



**Deep Release Online**  
*Professional Training for Counsellors*



# **Introduction to In Womb and Birth Trauma for Counsellors**

**with  
Dr Chris & Pauline Andrew**

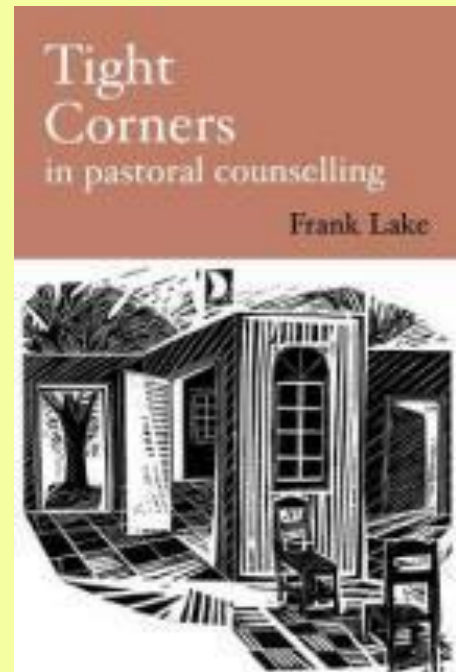
**Thursday 20<sup>th</sup> January 2022**

# How did it all begin?



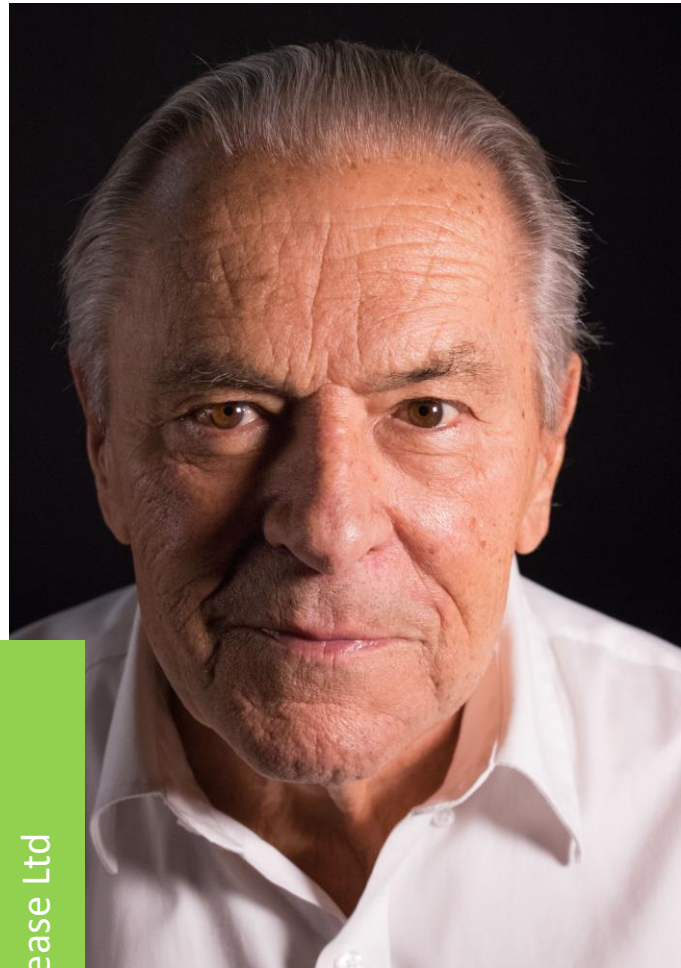


# Dr Frank Lake, 1914-1982





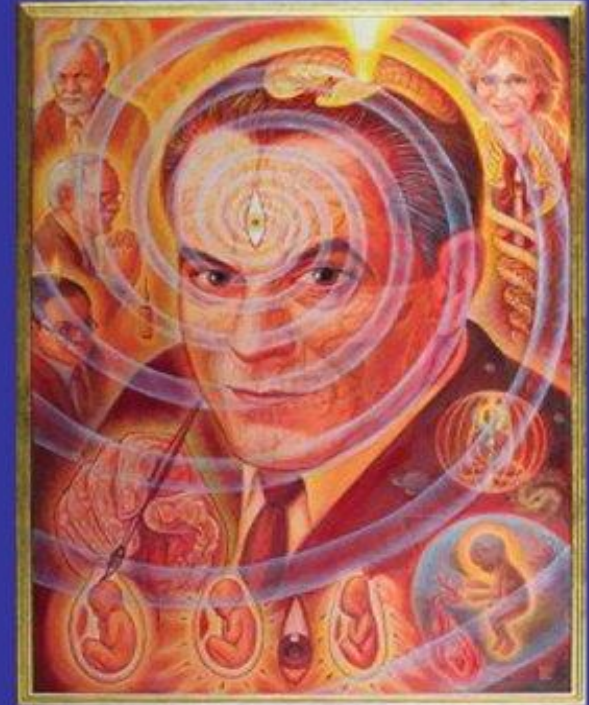
# Stanislav Grof, b.1931



LSD is a catalyst or amplifier of mental processes. If properly used it could become something like the microscope or telescope of psychiatry.

— *Stanislav Grof* —

## Healing Our Deepest Wounds *The Holotropic Paradigm Shift*



**STANISLAV GROF**

# Arthur Janov, 1924-2017

Keeping feelings inside eventually will take its toll on one's health. Repression is a constant force that wears the system down, resulting in, possibly, a shorter life span.

Arthur Janov

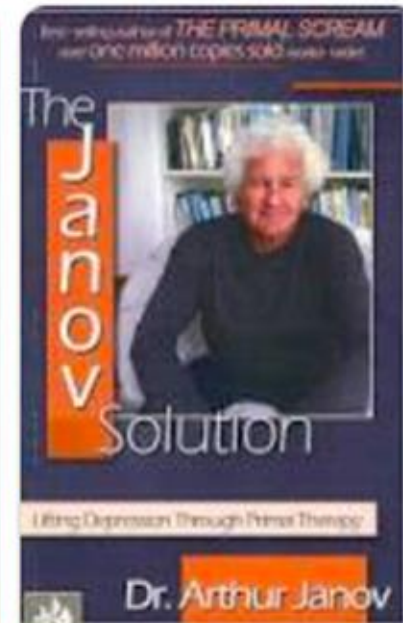
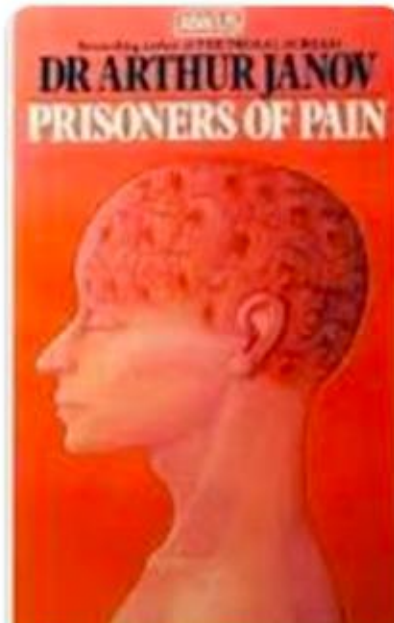
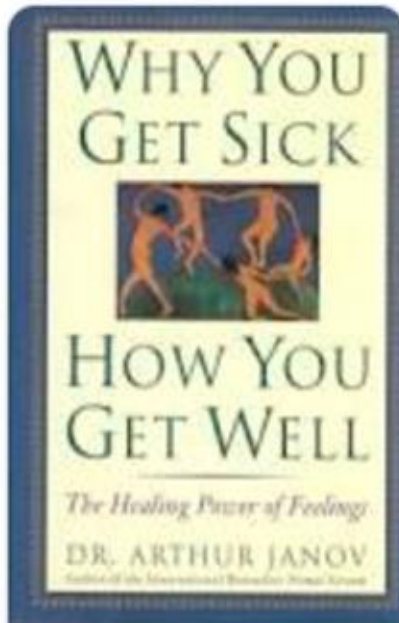
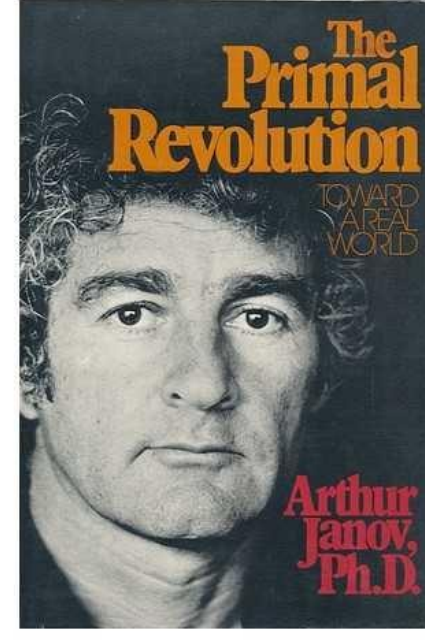
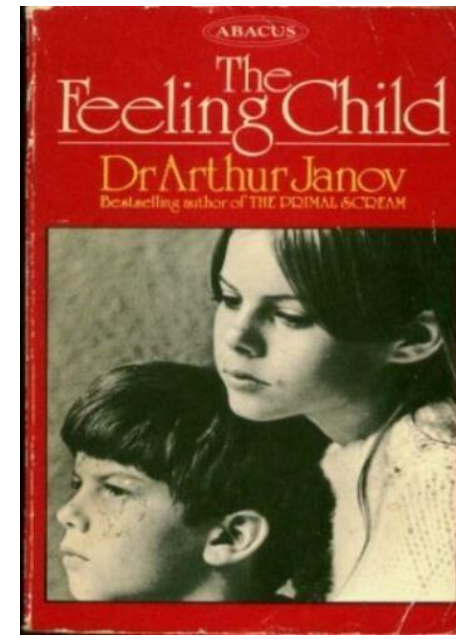
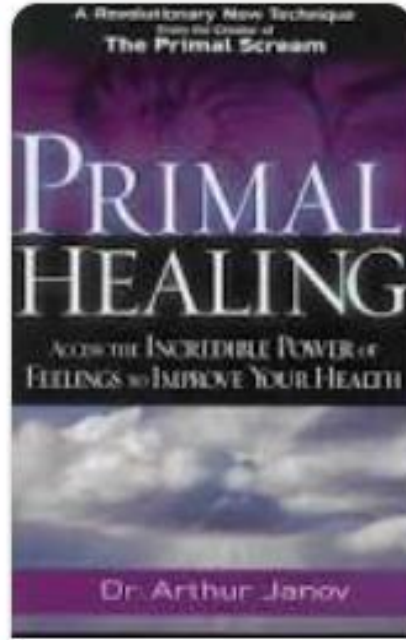
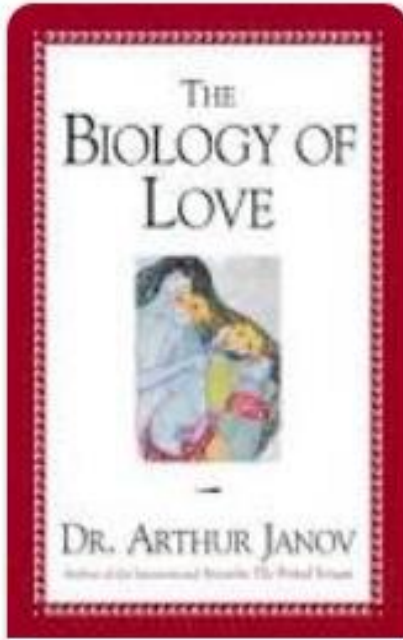
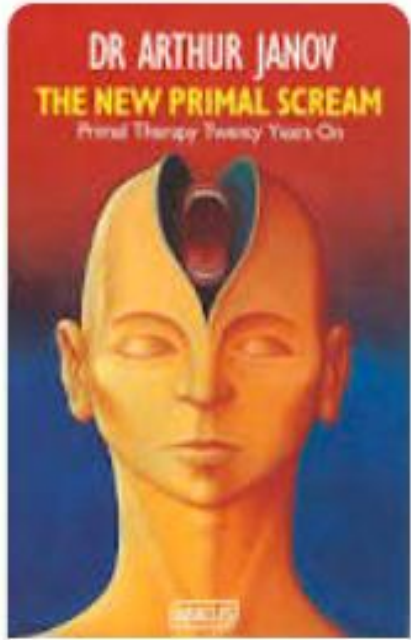
quote fancy



**"Once the great pain of the prototype – the near-death experience around birth – has been relived many, many times, the preoccupation with death... is... gone."**  
**Dr Arthur Janov, *Why You Get Sick, How You Get Well***



