

The Journey in the Womb

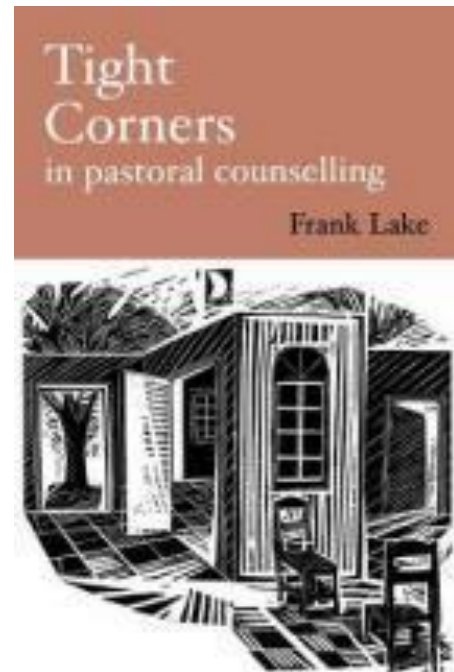


Chris

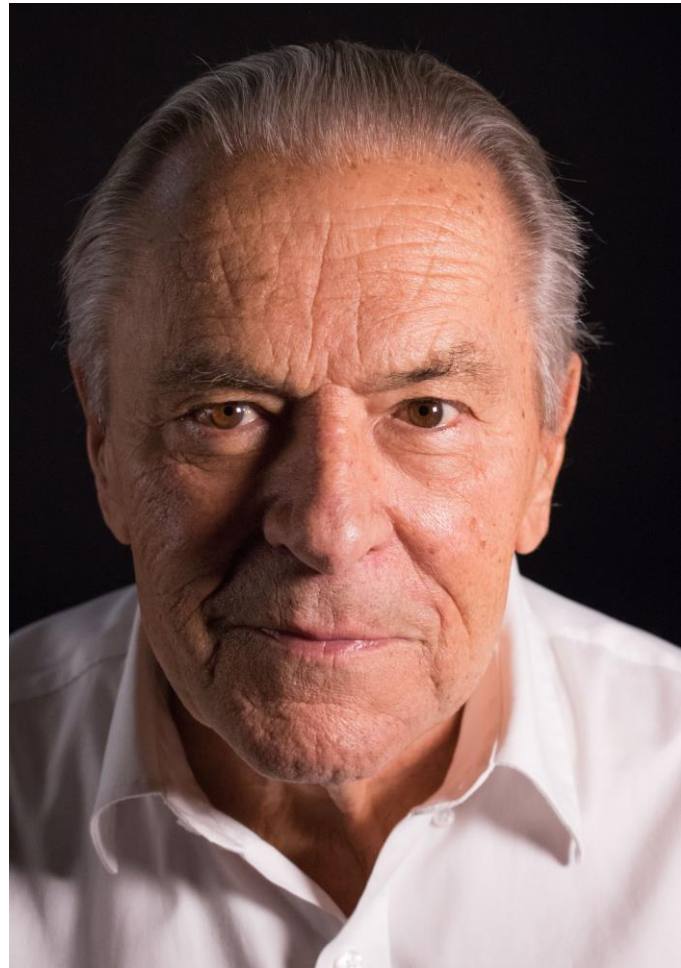


Hazel

Dr Frank Lake, 1914-1982



Stanislav Grof, b.1931

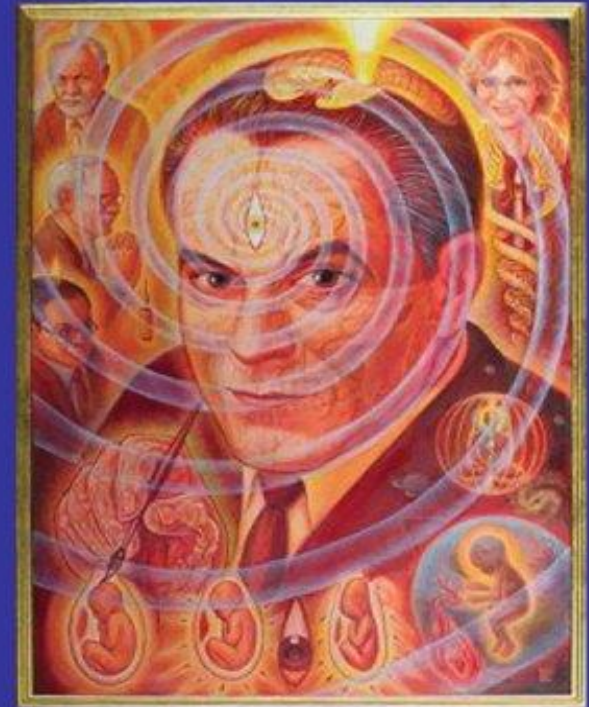


LSD is a catalyst or amplifier of mental processes. If properly used it could become something like the microscope or telescope of psychiatry.

— Stanislav Grof —

NB: Current use of Psilocybin

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*

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



Imagine a World...

Where all babies feel welcome, seen and nurtured
beginning in the womb.

