



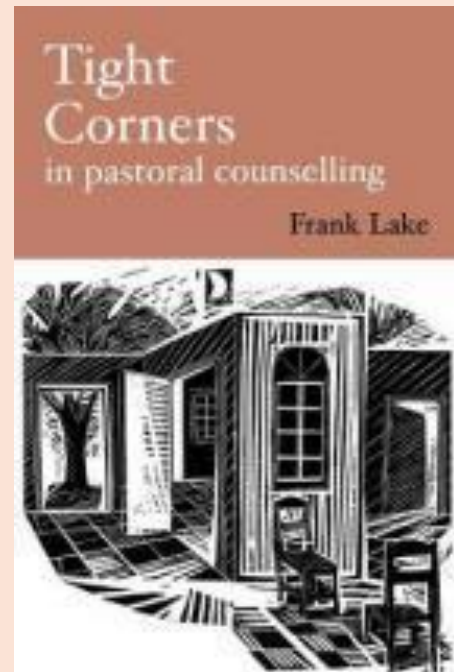
Deep Release Online
Professional Training for Counsellors

Introduction to In Womb and Birth Trauma for Counsellors

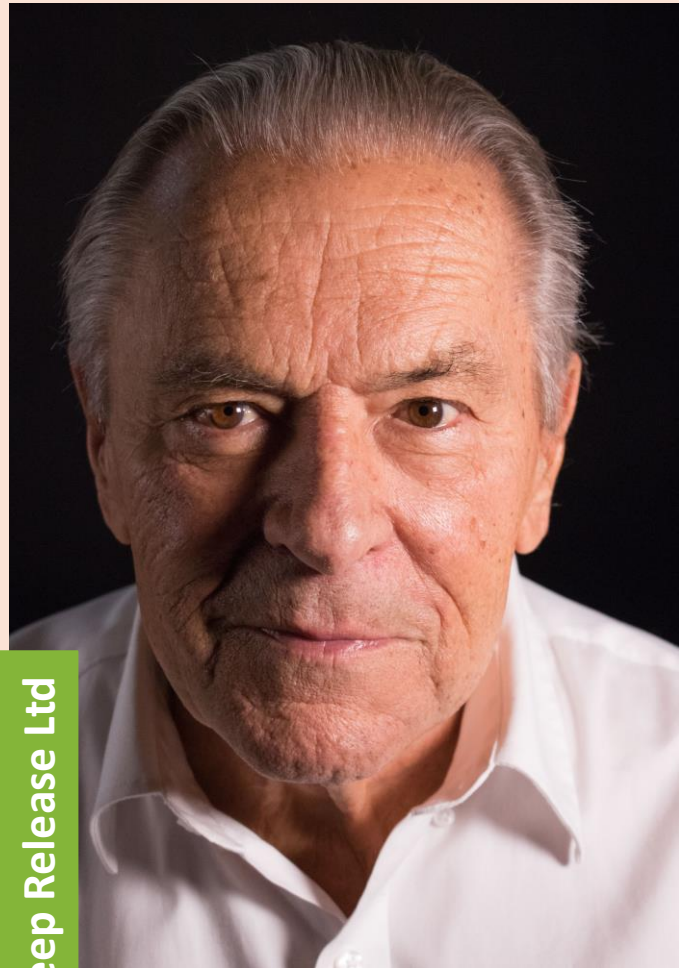
with
Dr Chris & Pauline Andrew



Dr Frank Lake, 1914-1982



Stanislav Grof, b.1931

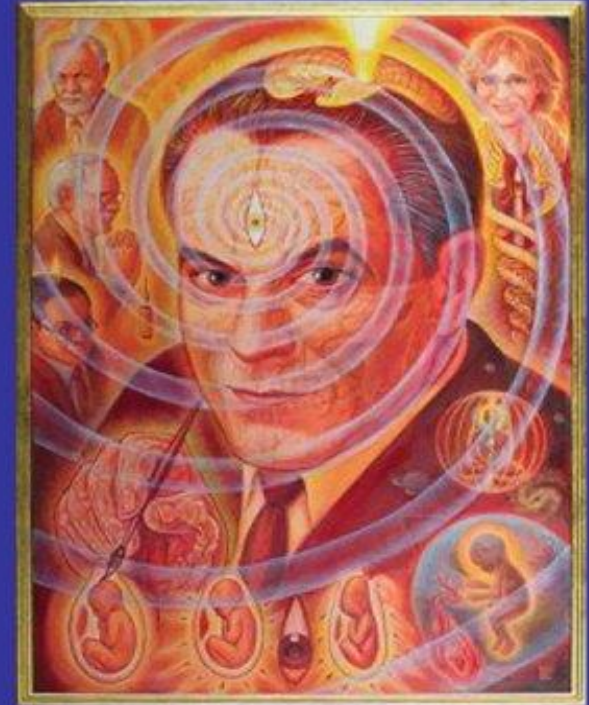


LSD is a catalyst or amplifier of mental processes. If properly used it could become something like the microscope or telescope of psychiatry.

— 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

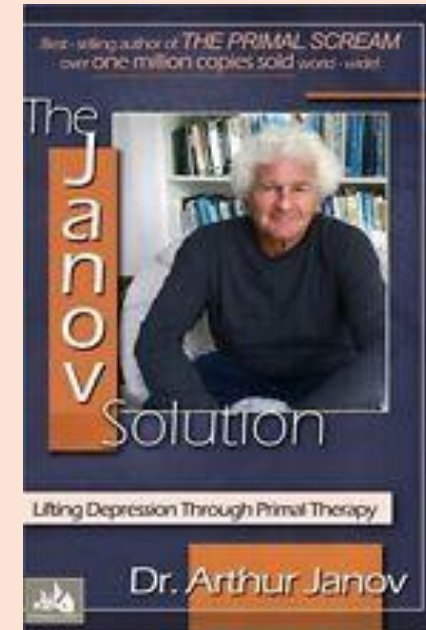
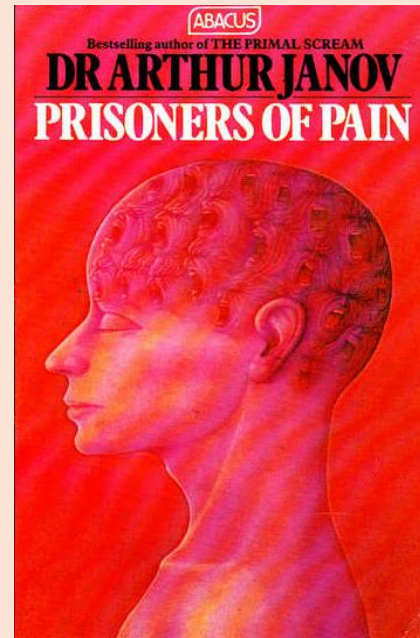
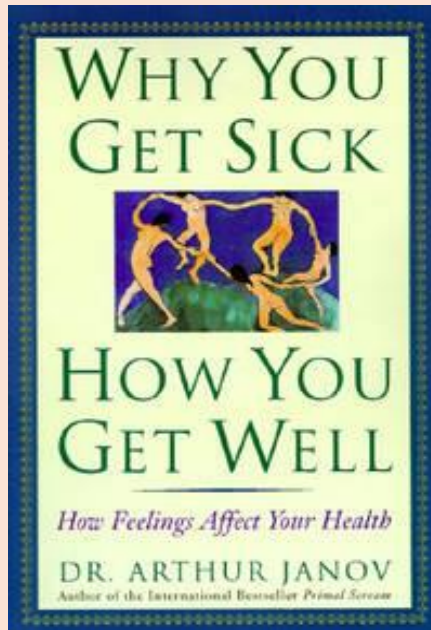
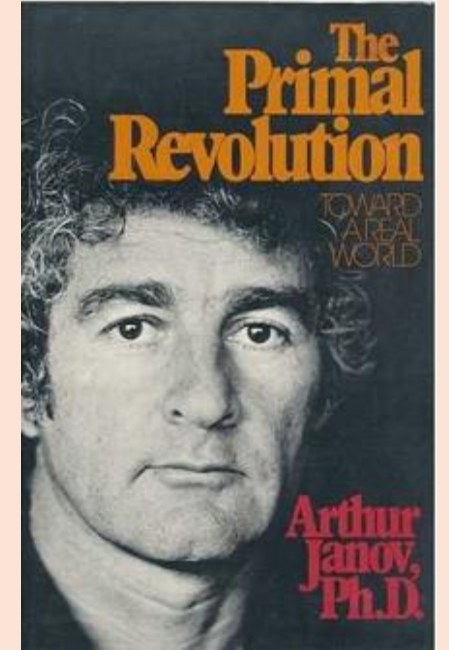
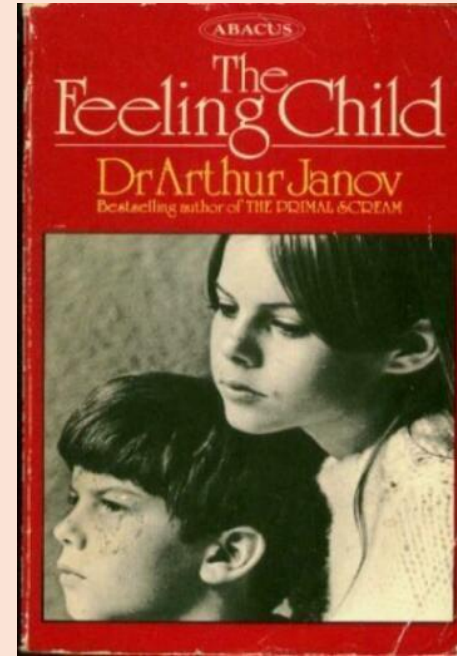
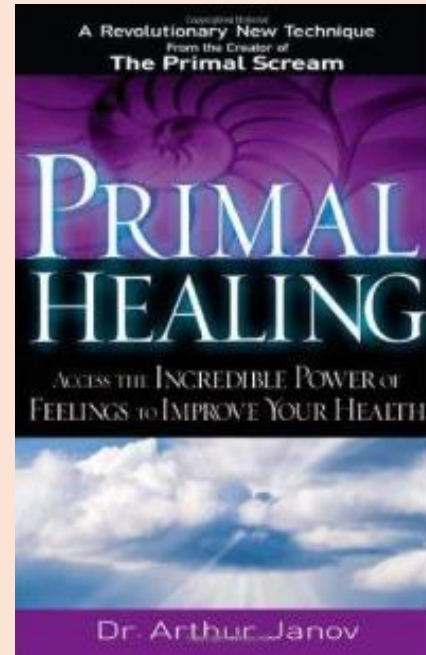
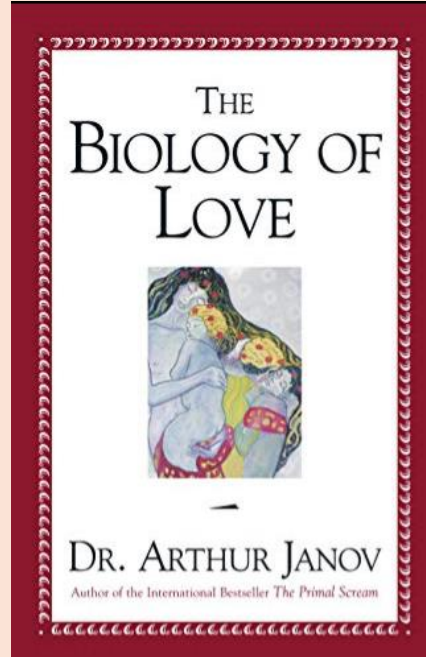
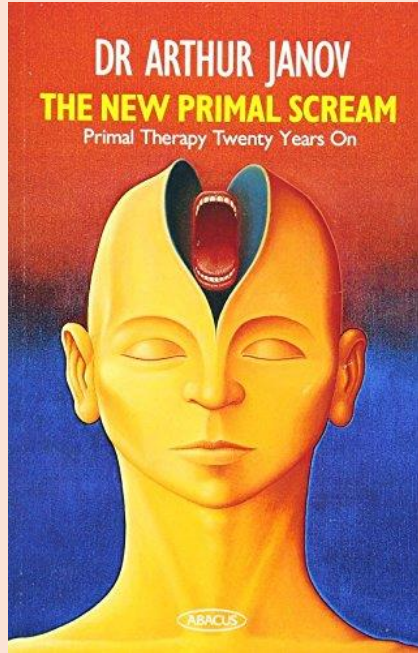
quote fancy

"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*



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



Imagine a World...