# Arthur Janov, 1924-2017



# The Association for Pre- and Perinatal Psychology & Health

## APPPAH IS BIRTH PSYCHOLOGY

Association for Prenatal and Perinatal Psychology and Health

**All** are invited

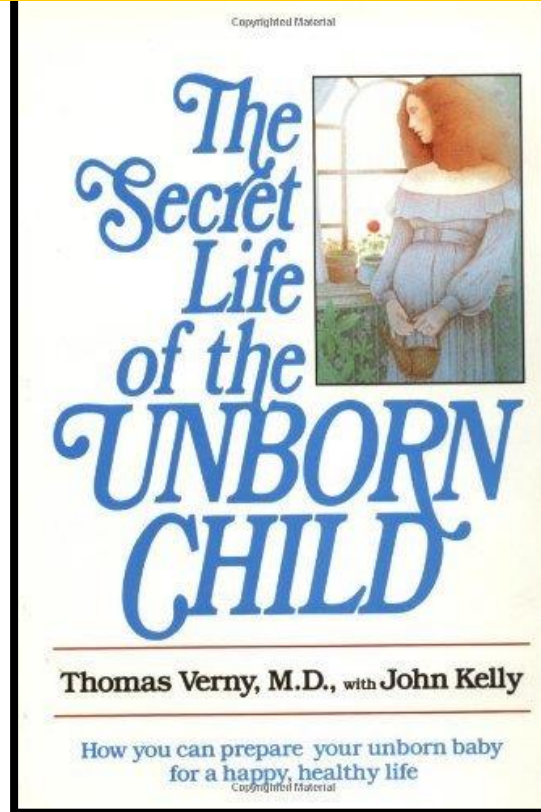
-to participate  
in our classes,  
workshops or events

