module One: Working with the Family Field** Finding the correct tempo and tone is essential to creating a safe space in which to do in-depth work with babies and children. Drawing from the work of pre and perinatal pioneer Karlton Terry, this module focuses on building trust within the relational field of the family.

Participants are taught to

- Support the needs of parents with accurate empathy
- Identify tolerance thresholds within the relational field of the family
- Negotiate permission with parents and babies
- Understand the consequences of unresolved shock and trauma in relation to bonding and attachment (the thrive/strive continuum)
- Identify birth lie sides
- Differentiate between 'needs crying' and 'memory crying'

● **Module Two: Birth Issues and Diagnostic Skills in Working with Babies**

The stages of the birth process are usually defined in relation to the experience of the mother and the concerns of the obstetrician. This module looks at birth from the perspective of the baby and how this constellates into 4 distinct stages, each of which has its own physical and psychological consequences. Participants are taught to

- Identify physical birth patterns and the body language by which babies seek to communicate their birth experience
- Support babies birth stories with accurate empathy
- Help parents to understand what their babies are expressing and to support the release of unresolved shock and trauma in the family field.
- Recognise the impact of obstetric interventions during the birth process

● **Module Three: Prenatal Issues and Diagnostic Skills in Working with Babies**

The prevailing understanding of memory as resulting from biochemical and bioelectric processes within the brain has limited our understanding of the importance of prenatal life. Research in the fields of foetal origins and pre and perinatal psychology reveal that prenatal life has huge impacts on our sense of self and our

world. This module explores the subject of prenatal consciousness and teaches participants to

- Identify prenatal themes as expressed through baby body language
- Be aware of cellular experience expressed at the level of the organism
- Be aware of prenatal umbilical dynamics
- Support babies prenatal stories with accurate empathy
- Work with prenatal shock within the relational field of the family

#### ● Module Four: **Birth and Beyond**

Returning to the theme of birth this module focuses the period just after birth. Emphasis is put not only on treatment, but on supporting and educating parents to understand what may be happening for their babies. Being able to identify unresolved birth trauma brings clarity and helps parents support their baby more accurately. This module supports participants to

- Recognise and work with 'First Breath Syndrome'
- Palpate and resolve umbilical shock
- Understand the importance of the extended 'Field of the Womb' period which extends to 9 months after birth
- Recognise and work with unresolved conjunct sites and conjunct pathways (places of compression left over from the birth and held in the cranium and body of the baby)
- Identify the pre and perinatal precursors to breastfeeding problems

#### ● Module Five: **The 'Bioenergy of Wellness'**

The 'bioenergy of wellness', as identified by cranial osteopath Rollin Becker, is a rhythmic force which "begins with the moment of conception and continues to the last moment of death." This module explores the relationship between our capacity to express the bioenergy of wellness, autonomic states and the quality of holding in the relational field. The focus is on prophylactic work to support wellbeing, bonding and attachment. Participants are introduced to

- The role of embryonic biodynamics in forming and sustaining the human system
- How autonomic states either disturb or support bonding and attachment
- Polyvagal theory and the role of the 'social engagement system'
- The role of 'armouring' as a self-protective reflex in babies
- Understand the nature of 'colic' and how to work with it.

#### ● Module Six: **Transitions**

The transitional states of infancy, childhood and adolescent are important developmental steps. This module looks at some of the specific physiological and psychological challenges for children and adolescents and their relation to earlier prenatal and birth issues. Unresolved trauma reappears in behavioural and health problems and is often reinforced by a lack of awareness of the early origins of the difficulty. Common childhood conditions and concerns are also looked at. In this module participants are taught to

- Identify important transitional periods in childhood and how these re-stimulate earlier traumas
- Support parents to understand and work with trauma and its consequences in older children and adolescents
- Understand different attachment and recapitulation styles
- Understand how early interventions with Integrative Baby Therapy can help contribute to

healthy behaviours and emotional and physical wellbeing throughout childhood, adolescence and adult life

### **Summary**

Each module is three days long and runs from Friday to Sunday. The course is spread over eighteen months. A certificate in Integrative Baby Therapy will be awarded when participants have completed the training and attended at least two Prenatal and Birth Process Workshops. This final requirement is because it is deemed important for anyone supporting babies in resolving early trauma to have some experience of how their own pre and perinatal experience has shaped them. There will be no homework requirements, although some reading will be highly recommended