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

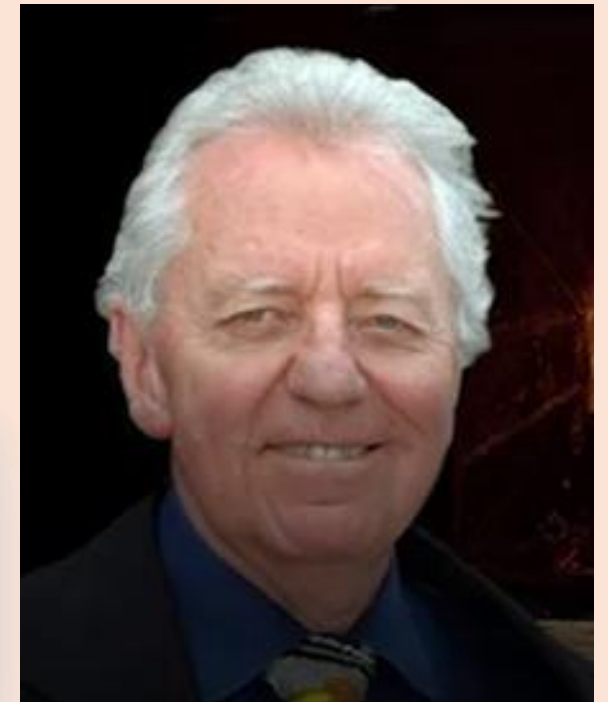
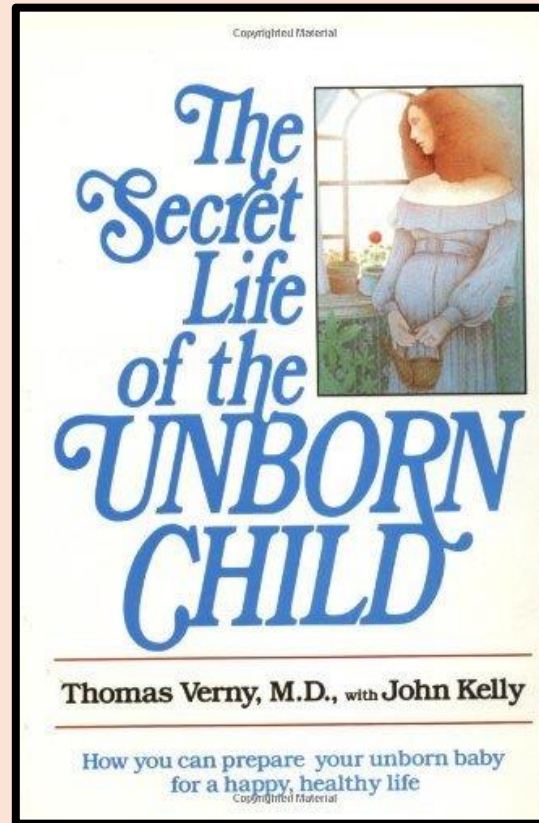
Where all pregnant women feel fully supported throughout
pregnancy, birth and the postpartum time.

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



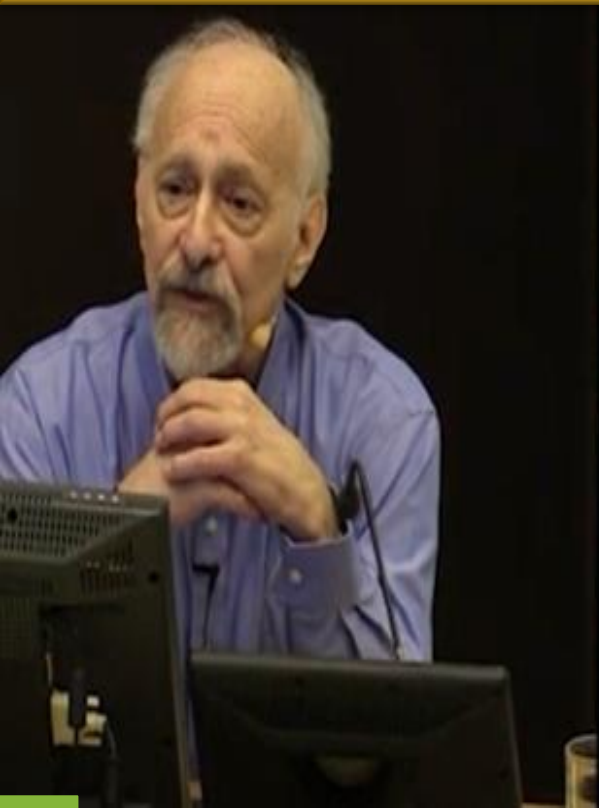
Emerson Seminars

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-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

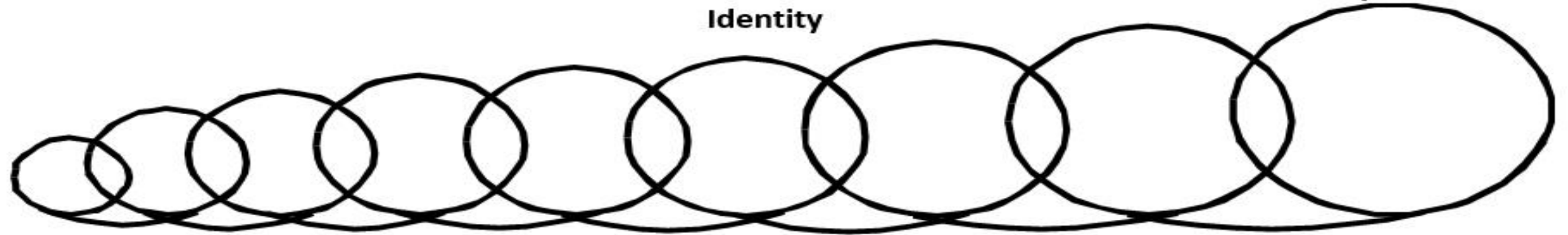
Group
Identity

Identity

Intimacy

Productivity

Integrity



Doubt

Mistrust

Shame

Guilt

Inferiority

Alienation

Role

Confusion

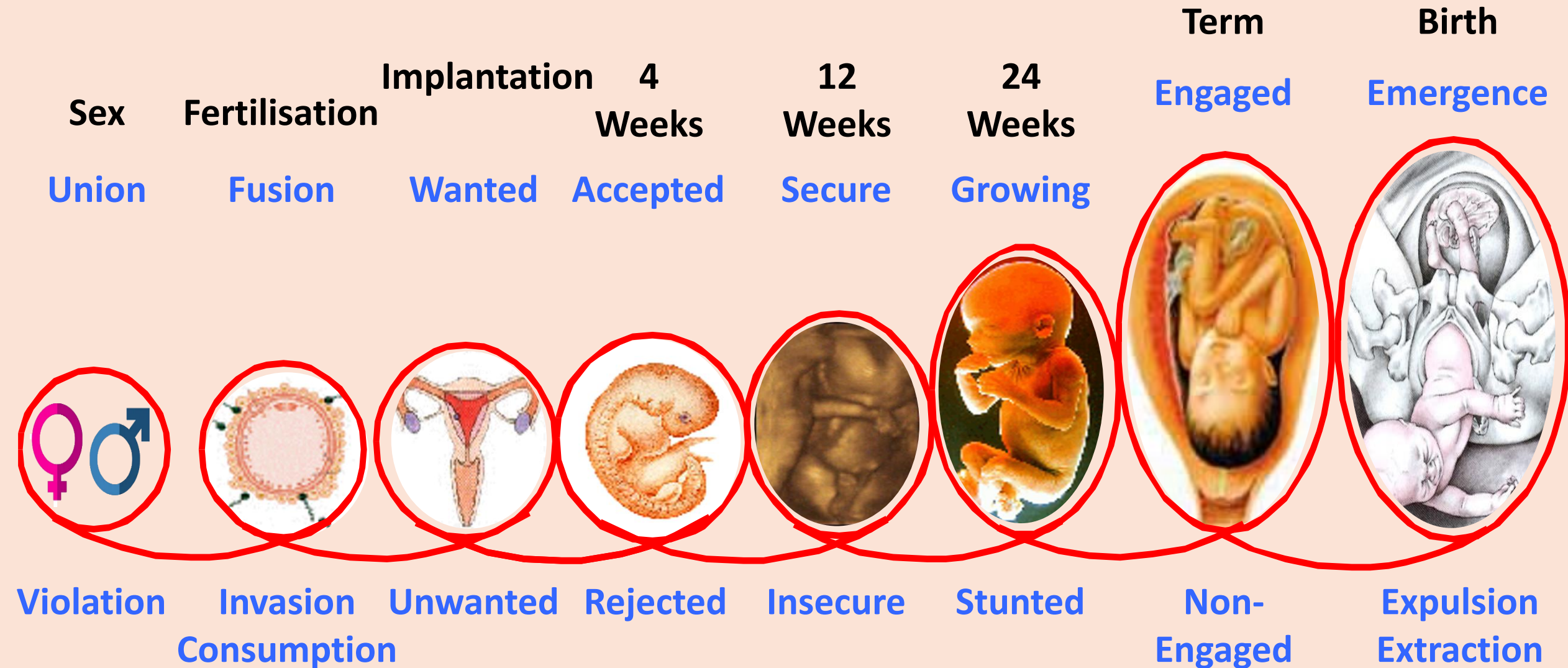
Isolation

Stagnation

Despair



Womb Cycles



Share in Buddy Groups

Share your responses and experiences, as much as feels safe

15 minutes



BREAK TIME



5 MINUTES

The background of the entire image is a vibrant cosmic scene. It features a deep blue and purple gradient with numerous bright, multi-pointed stars of varying sizes. Swirling, ethereal light trails in shades of pink, purple, and blue arc across the frame, creating a sense of movement and depth. On the right side, a dark silhouette of a pregnant woman is shown in profile, facing left. She is holding a glowing, realistic-looking Earth globe in front of her belly. The globe shows the continents of North and South America. The overall composition suggests a connection between the human journey of life and the vastness of the universe.