-to become  
a member of APPPAH





# Thomas Verney and William Emerson



**Emerson Seminars**

Pioneering Infant Trauma Treatment Since 1965

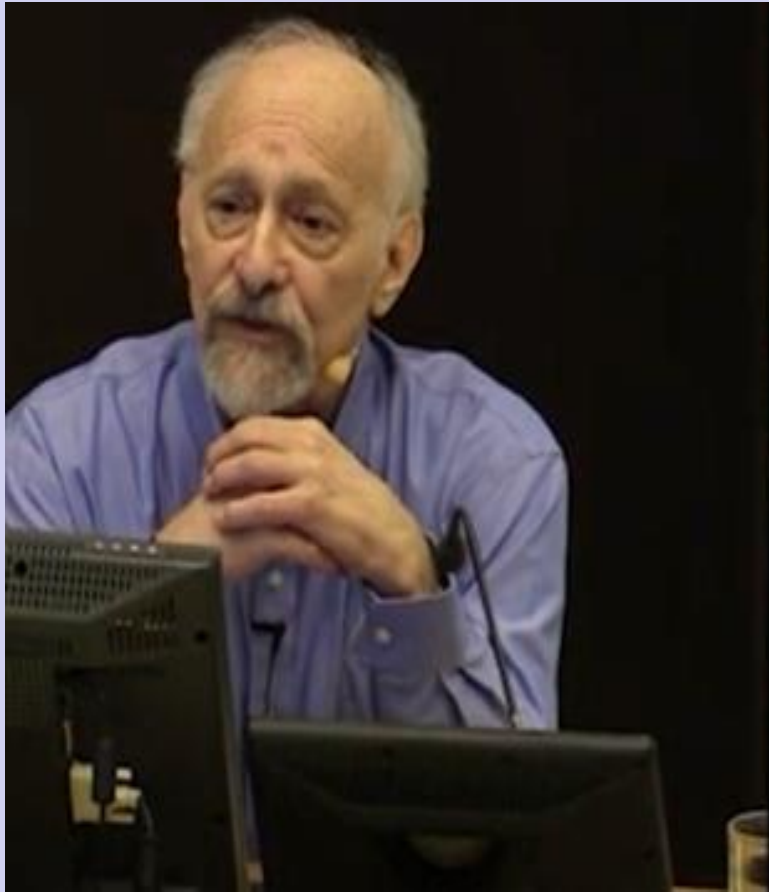


# Deep Release Weekends (1994 - )





# THE FIRST 1,000 DAYS



THE FIRST 1000 DAYS OF LIFE:  
A CRITICAL PERIOD FOR SHAPING OUR EMOTIONAL  
SELVES AND SOCIAL BRAINS

ALLAN N. SCHORE

**Link to video that follows :** <https://youtu.be/UA-Tk9qIG9A>



# Erikson's Life Stages (Expanded)

0-2 years  
INFANCY

2-4 years  
EARLY  
CHILDHOOD

4-6 years  
MIDDLE  
CHILDHOOD

7-11 years  
LATE  
CHILDHOOD

12-18 years  
EARLY  
ADOLESCENCE

19-24 years  
ADOLESCENCE

25-45 years  
ADULT-  
HOOD

45-65 years  
MIDDLE  
AGE

65+ years  
SENIOR  
AGE



Trust

Autonomy

Initiative

Competence

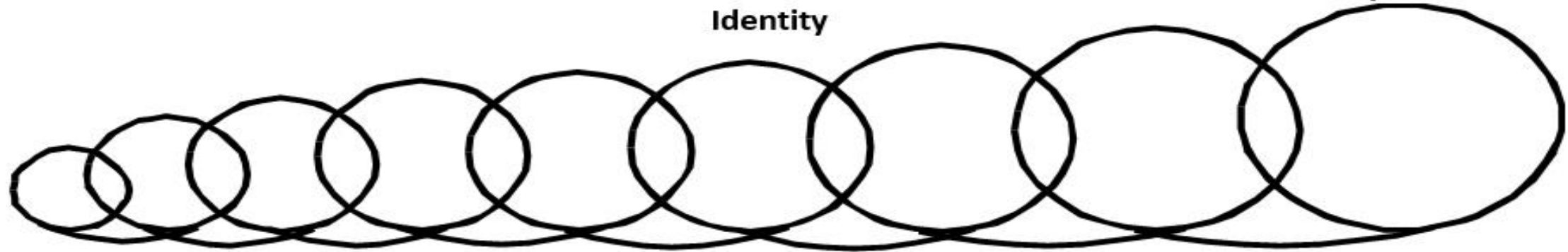
Group  
Identity

Identity

Intimacy

Productivity

Integrity



Doubt

Role

Mistrust

Shame

Guilt

Inferiority

Alienation

Confusion

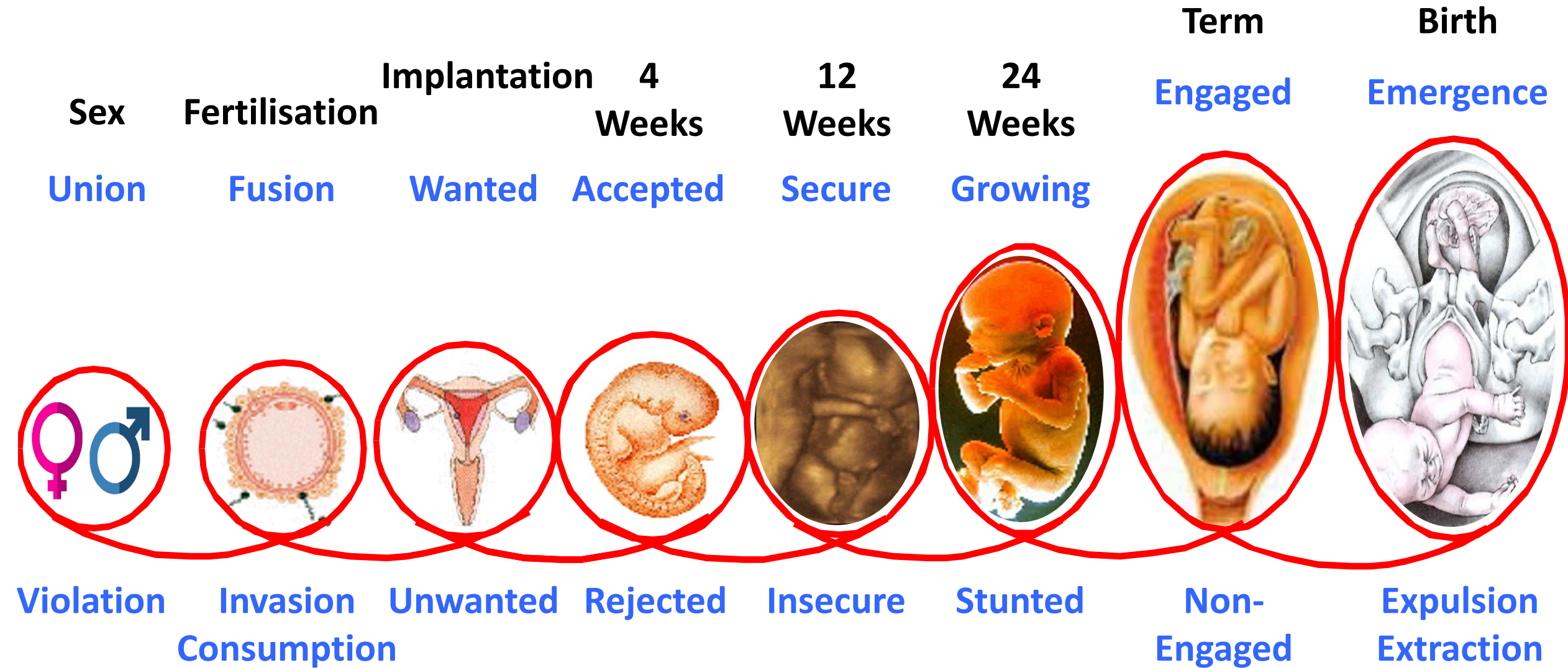
Isolation

Stagnation

Despair



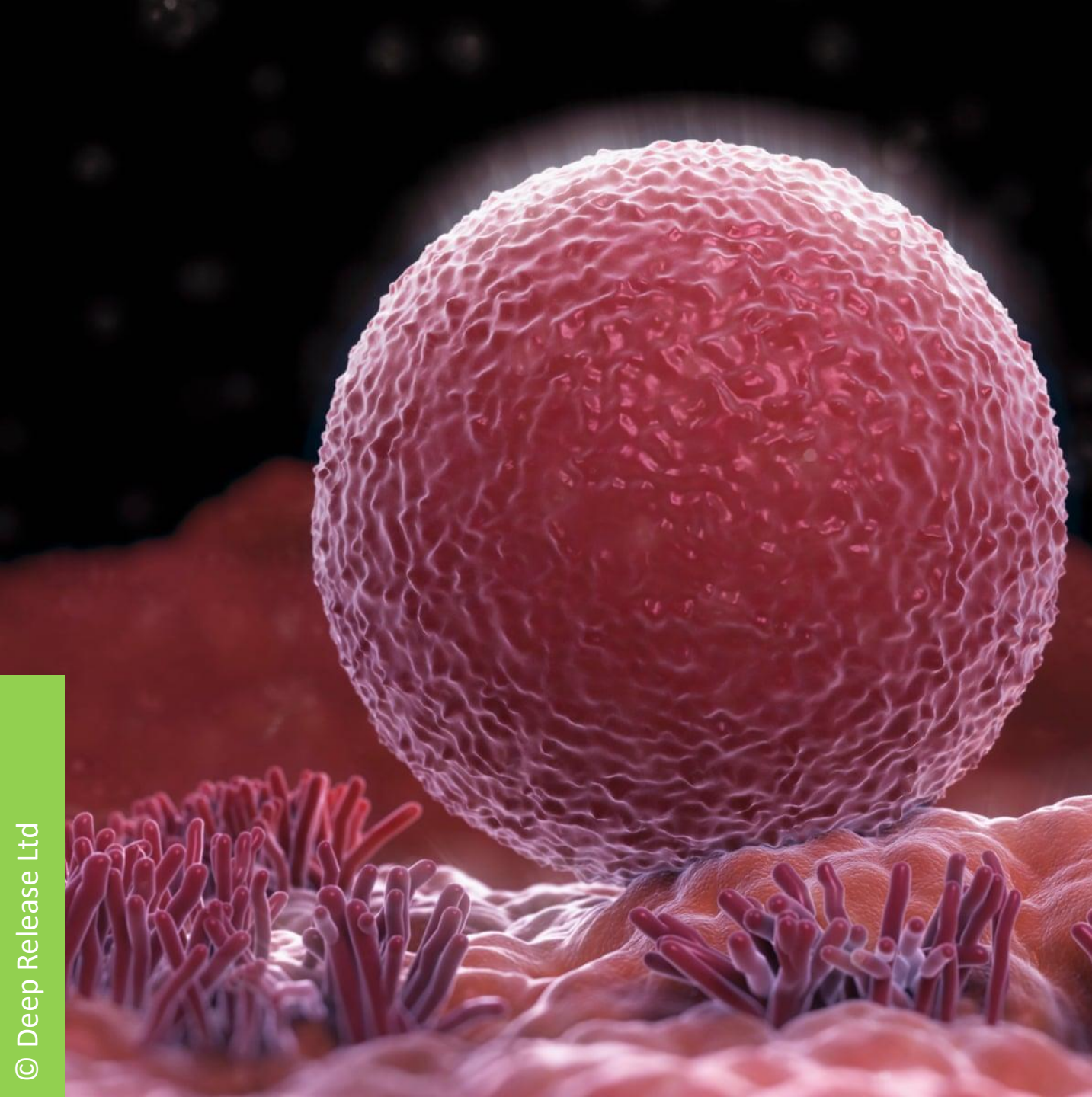
# Womb Cycles





# The Conception to Birth Journey as an Meditation





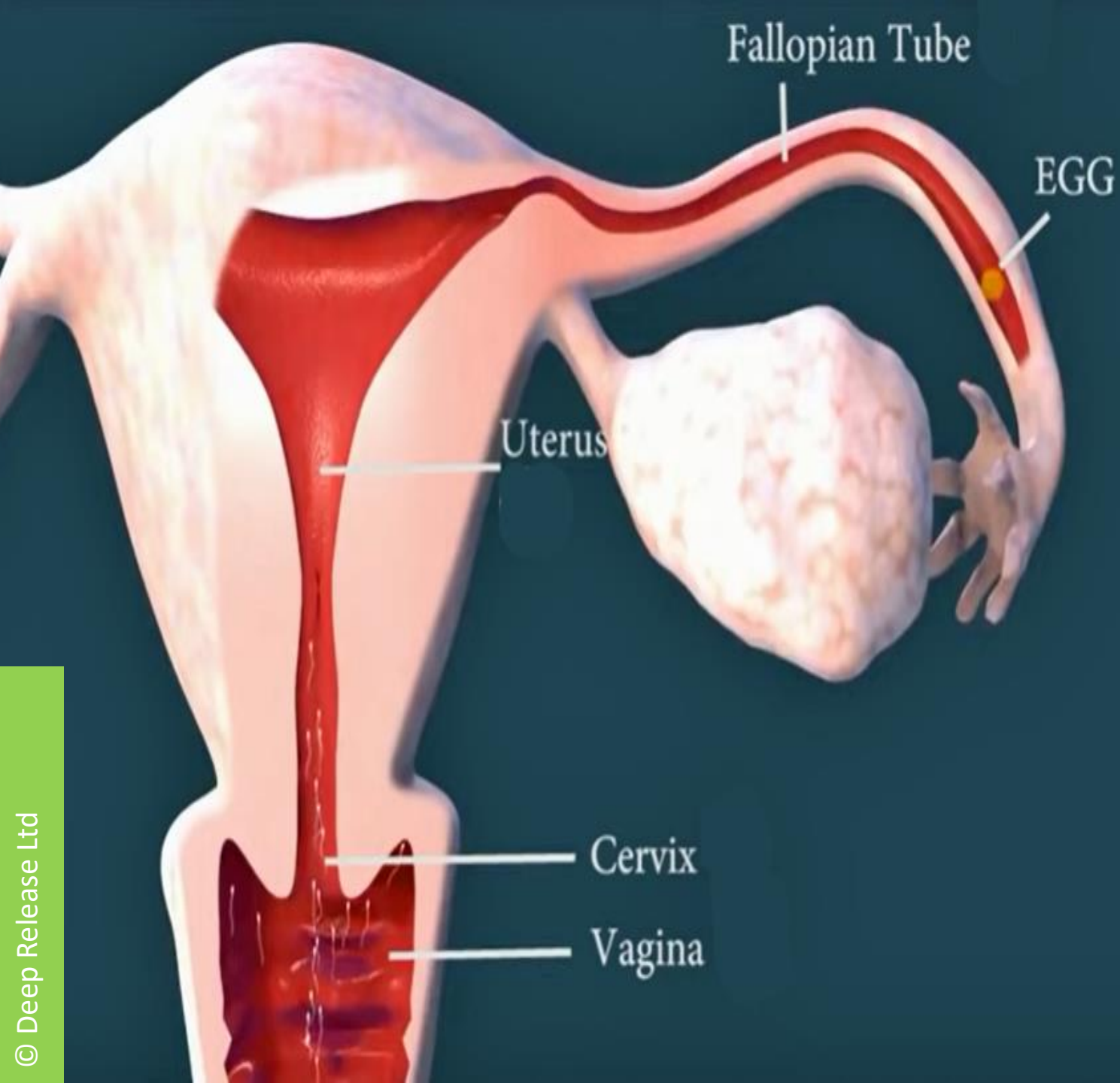
**You begin life as an egg.**

**You were made while your mother  
was growing inside her own  
mother's womb.**

**This is your mother's DNA. You  
are completely surrounded by her,  
totally dependent on her for life  
and health.**