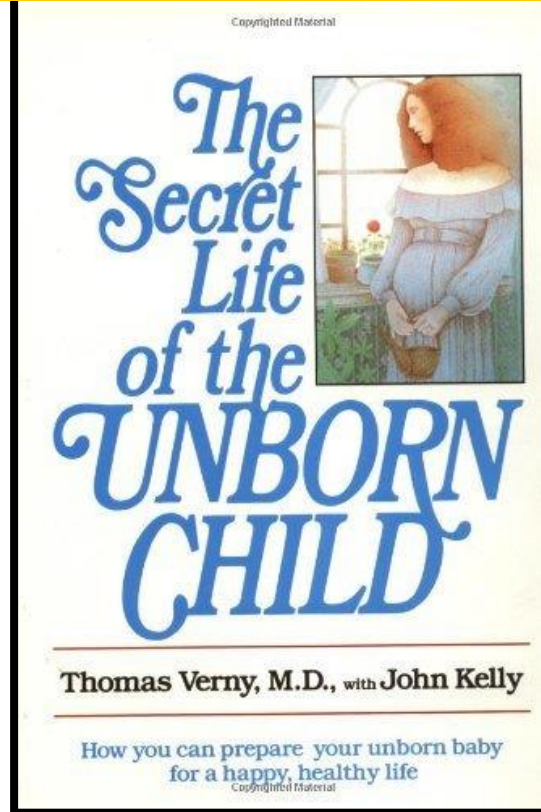
Where all pregnant women feel fully supported throughout
pregnancy, birth and the postpartum time.

Where all support members of the birth process are educated
about the impact of pregnancy and birth throughout our lives.

You can help make this happen!

<https://birthpsychology.com/>

Thomas Verney and William Emerson



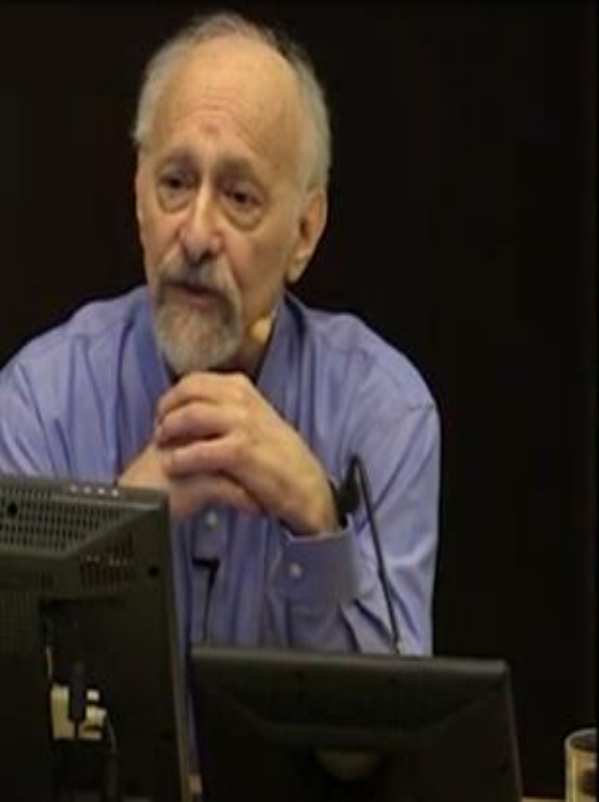
Emerson Seminars

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

**24th John Bowlby
Memorial
Conference –
“Shame
Matters”**

September 2018

“What you can’t see” – Bessel van der Kolk

*“Developmental trauma occurs between the moment of conception, and **before** the onset of conscious verbal thought at age two or three. That's actually a very long time for a foetus and an infant.”*

<https://www.pacesconnection.com/blog/developmental-trauma-what-you-can-t-see>



<https://youtu.be/UA-Tk9qlG9A>

Erikson's Life Stages

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

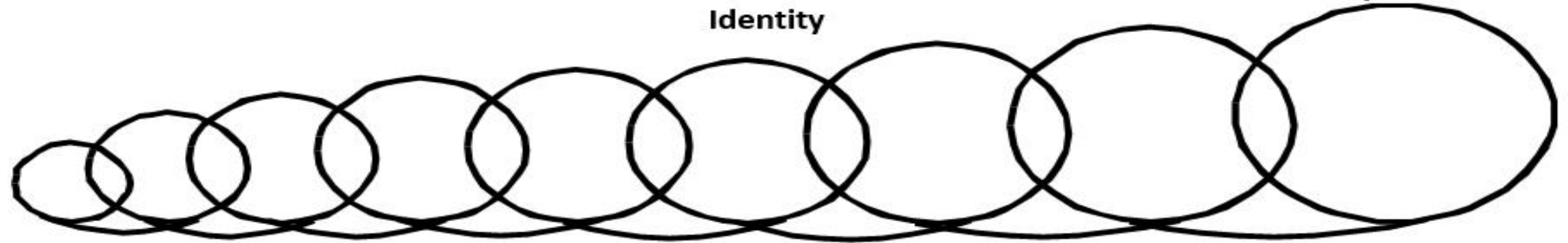
Group
Identity

Identity

Intimacy

Productivity

Integrity



Doubt

Role

Mistrust

Shame

Guilt

Inferiority

Alienation

Confusion

Isolation

Stagnation

Despair



The In-Womb Life Stages