The Conception to Birth Journey as an Meditation

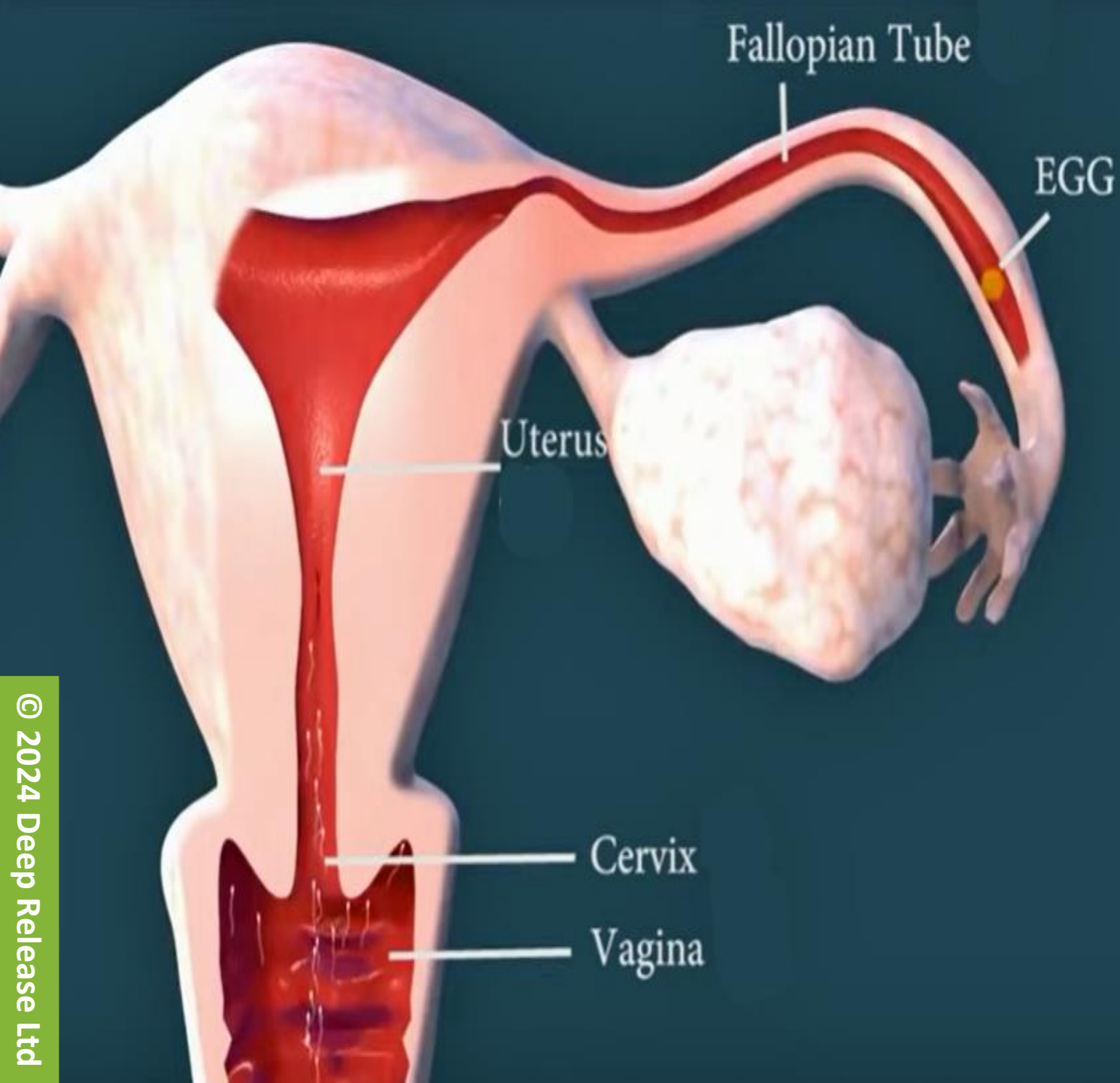


You begin life as an egg.

**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?**



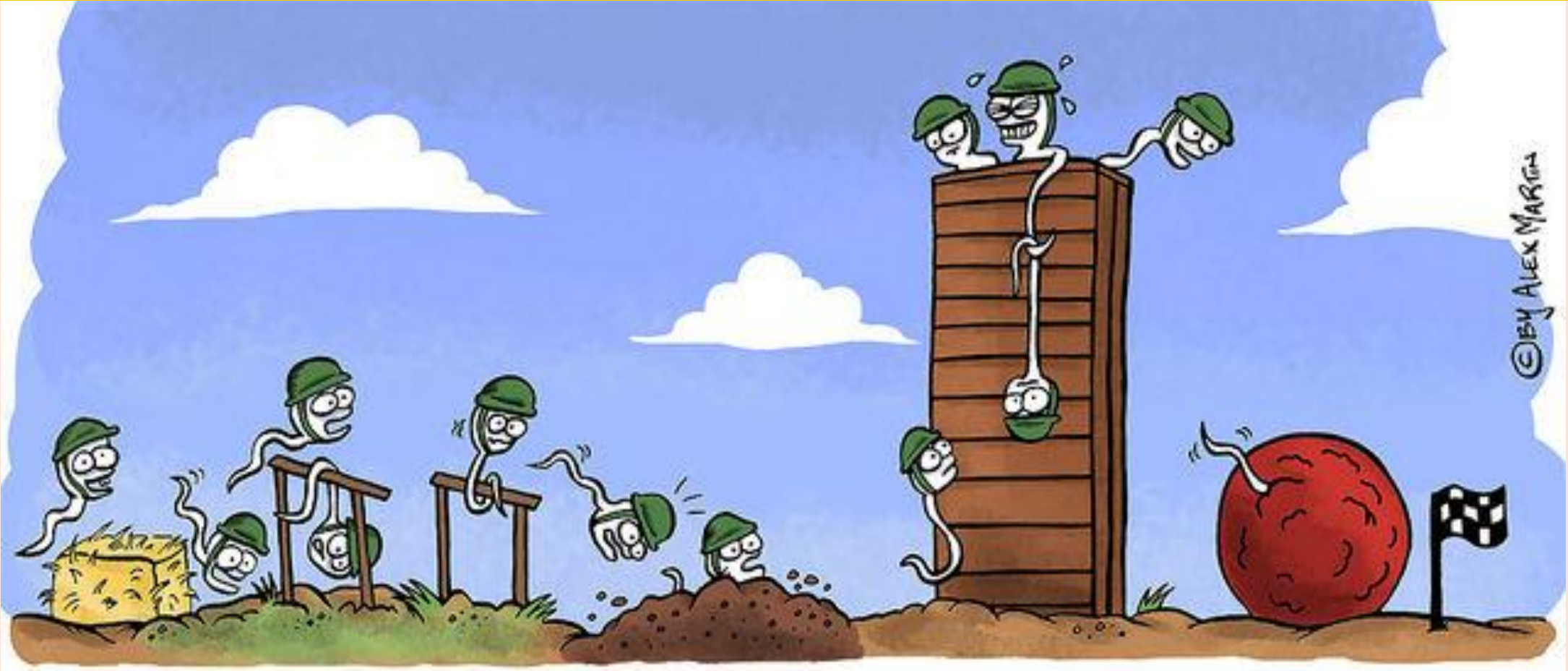
This is your father's sperm.