**The egg is the largest cell  
in the human body.**





**At ovulation, the egg is released, drops out of the ovary, and begins its journey, hopefully to meet the sperm.**



**Your parents come  
together...  
to make love?  
to make a baby?**





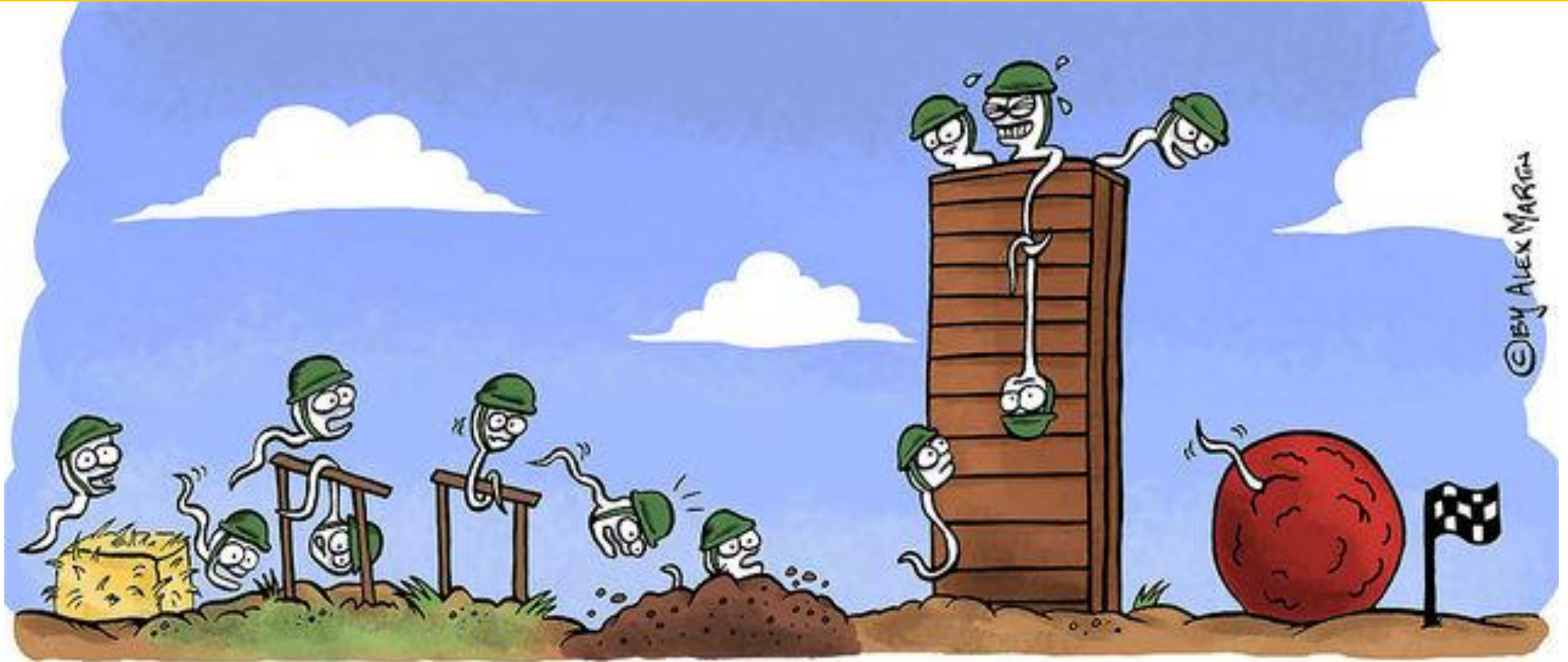
**This is your father's sperm.**

**Each sperm contains an  
entirely unique selection of  
his genetic material.**

**The sperm is the smallest cell  
in the human body**

**One of these sperm will fuse  
with the egg and become part  
of you.**

# The Sperm's journey to get to the Egg

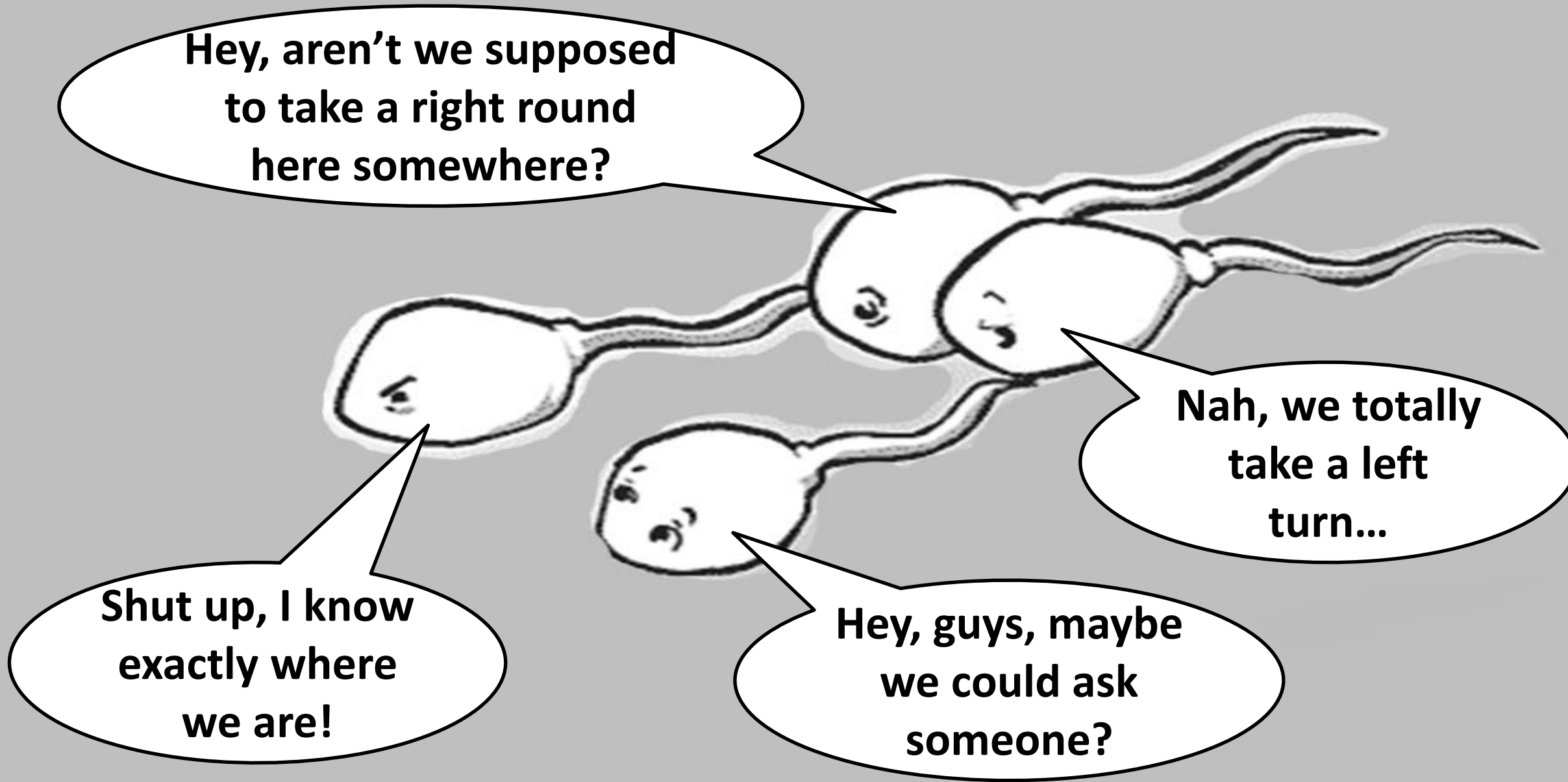


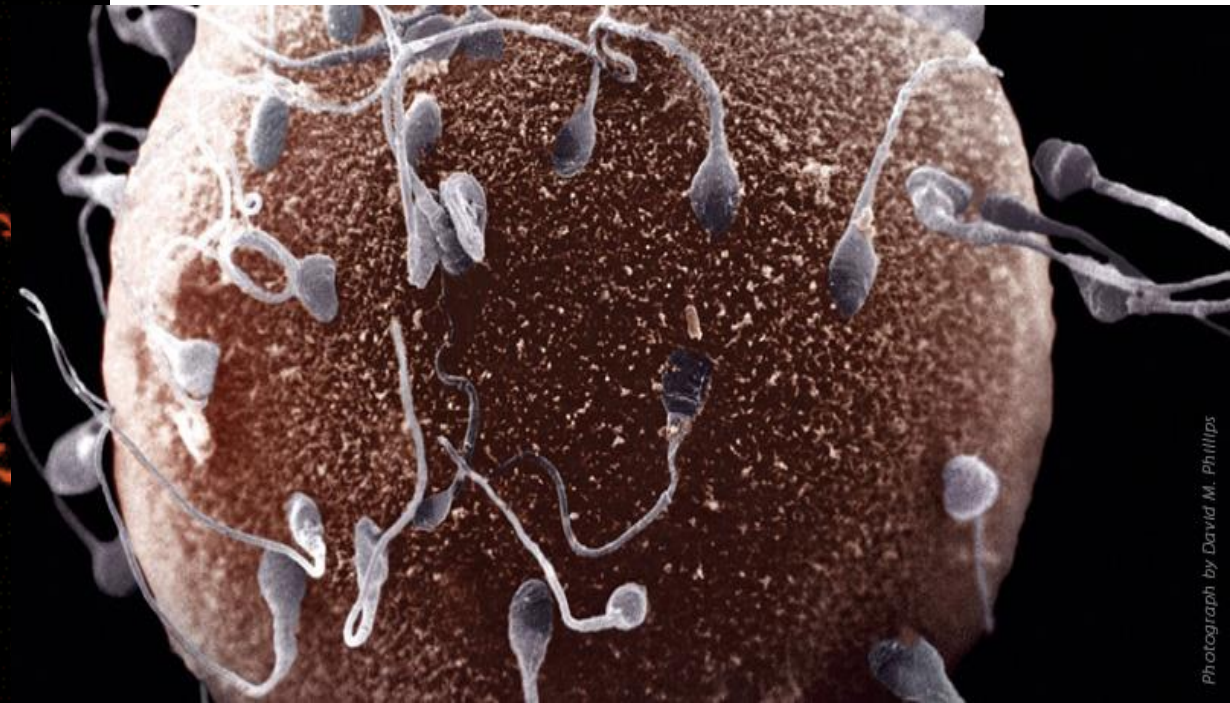
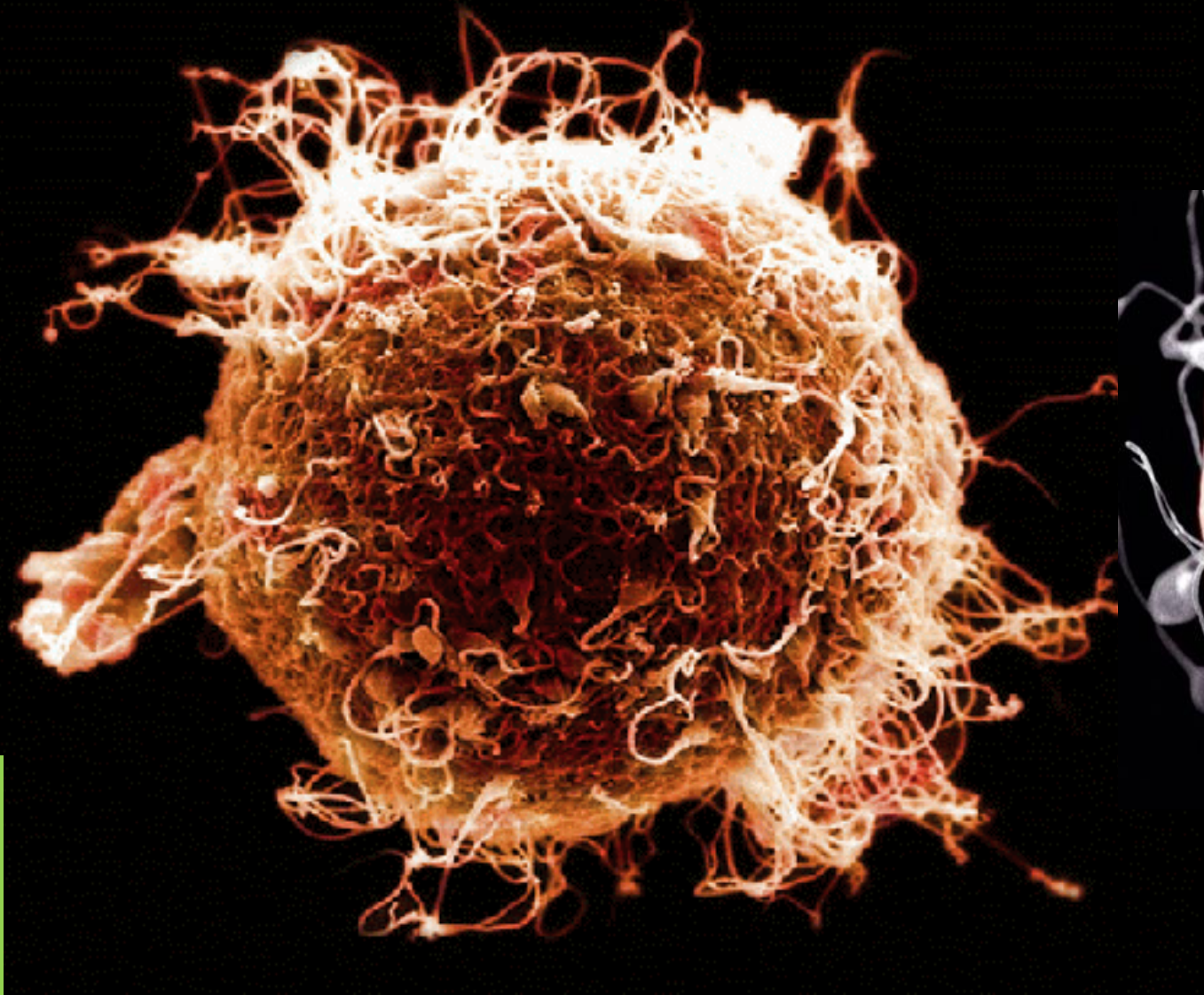
Although male ejaculates typically contain vast numbers of sperms, surprisingly few usually get anywhere near the egg. Their journey is arduous and lengthy, like an obstacle course!

<https://www.psychologytoday.com/us/blog/how-we-do-it/201709/sperm-s-obstacle-course-the-egg>



# Another reason many sperm don't make it to the egg...





Photograph by David M. Phillips

**Egg surrounded by sperm**



WE'RE  
SPERMS.

I WON!!



**This is the moment of  
fertilisation.**

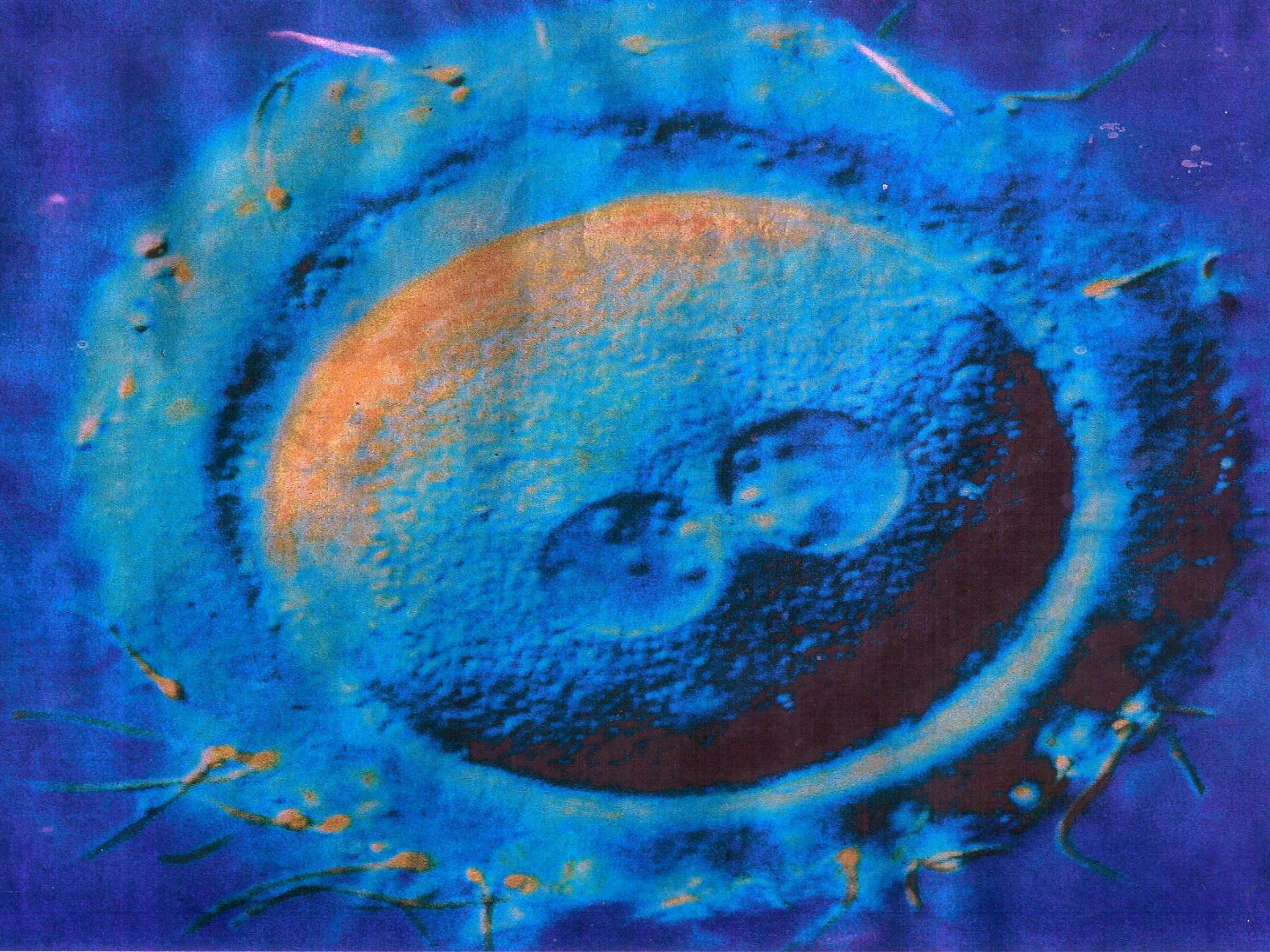
**This is the moment your  
mother and father's  
genetic material combine  
to make you.**



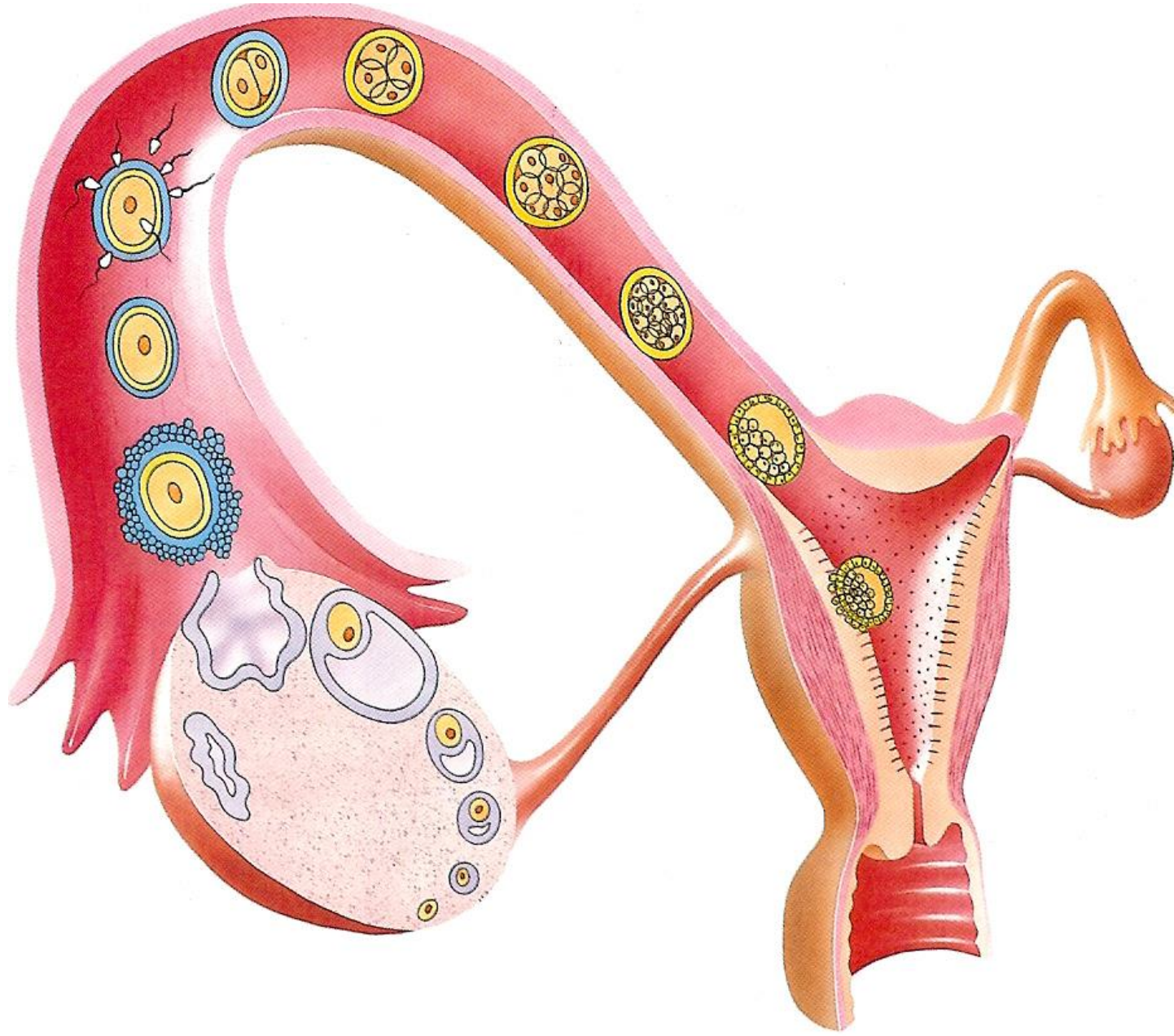
**At the moment they unite, there  
is a microscopic flash of light.**