**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.**

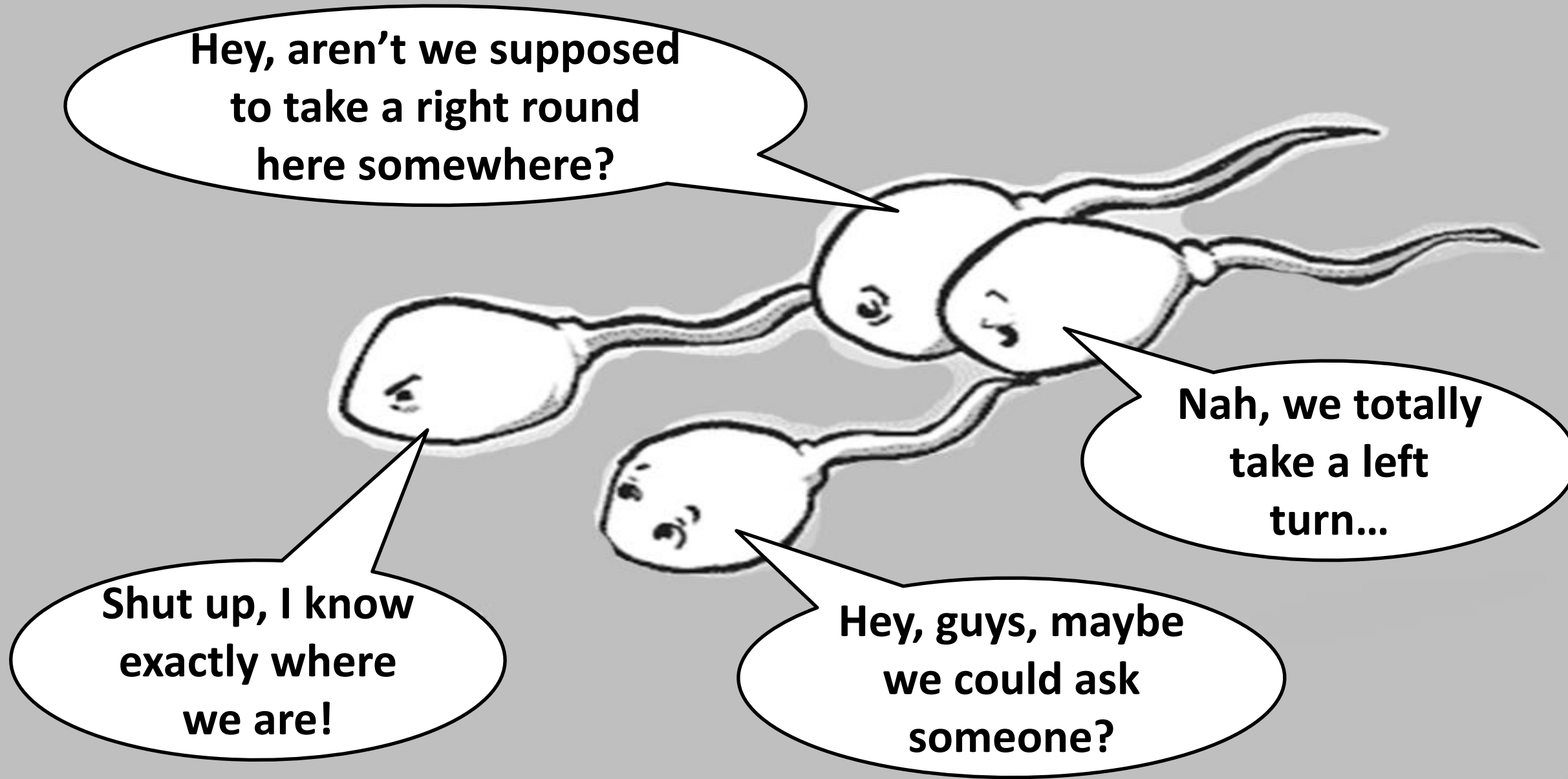
The Sperm's journey to get to the Egg

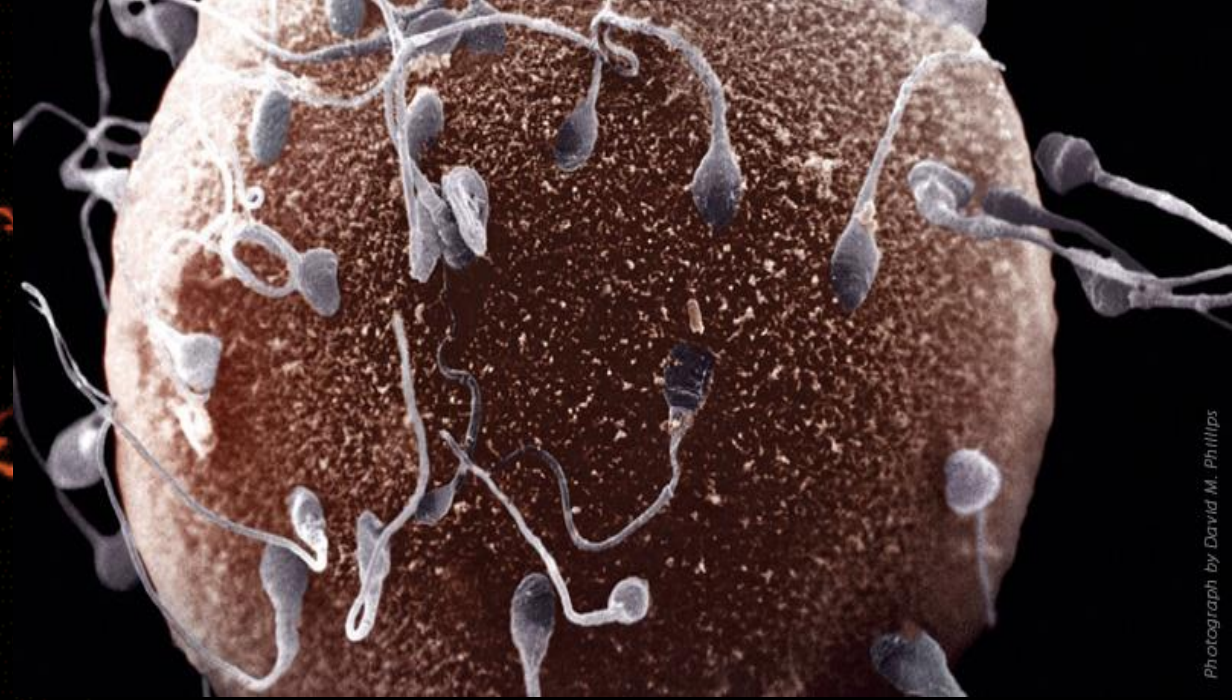
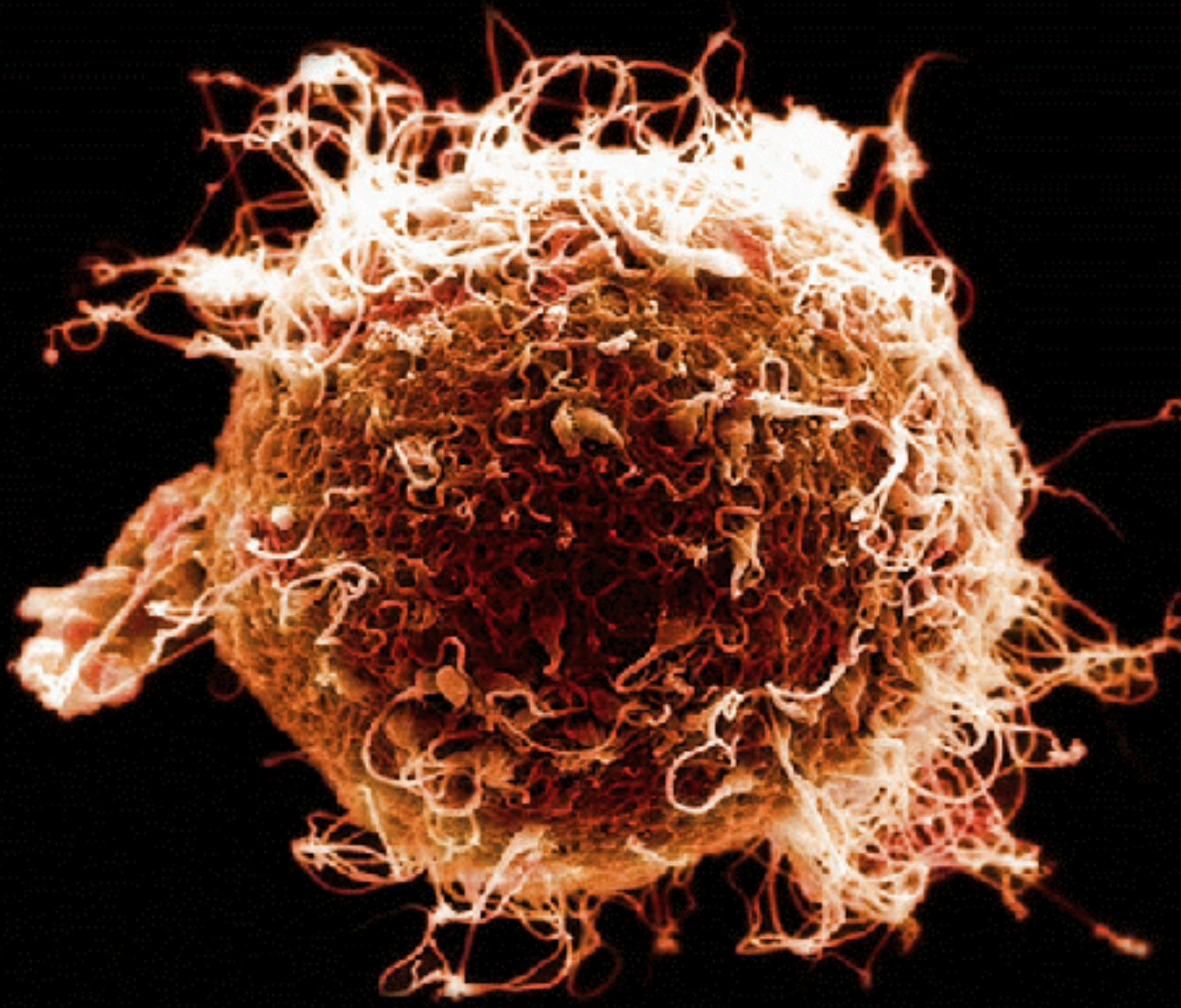


Although male ejaculates typically contain vast numbers of sperms, surprisingly few usually get anywhere near the egg. Their journey is arduous and lengthy, like an obstacle course!

<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!!

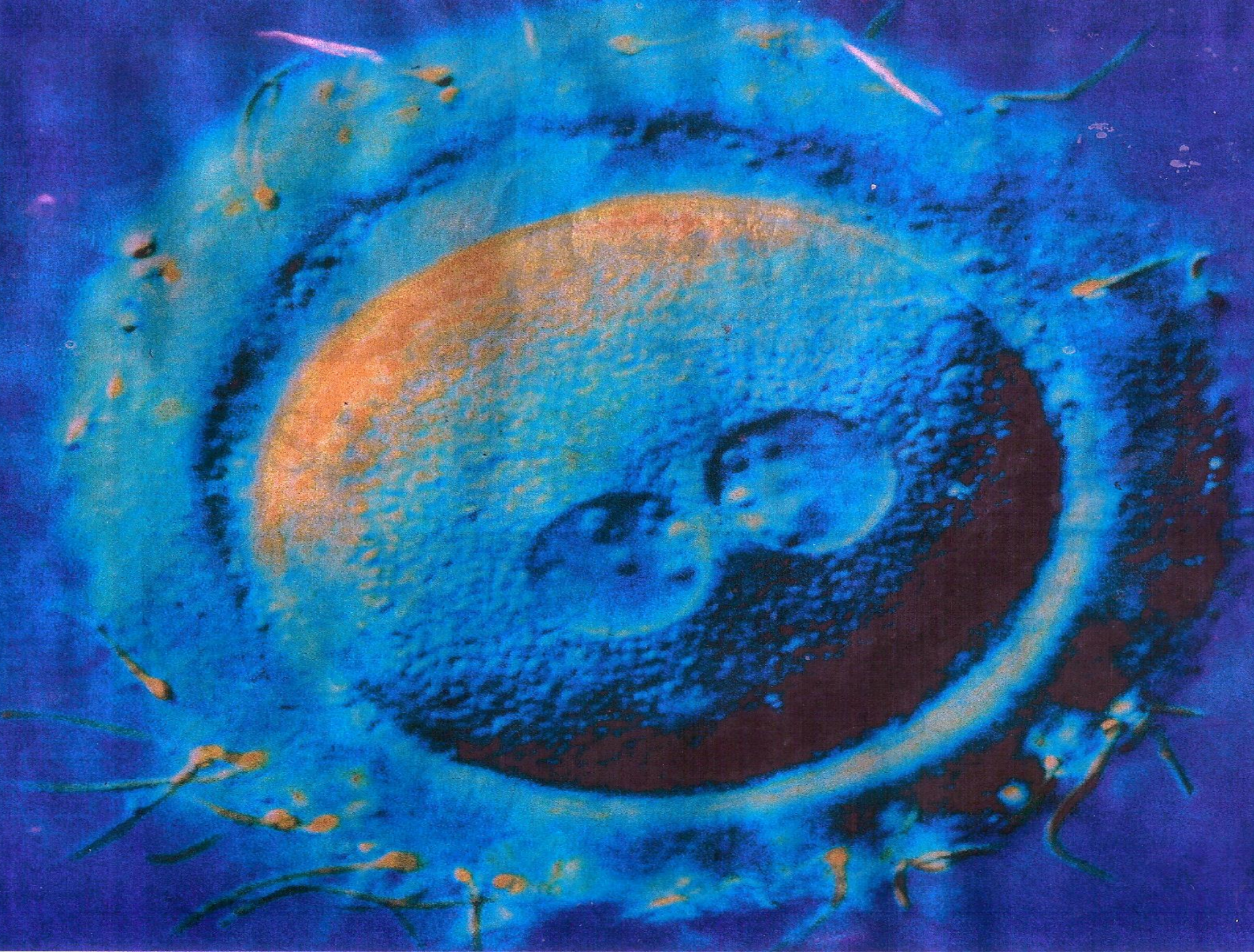
**This is the moment of
fertilisation.**

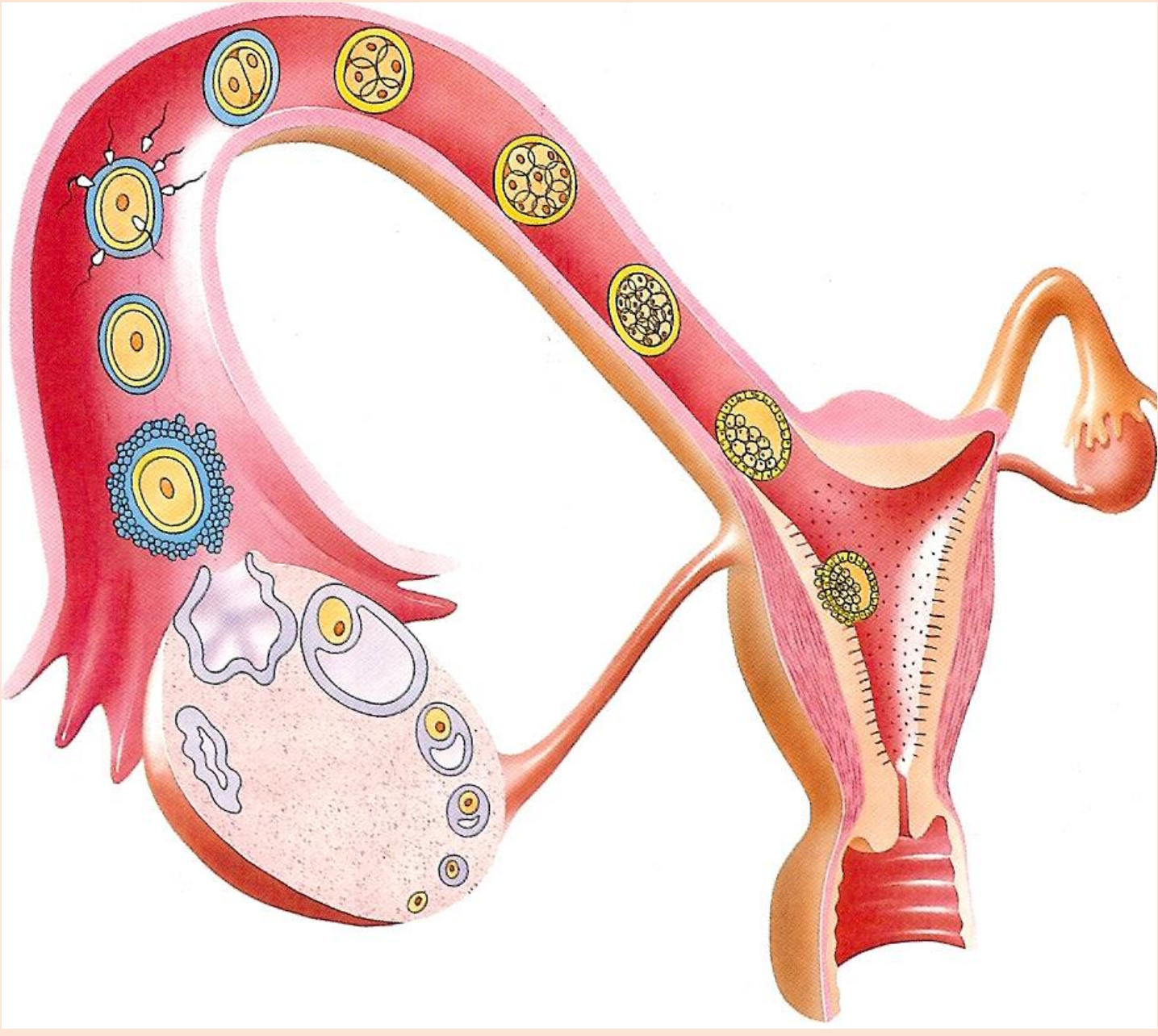
**This is the moment your
mother and father's
genetic material combine
to make you.**

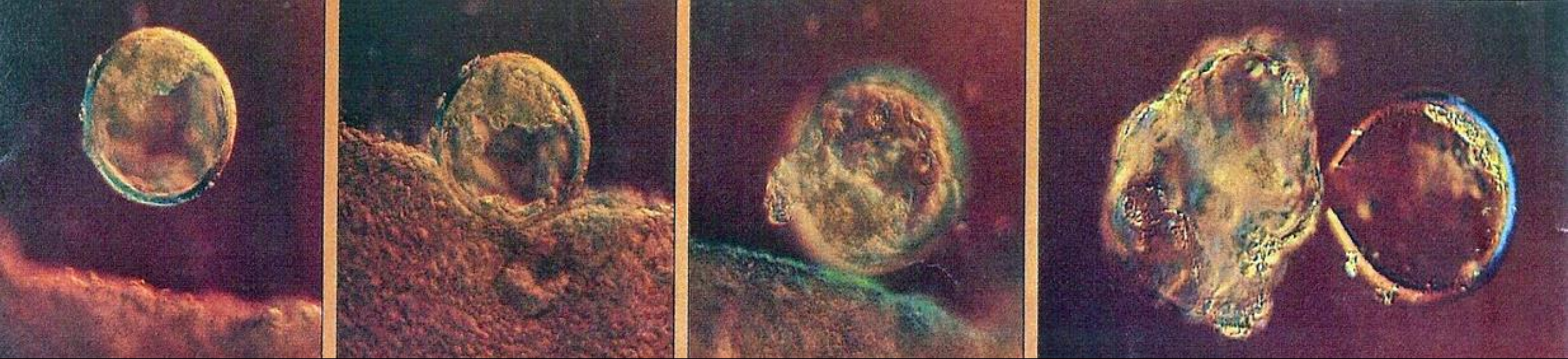
**At the moment they unite, there
is a microscopic flash of light.**

You have arrived.



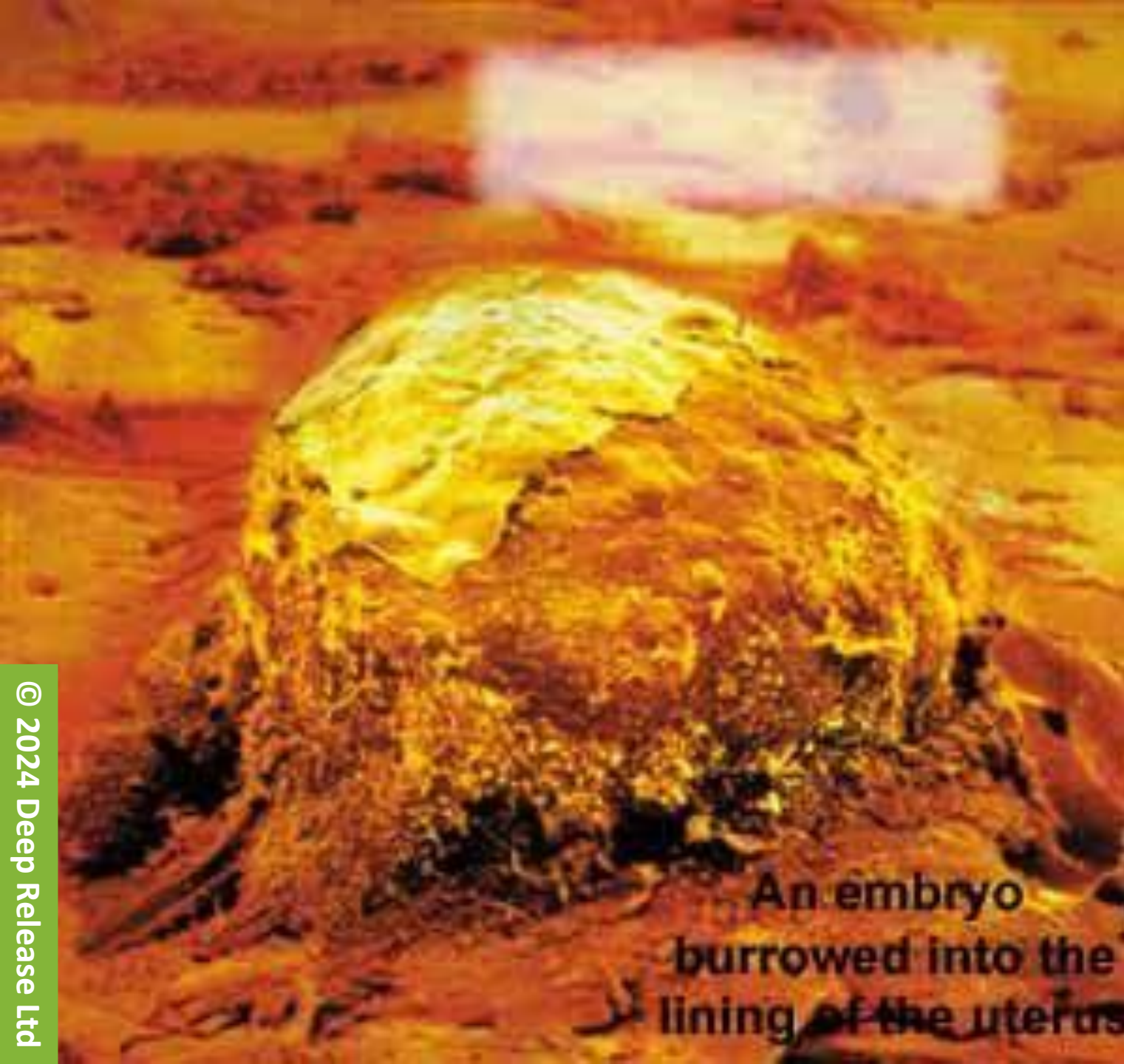






You continue your journey down the fallopian tube, cells dividing as you go, until you become like a ball, with cells on the outside and a hollow interior.

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.**

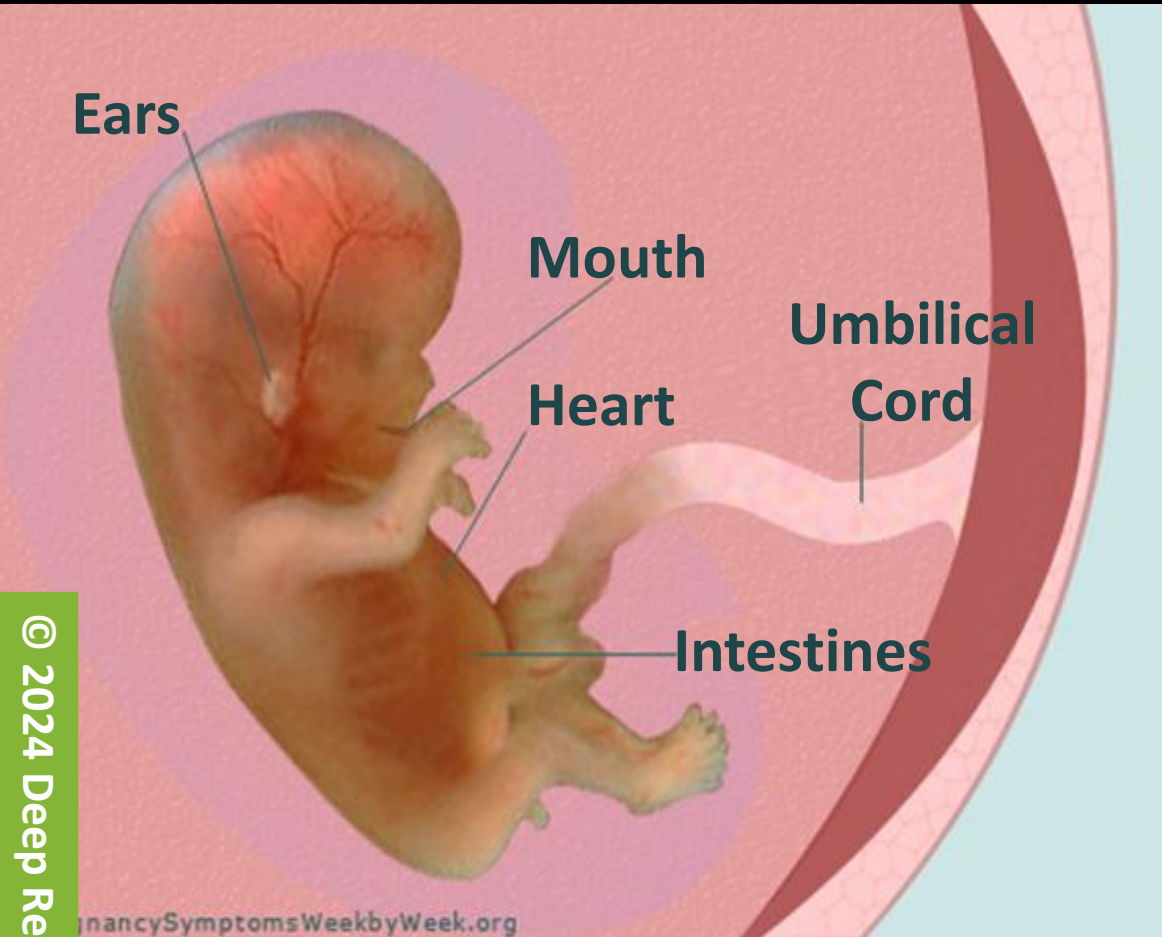
**You are smaller than
a grain of salt.**

**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.





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.