**You have arrived.**



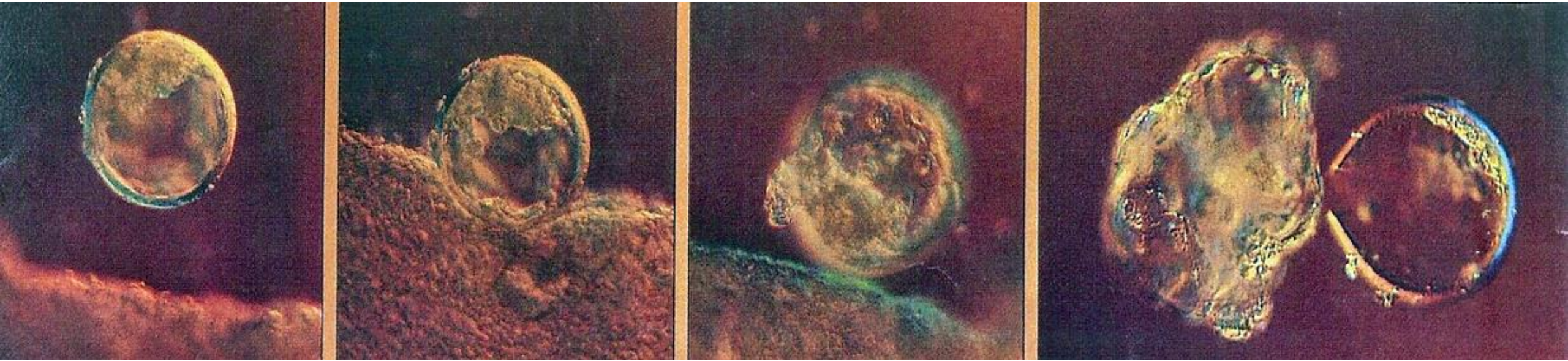








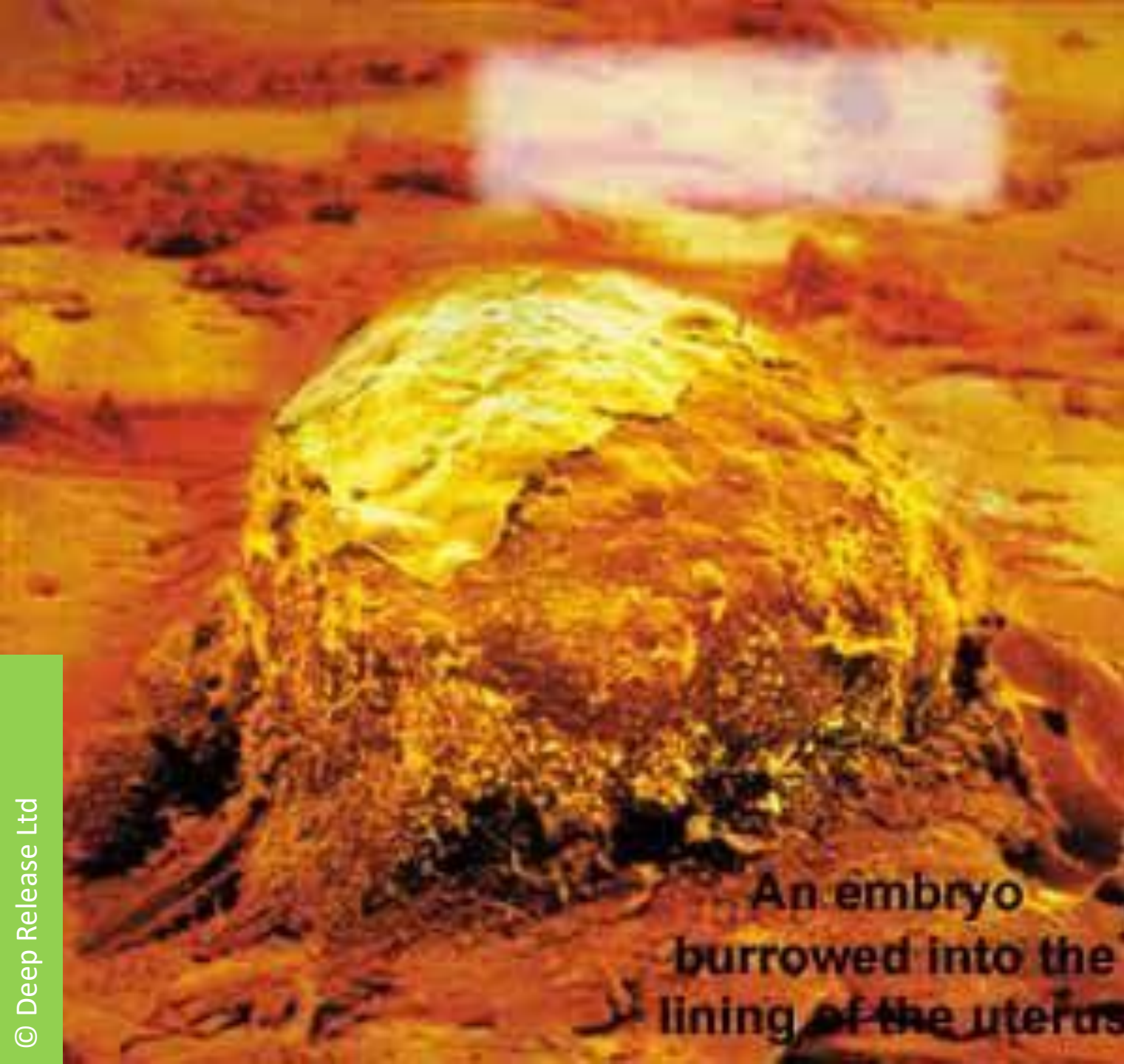
# Seeking a place to settle



**You continue your journey down the fallopian tube, cells dividing as you go, until you become like a ball, with cells on the outside and a hollow interior.**

**It takes about 5 days to travel to the uterus and find a place to implant. You bounce around, seeking to find the right place.**





An embryo  
burrowed into the  
lining of the uterus

**You burrow into the rich,  
fertile lining of your  
mother's womb, which will  
be your home until you are  
born.**

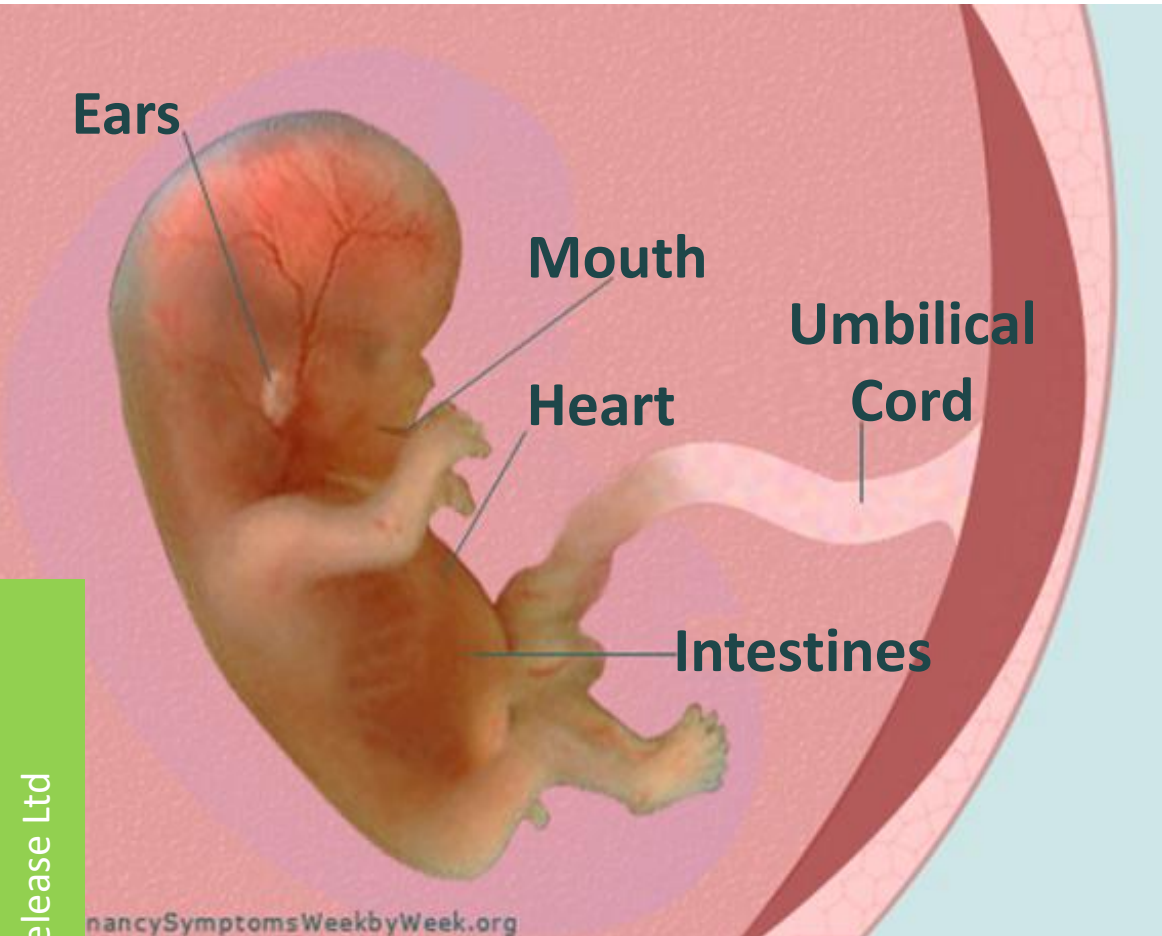
**You are smaller than  
a grain of salt.**

**Your eye colour has already  
been decided and how tall  
you are likely to grow.**



**At around 4 weeks, your mother will discover she is pregnant.**





nancySymptomsWeekbyWeek.org

**Your body takes shape. Your lungs, stomach and digestive system are forming... your kidneys, liver and gall bladder... your pancreas, spine and reproductive tract.**

**You have your own fingernails and fingerprints.**

**You can wrinkle your forehead and frown. Your teeth buds have formed.**

**You are 12 weeks old and about 5½ cm long. You are floating around in the amniotic fluid, connected to your mother by the umbilical cord.**

**You are aware of sound.**

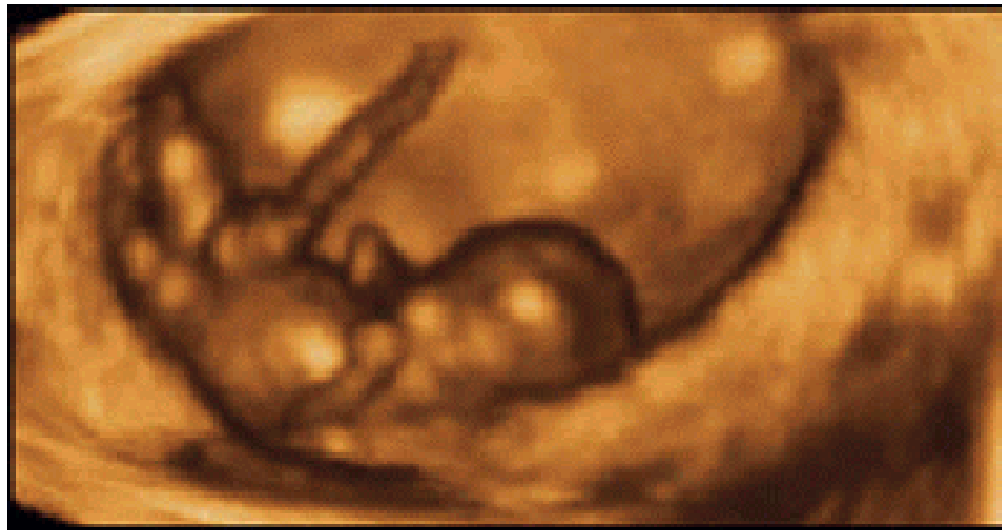


# 1<sup>st</sup> Trimester Development

## 0-14 Weeks: MOVEMENT

At **eight weeks** you can kick and straighten your legs, leap around the womb, turn round and move your arms up and down, well before your mother feels movement.