Development in the Womb: 15 weeks



**HAND
OF HOPE**

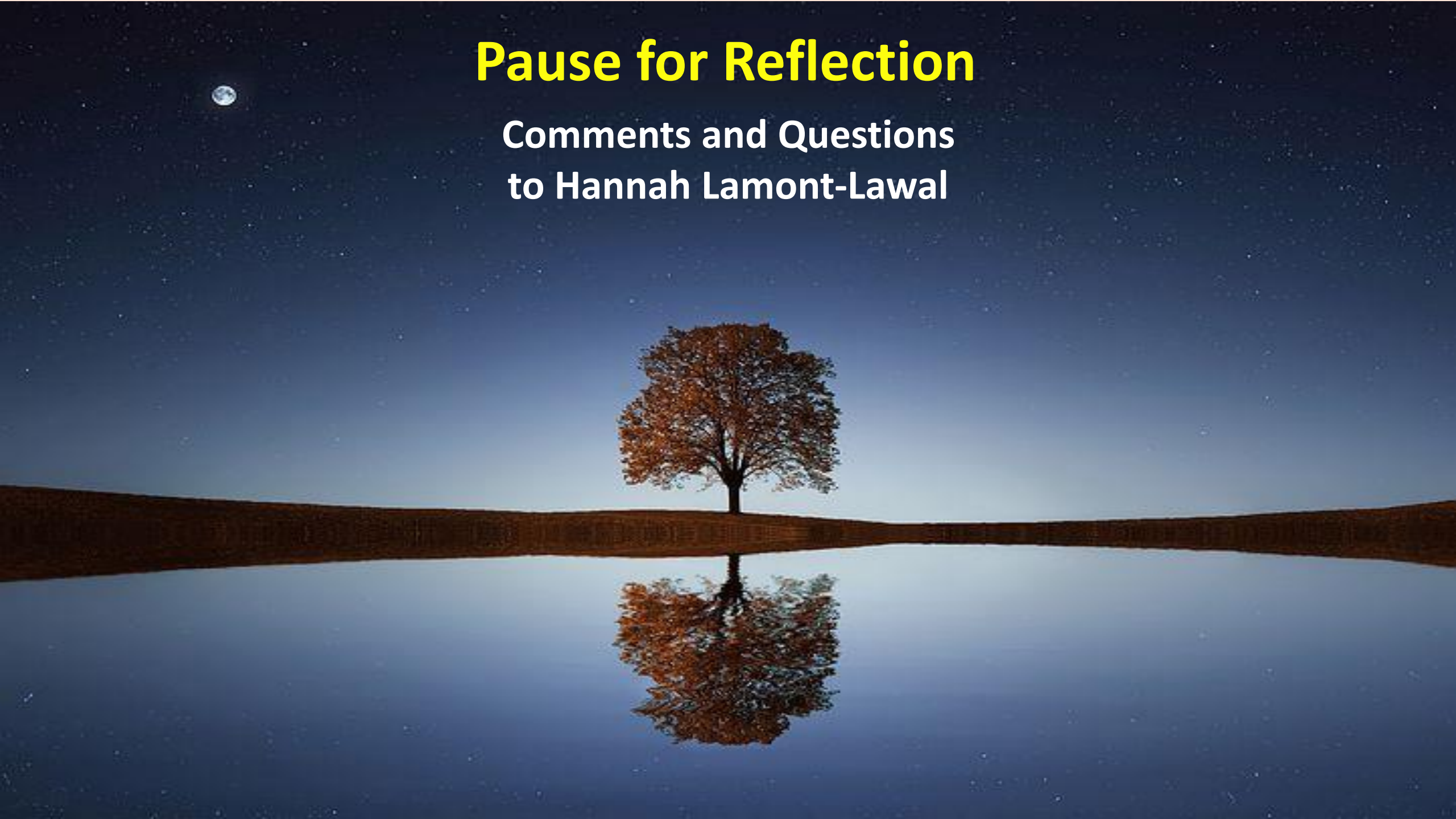
Photo of baby Samuel Armas's hand reaching out from the his mother's womb at 21 weeks during foetal surgery. Michael Clancy, snapped the photo after seeing the baby's hand jut out of the hole in the womb made by the surgeons:

"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."



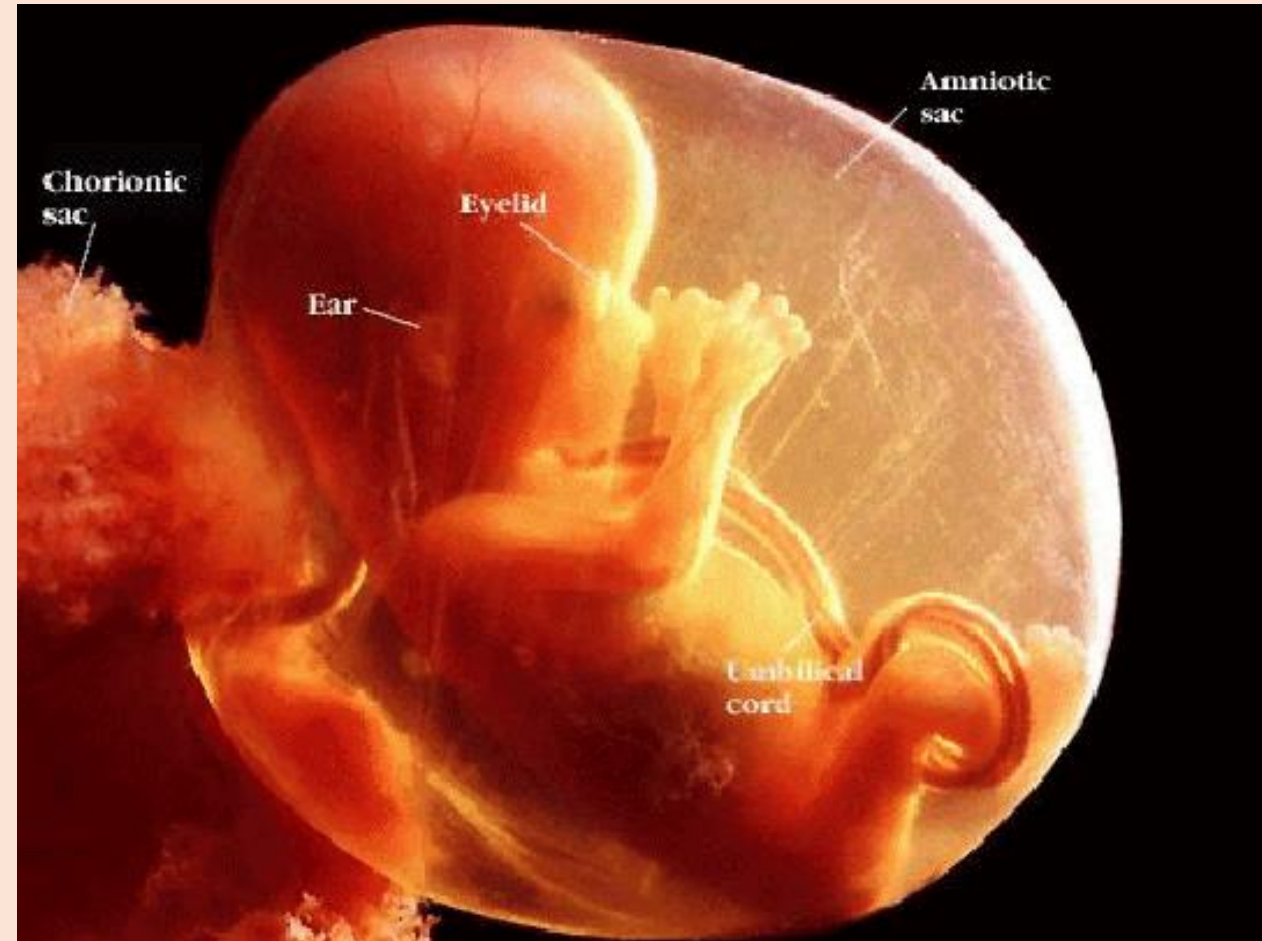
Pause for Reflection

Comments and Questions
to Hannah Lamont-Lawal



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

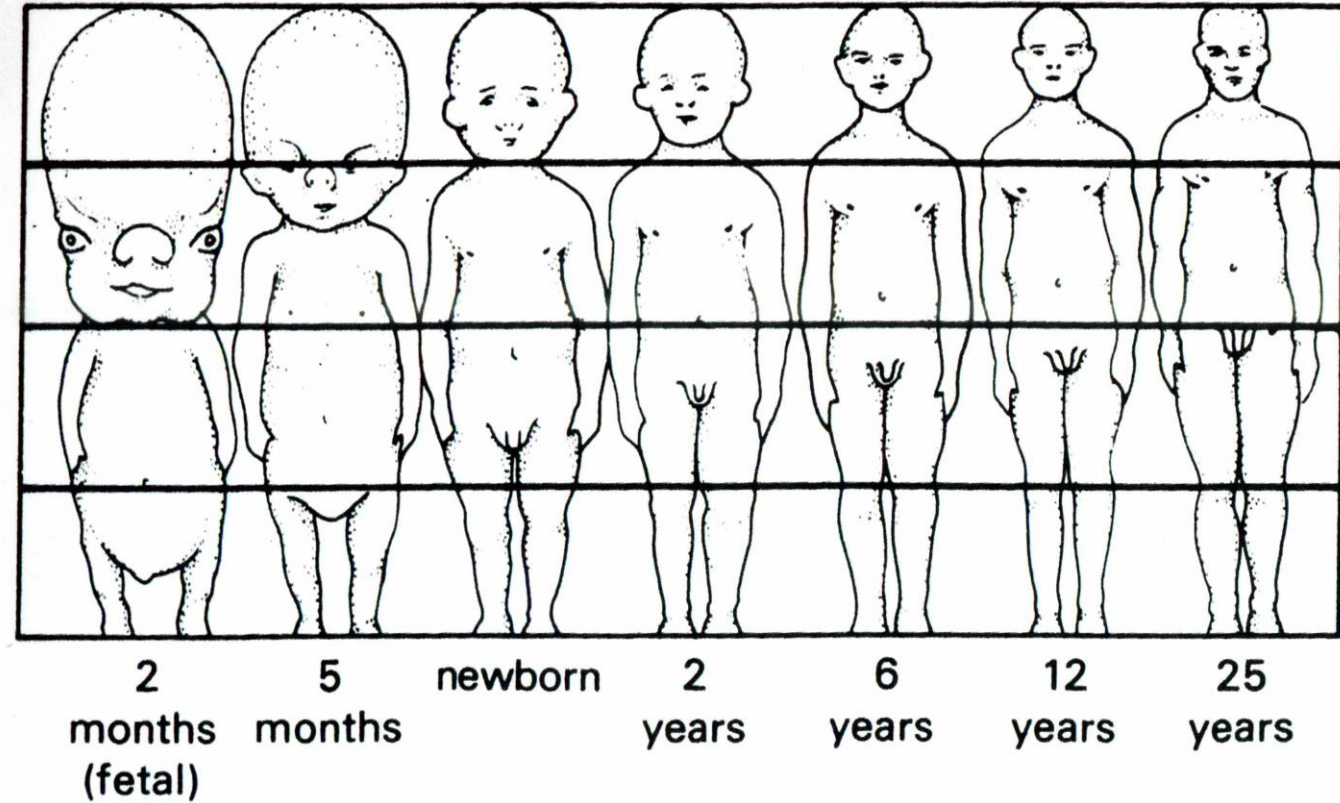


Figure 5 Relative sizes of the brain and body at different ages.

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



BREAK TIME



10 MINUTES

Comments and Questions



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.**

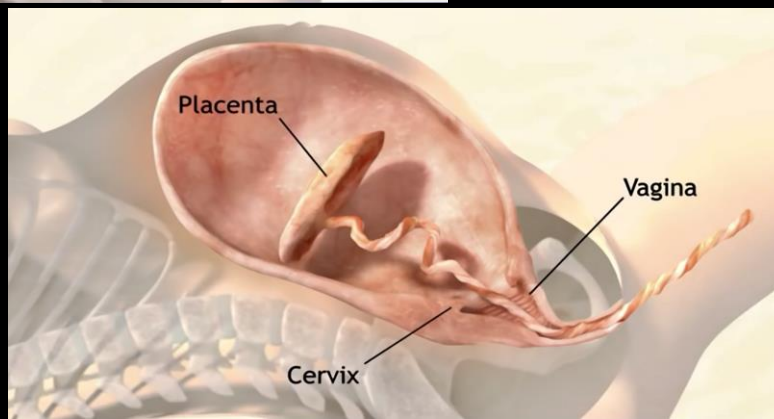
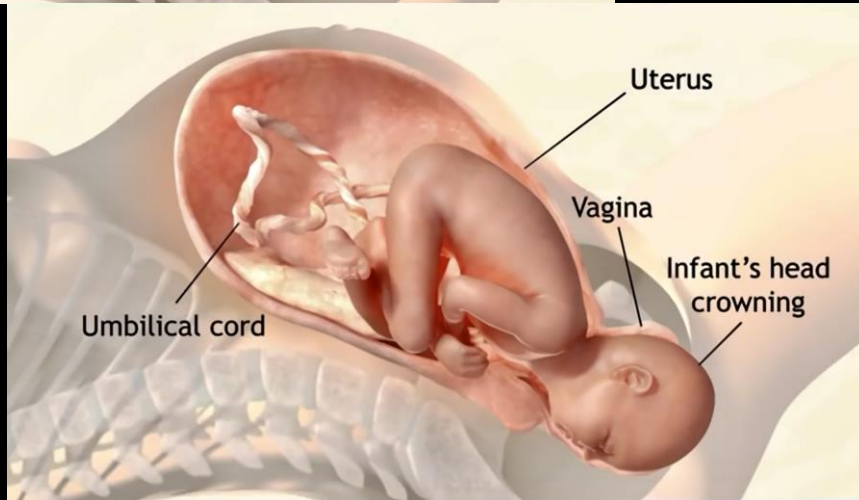
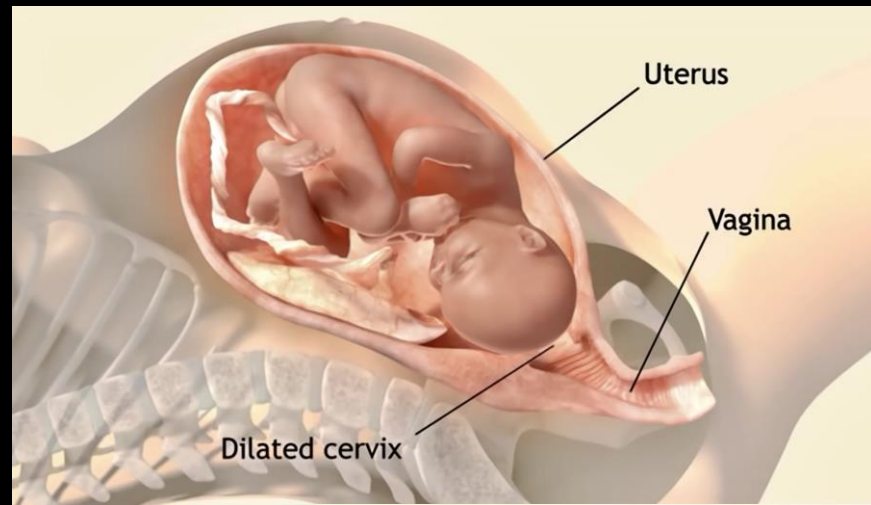
REJECTION IN THE WOMB

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.

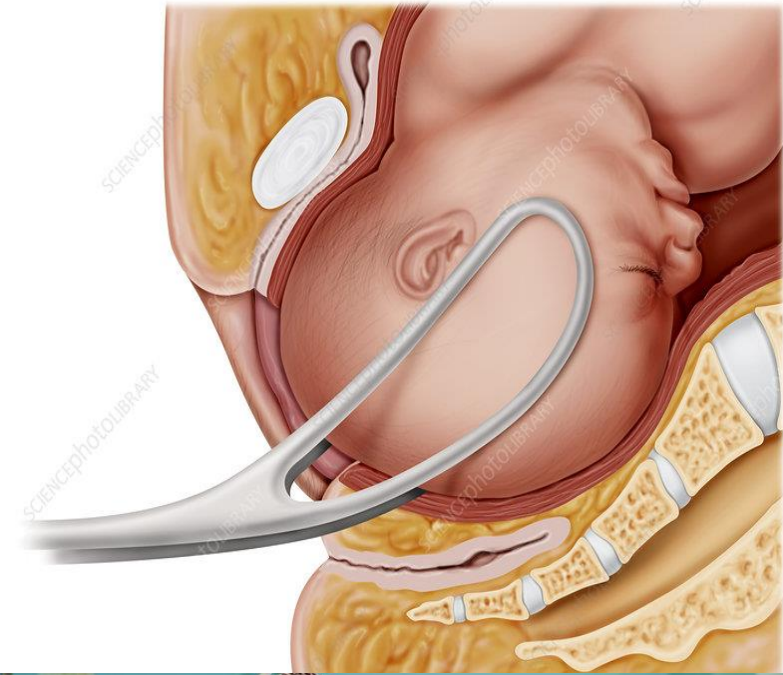




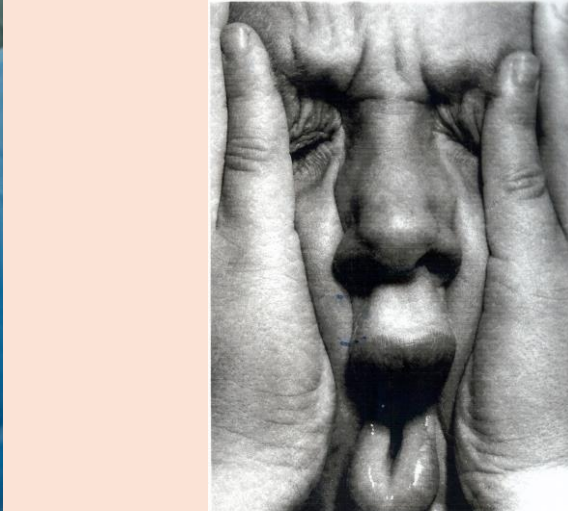
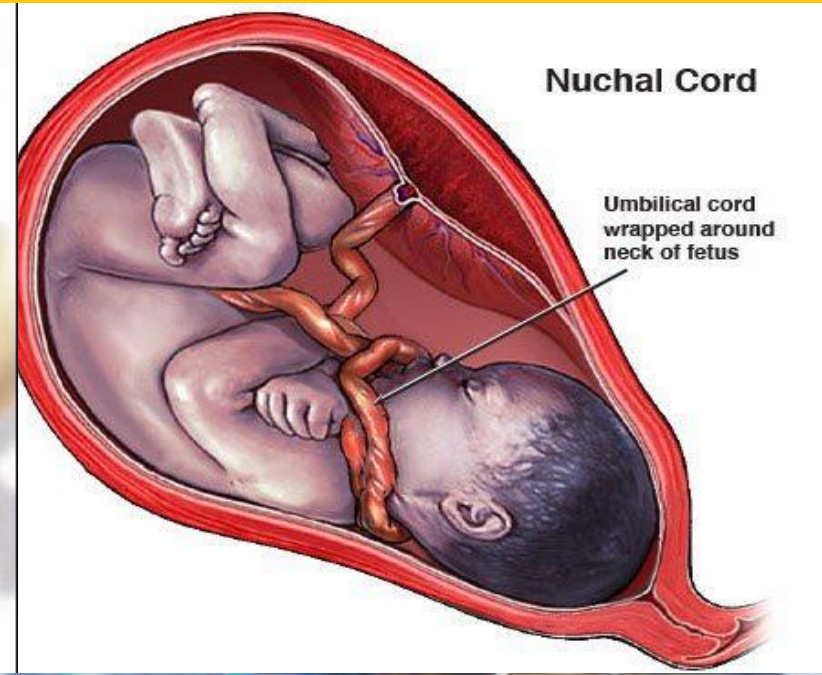
**As you are born, do you
flow out naturally and
easily, working in harmony
with your mother?**