At **ten weeks** you can move your arms and legs with a range of movements that are fluid and supple.



# 1<sup>st</sup> Trimester Development

## 0-14 Weeks: YAWNING, SUCKING, SMILING



Babies 'yawn' from as early as 12 weeks. This may help with taking your first breath when you are born.



Babies as young as 11 weeks in utero have been seen sucking their thumbs and toes!



Newborns don't smile till 4-6 weeks after birth, but babies in the warm, cosy, shielded womb do!



# Development in the Womb



This in-womb baby does what they will do after birth – if they are held upright on a flat surface, they will try and move forwards.



This in-womb baby's brain has developed sufficiently for him to sense parts of his body – he can bring his fingertips together so they touch.



From about 24 weeks, when retinal development is complete, babies can open and close their eyes – they learn to blink which protects their eyes when born.



Photo of baby Samuel Armas's hand reaching out from the his mother's womb at 21 weeks during foetal surgery. Michael Clancy, snapped the photo after seeing the baby's hand jut out of the hole in the womb made by the surgeons:

*"During a spina bifida corrective procedure, Samuel thrusts his tiny hand out of the surgical opening of his mother's uterus. As the doctor lifts his hand, Samuel reacts to the touch and squeezes the doctor's finger. As if testing for strength, the doctor shakes the tiny fist. Samuel held firm."*





# Development in the Womb: The Survival Mind

- The Survival Mind is the most well-organised during the first three months in the womb
- Events at this stage are laid down very deeply in the foetal system – “first line level”
- Experiences of raw pain
- Memory of events and imprinted pain is at its least accessible
- There is no language to help us understand it - this level can only be reached on its own terms



# Development in the Womb: The Feeling Mind

- The Feeling Mind develops later in the womb
- Events are laid down at an emotional - “second line” level
- Raw pain is given an emotional overlay
- After birth the infant develops attachment to their parents and relatives and is able to feel emotional suffering as well as physical discomfort and hurt



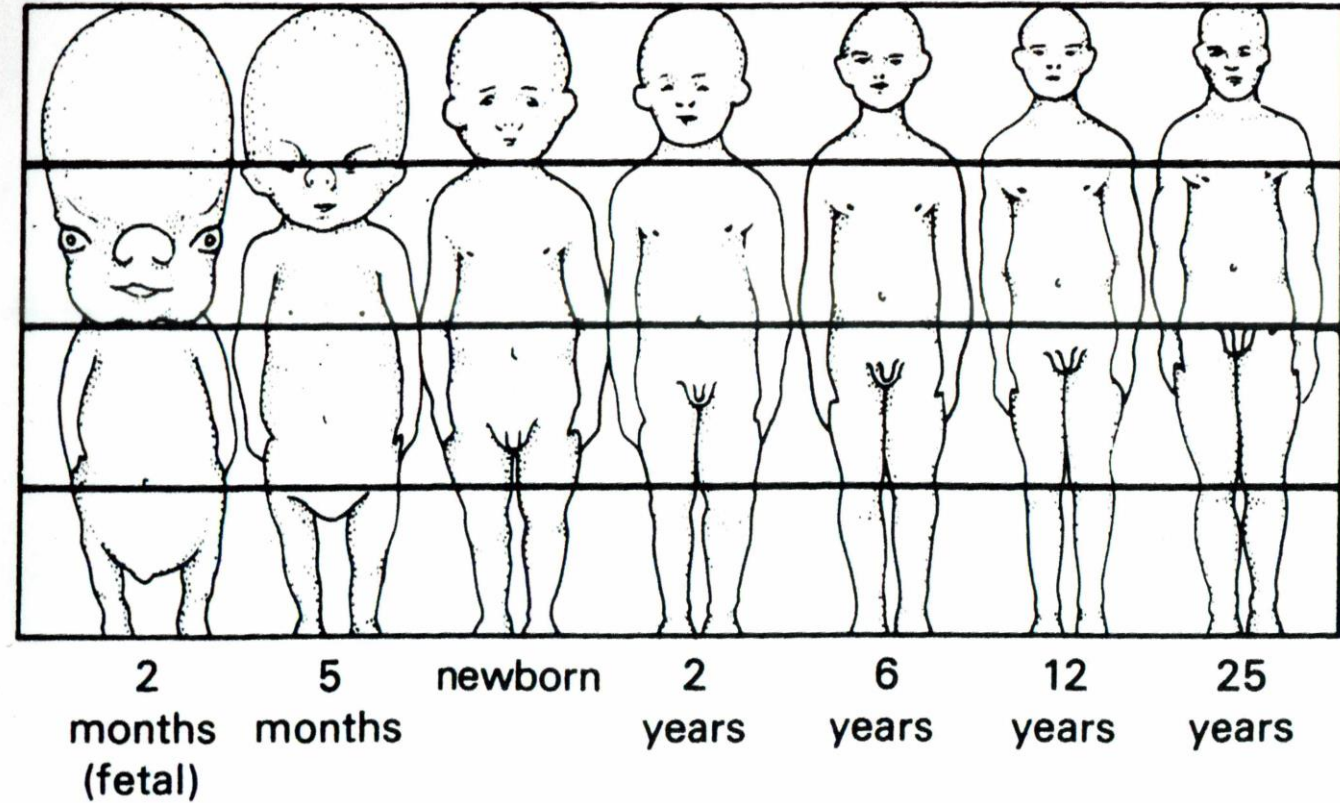
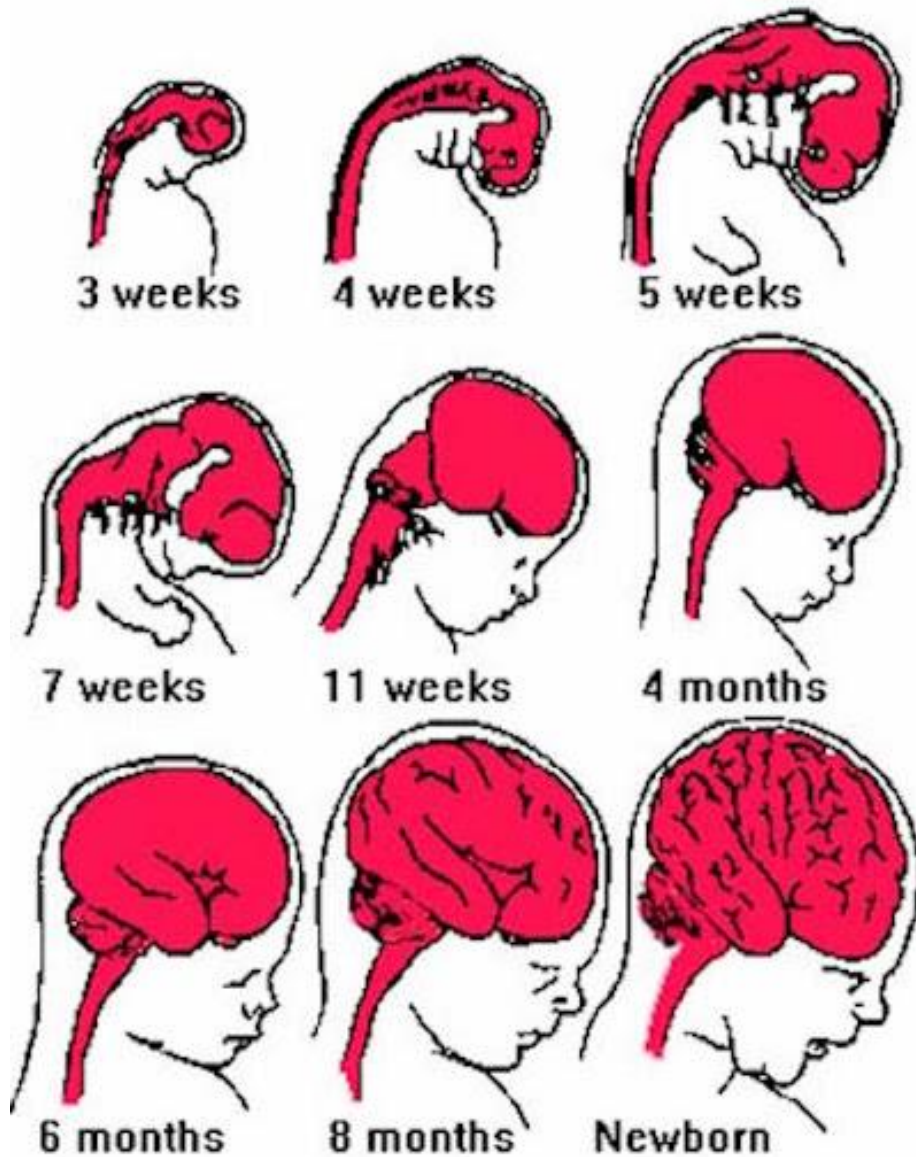


# Development in the Womb: The Thinking Mind

- The 'third line' level – laid down by 6 months gestational age and growing progressively in complexity into adolescence
  - Abilities to reason and cope with logic, then with philosophical ideas, are a function of brain maturation
- Conscious recognition of pain**



# Brain Development



**Figure 5** Relative sizes of the brain and body at different ages.



# Frank Lake's Classification of Responses

Increasing degrees of pain due to unmet  
intrauterine and perinatal needs

## **LEVEL 1 : IDEAL**

**At best, needs are totally satisfied  
Pain-free interaction between the foetus/baby  
and the environment to which it relates**



# Frank Lake's Classification of Responses

## **LEVEL 2 : COPING**

**Not all needs are met, but conditions are bearable. The basically secure self can cope.**





# Frank Lake's Classification of Responses

## **LEVEL 3 : OPPOSITION**

**The degree of pain cannot be tolerated without some splitting off. Unwelcome sensations are separated from the accompanying emotions and the memory deals with them by the process of Repression. The foetus can no longer trust its supporting environment without protest**



# Frank Lake's Classification of Responses

## LEVEL 4 : TRANSMARGINAL

Lake adopted Pavlov's concept of *Transmarginal Stress*.

Pain is now overwhelming and responses are paradoxical.

The self turns against itself, willing its own destruction and death.

Nothing gives pleasure and ultimately a protective process of cortical inhibition gives way to apathy





# Pregnancy and Birth Trauma



- Research conducted by the pioneers of pre- and perinatal psychology suggests that an overwhelming amount of physical conditions and behavioural disorders are the direct result of **traumatic experiences during pregnancy and complications during delivery.**

# REJECTION IN THE WOMB

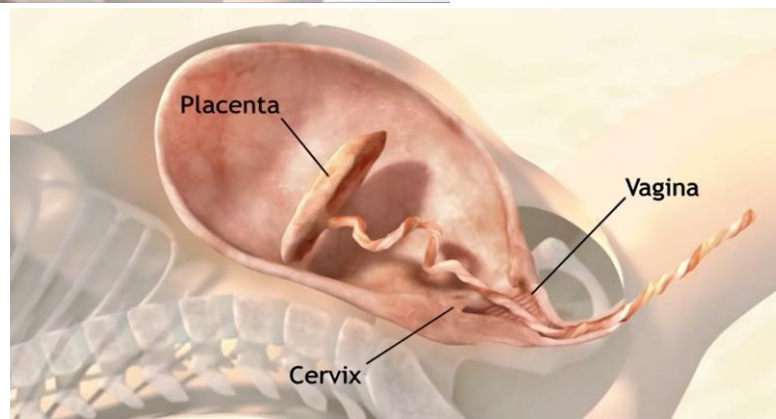
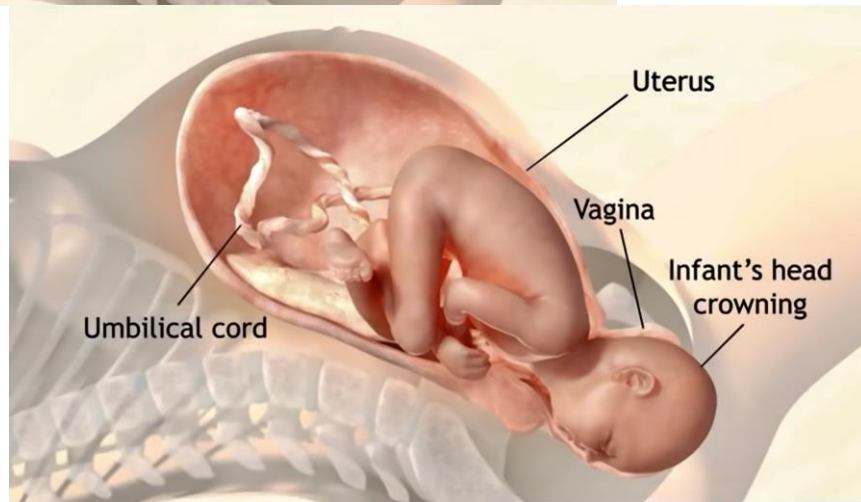
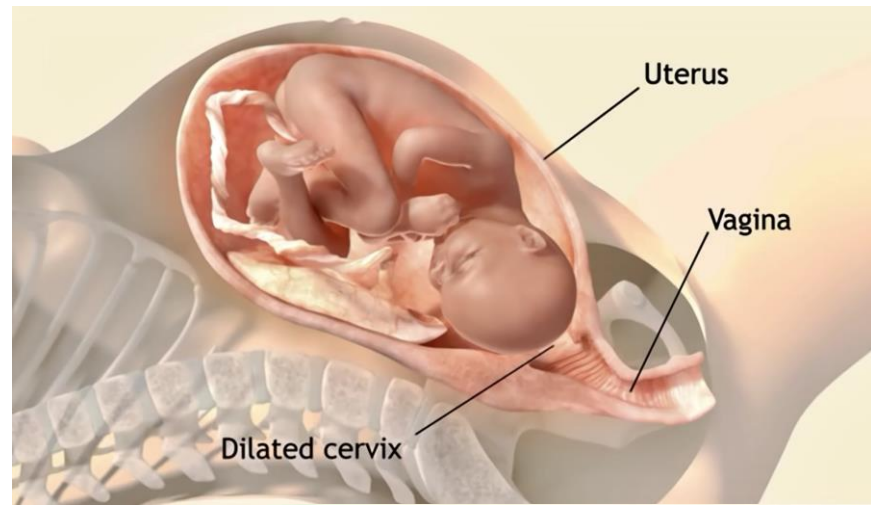
If the foetus feels **rejected** in the womb then it might well reject the mother when it is born. There is more likelihood of problems in the pregnancy and birth.

**Feeding and bonding is more difficult if the child felt rejected or there was strong ambivalence in the mother.**

The baby may literally turn away from the mother and refuse to feed, but may attach well to another love-giving figure.





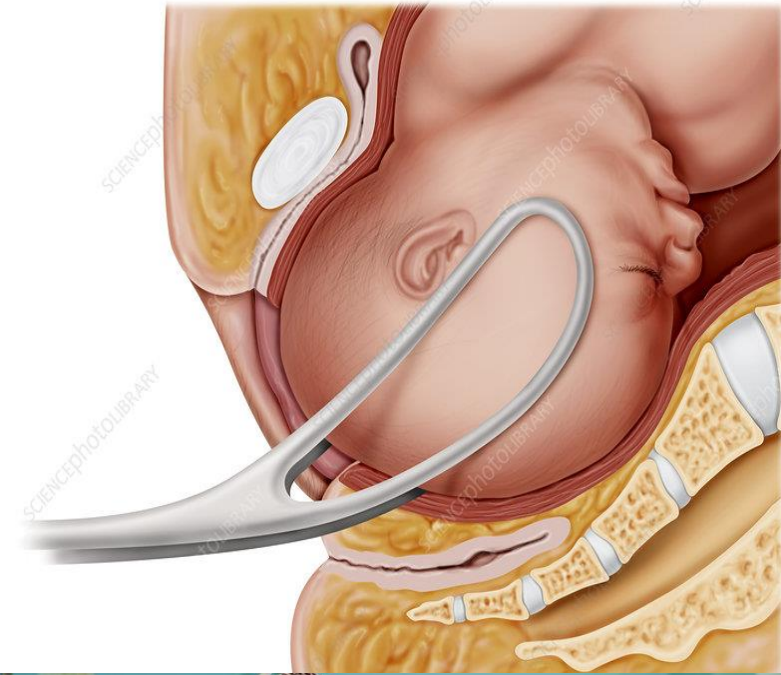


**As you are born, do you  
flow out naturally and  
easily, working in harmony  
with your mother?**

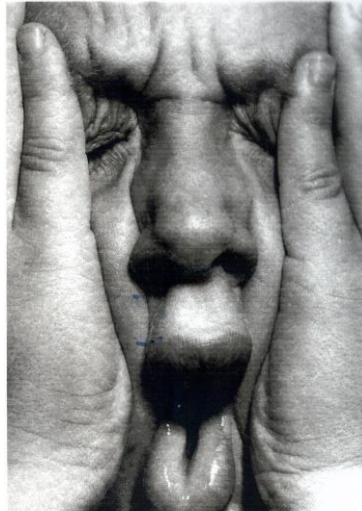
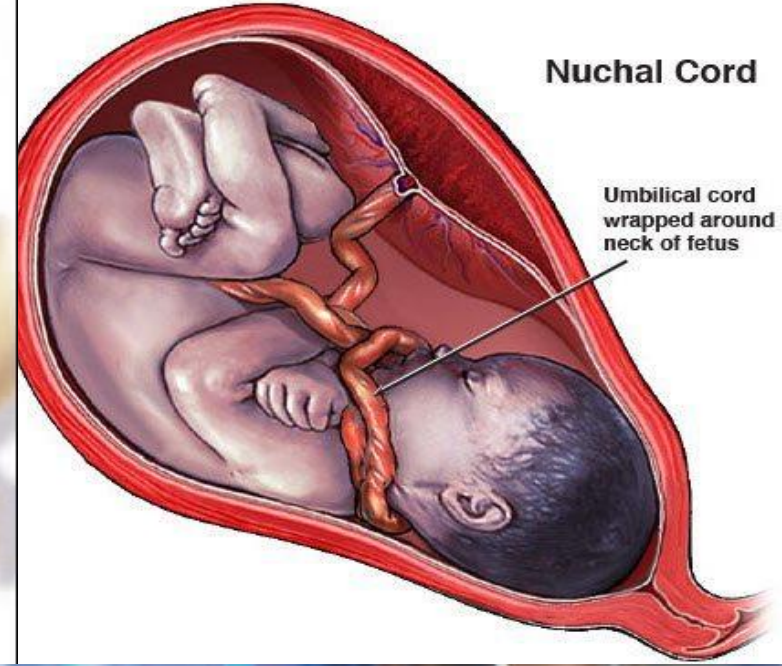
**Or are there difficulties,  
body memories that can  
stay with you at a profound  
organismic level...**



# Birth Trauma



Infant's head caught in the birth canal during breech delivery









**How do you come into  
this strange new world?**



**Is there a warm welcome  
of delight – are you  
placed into your  
mother's loving arms?**



**Or is it different....**





**Is there a warm welcome for  
you from your wider family?**

**Have they prepared for your  
coming? Is there joy in your  
arrival?**

**YOU MADE IT THROUGH!**





# Secure Attachment: The Search for Connection





# Multiples in the Womb

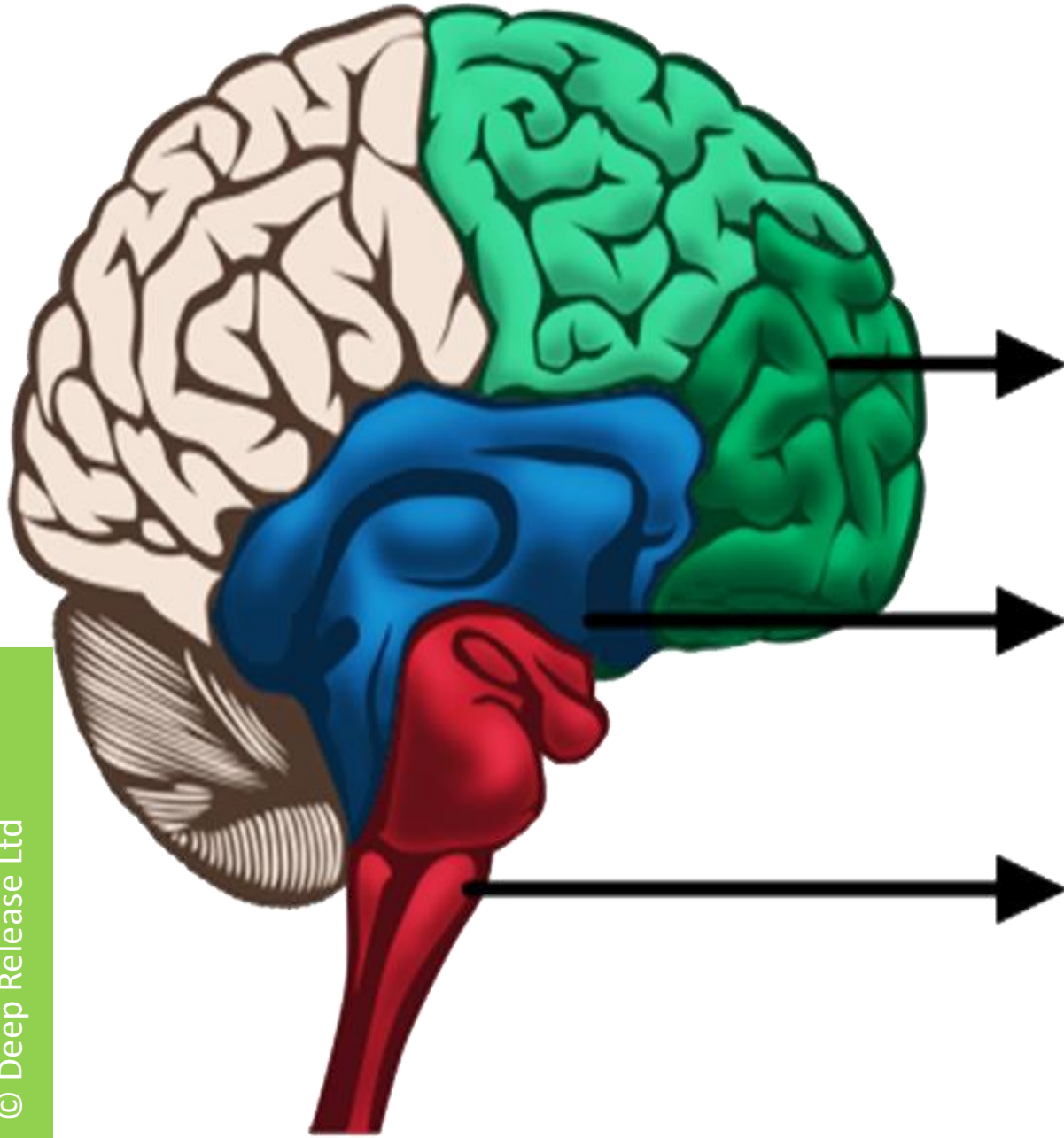




# The Therapy



# Simple Brain Anatomy



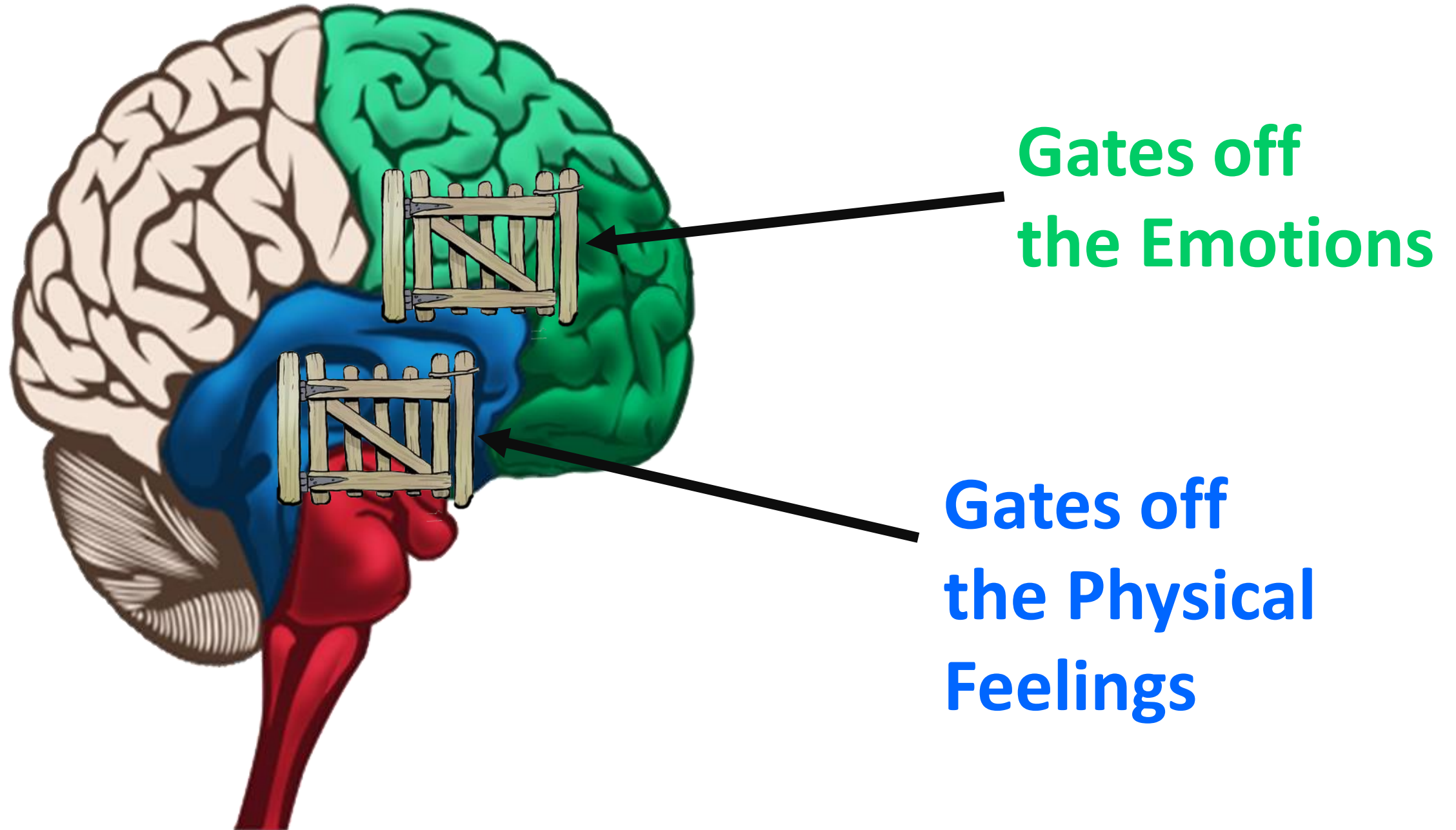
**The Cognitive / Thinking Brain**  
**The Prefrontal Cortex**

**The Emotional Brain**  
**The Limbic System / Amygdala**

**The Survival Brain**  
**The Hind Brain**

Adapted from Sarah Tuckett

# Primal Gating









# Brainwaves

$\beta$   
 $\alpha$   
 $\theta$   
 $\delta$





**HEAD**

**CONSCIOUS**



**HEART**

**UNCONSCIOUS**



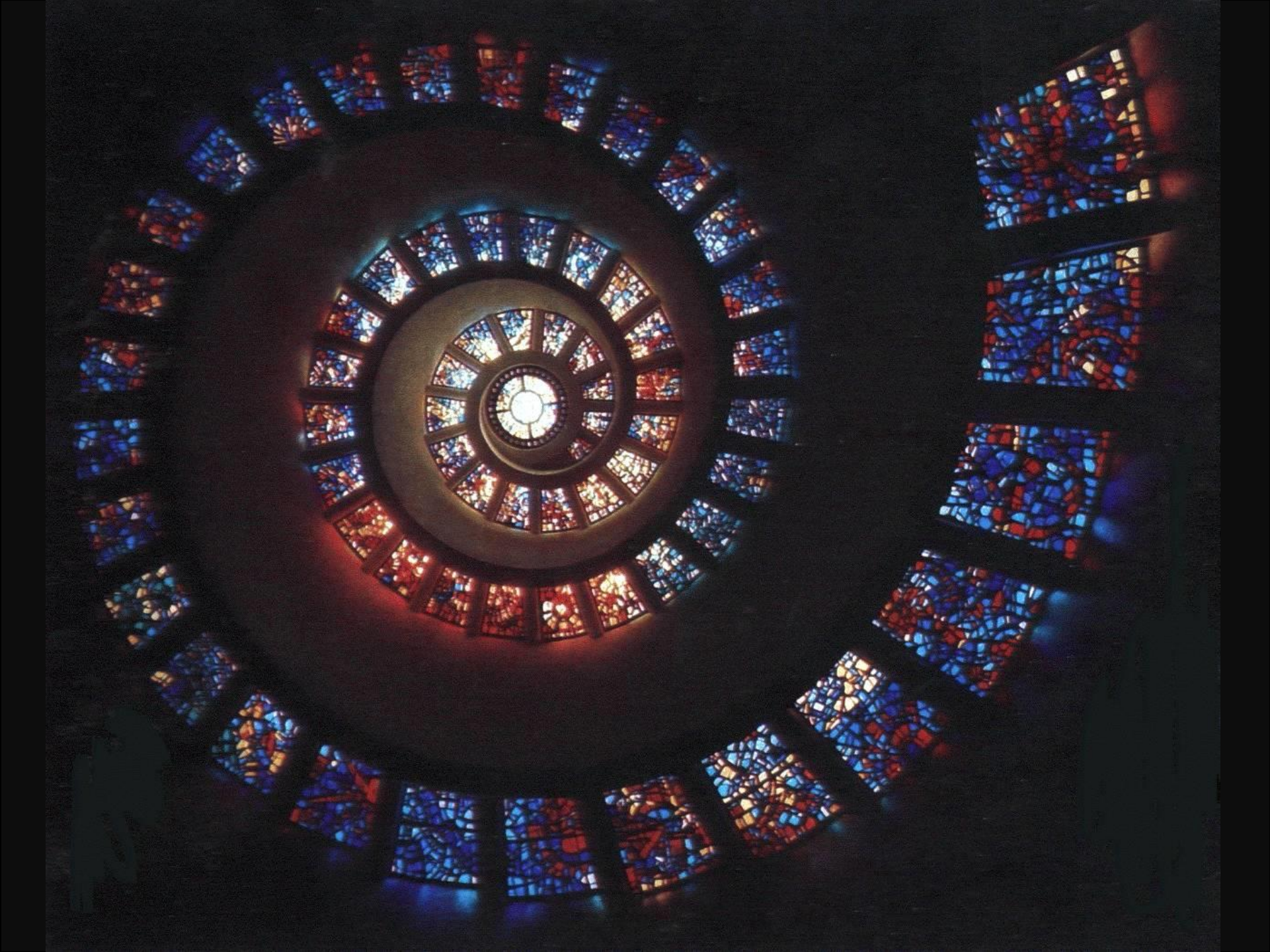


- Closing eyes
- Lying down
- “Duvet work”

- Stillness
- Silence
- Gentle reflection / echoing
- Holding
- Breathing
- Body work











final thoughts





# Resources



# PACT LTD

## Original & Creative Counselling Resources



[www.pact-resources.co.uk](http://www.pact-resources.co.uk)



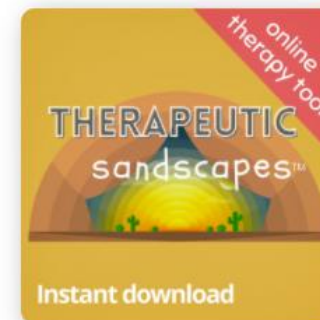
Erikson's Life Stages



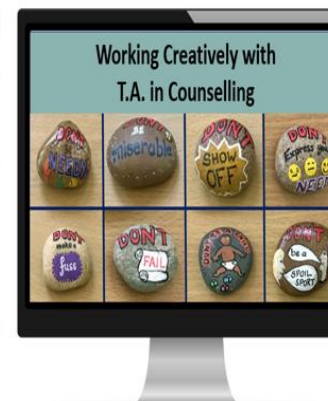
Wheel of Life

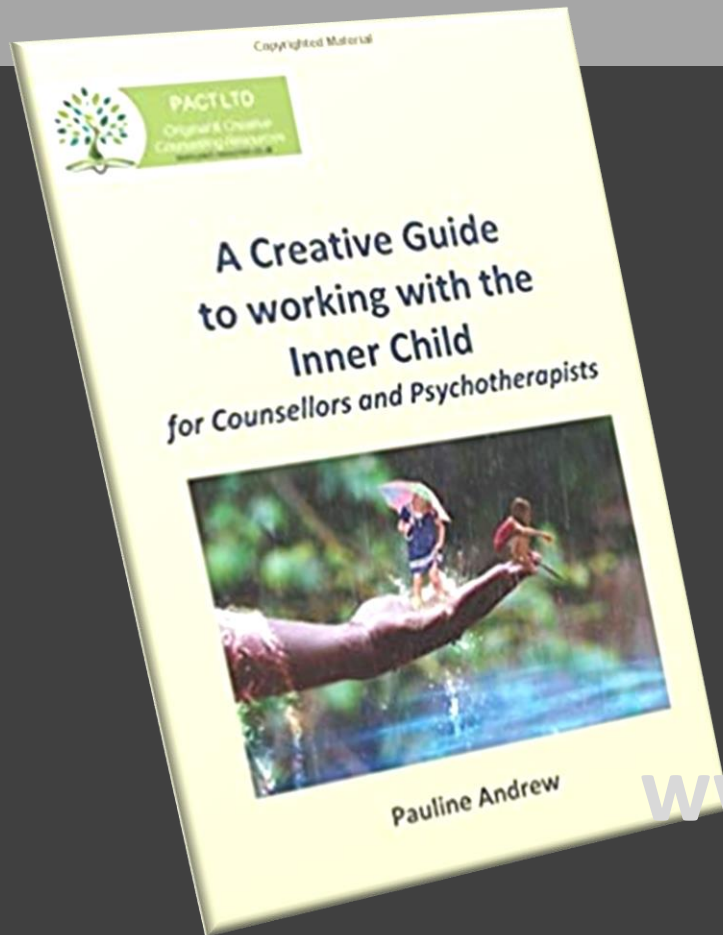


Working with Animal  
Figures Online Pack

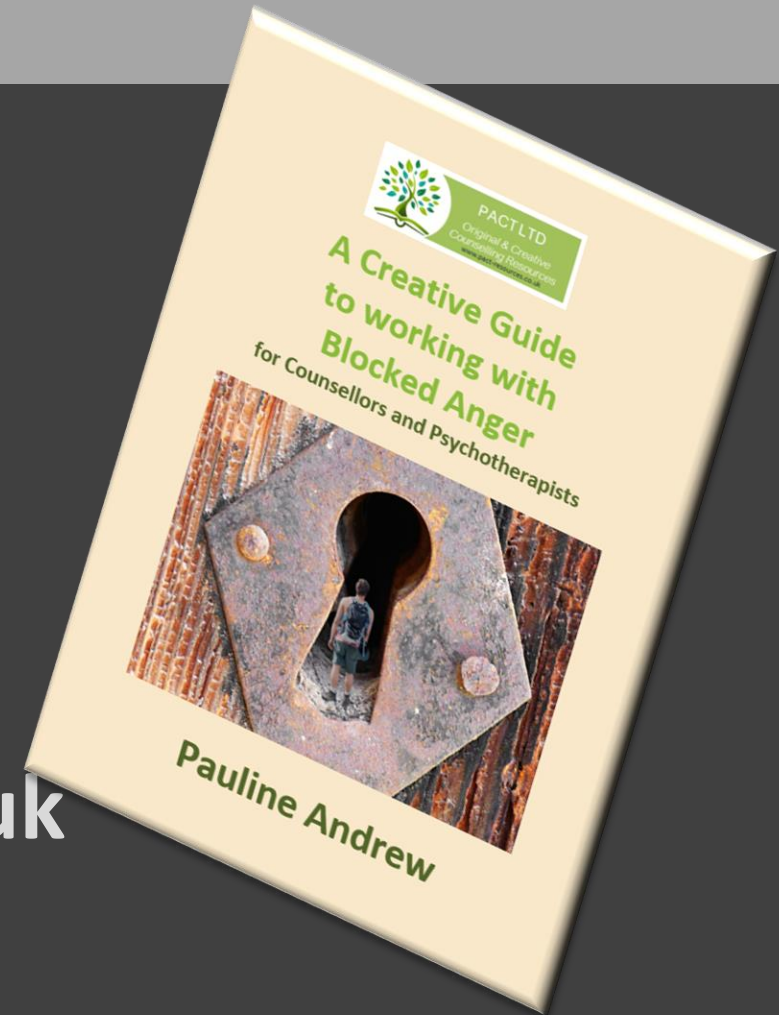


Therapeutic Sandscapes™  
Online Pack

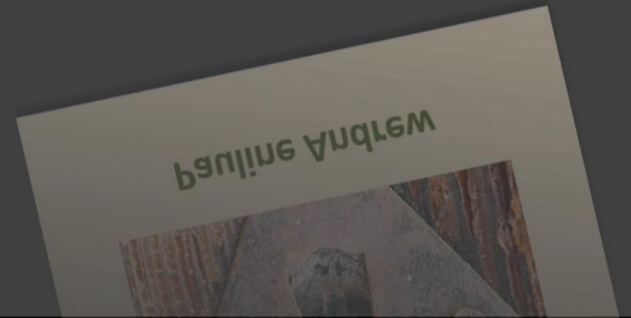
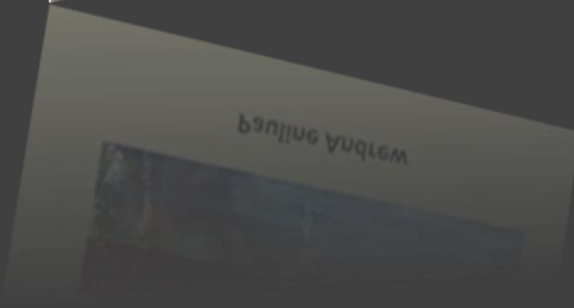




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**\*\*Coming Soon!\*\***  
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- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



**Deep Release Ltd - Counselling & Training**

Private group 1.3K members



+ Invite

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## YOUTUBE CHANNEL

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<https://www.pact-resources.co.uk>