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

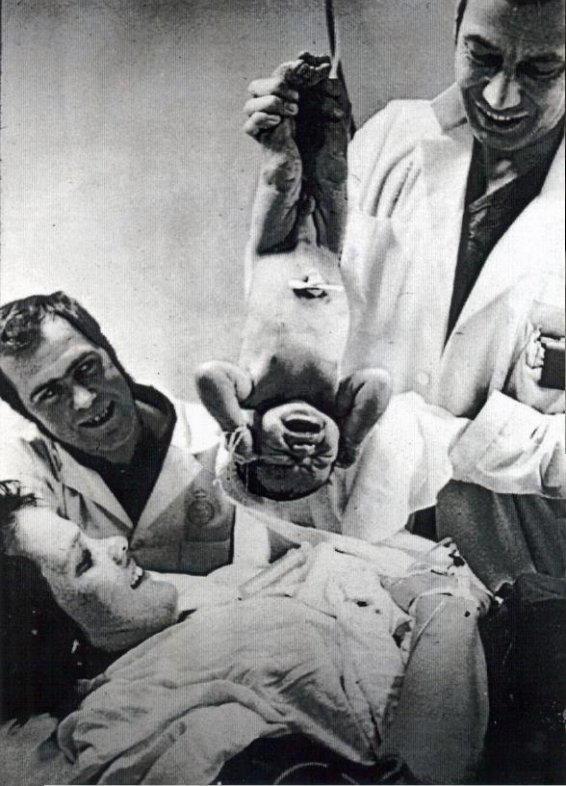
Birth Trauma



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

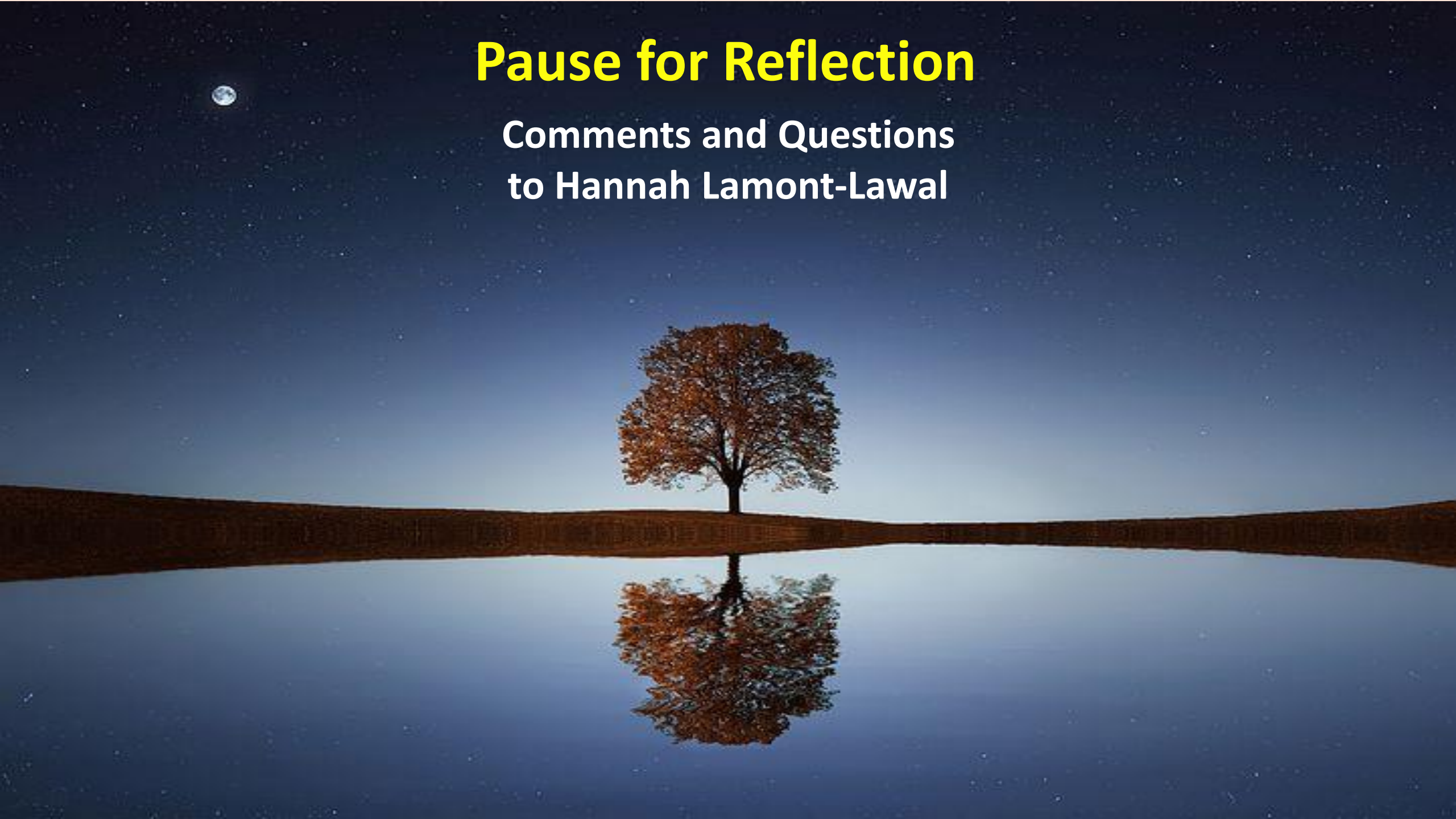


Multiples in the Womb



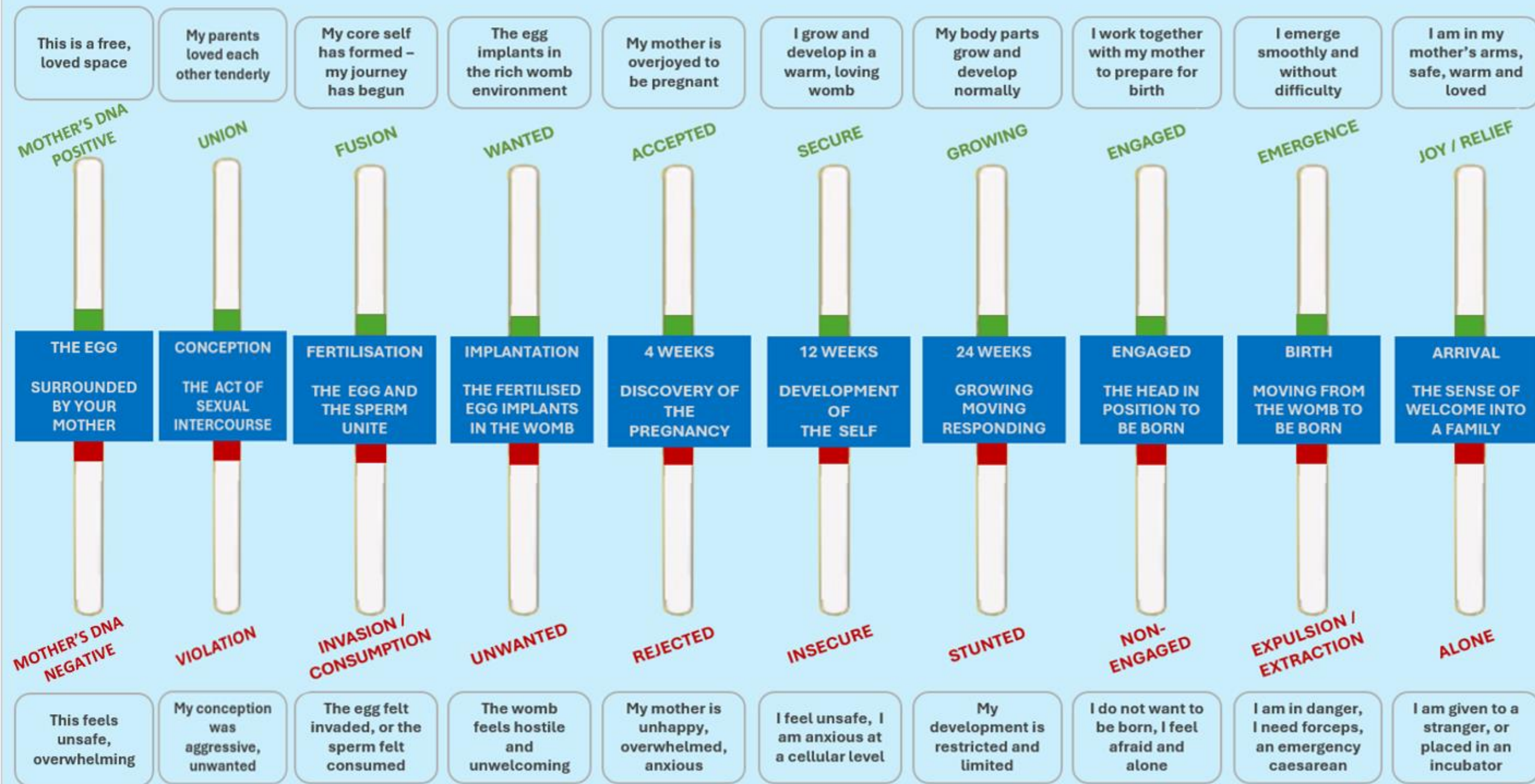
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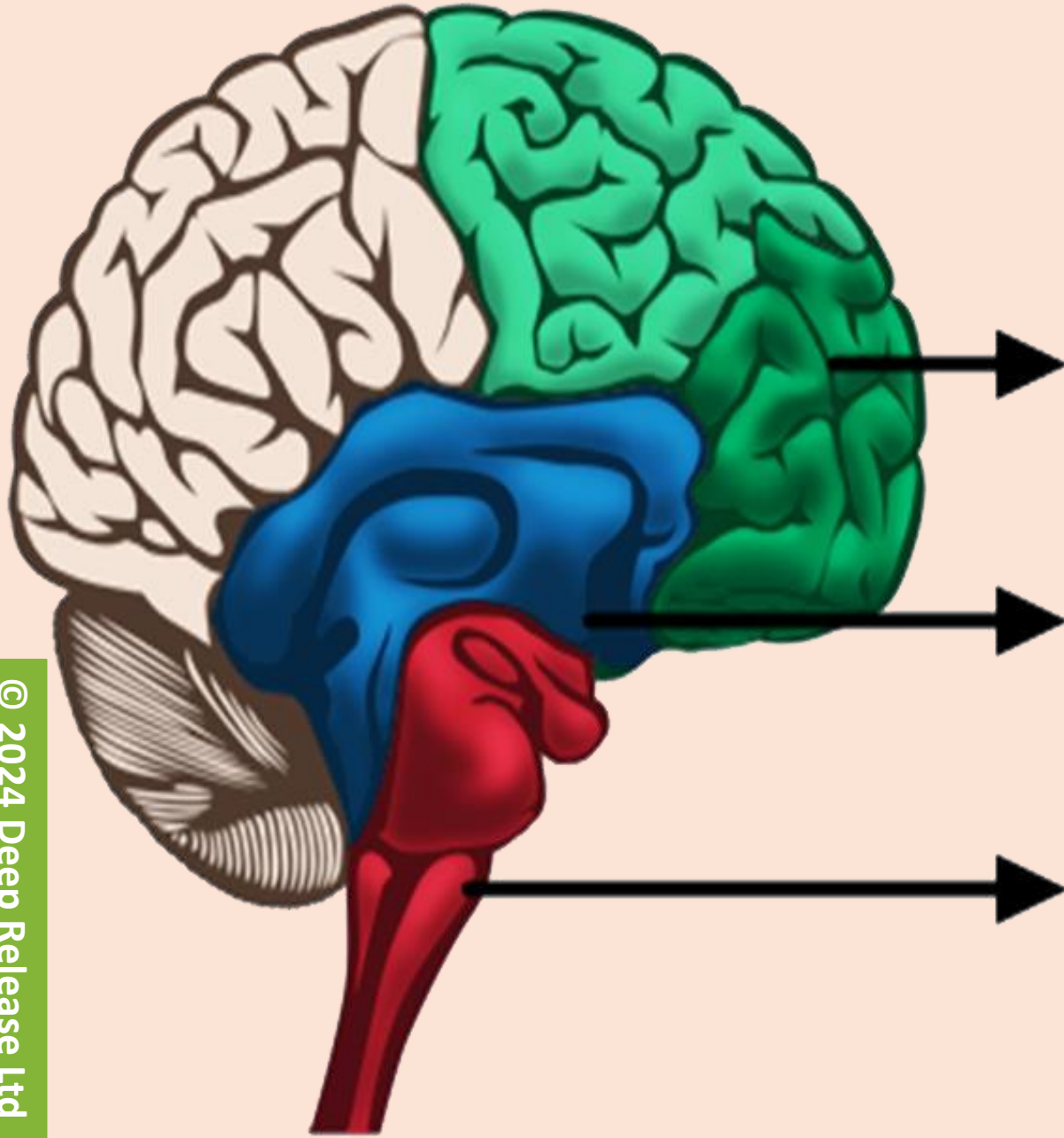




The Therapy



Simple Brain Anatomy



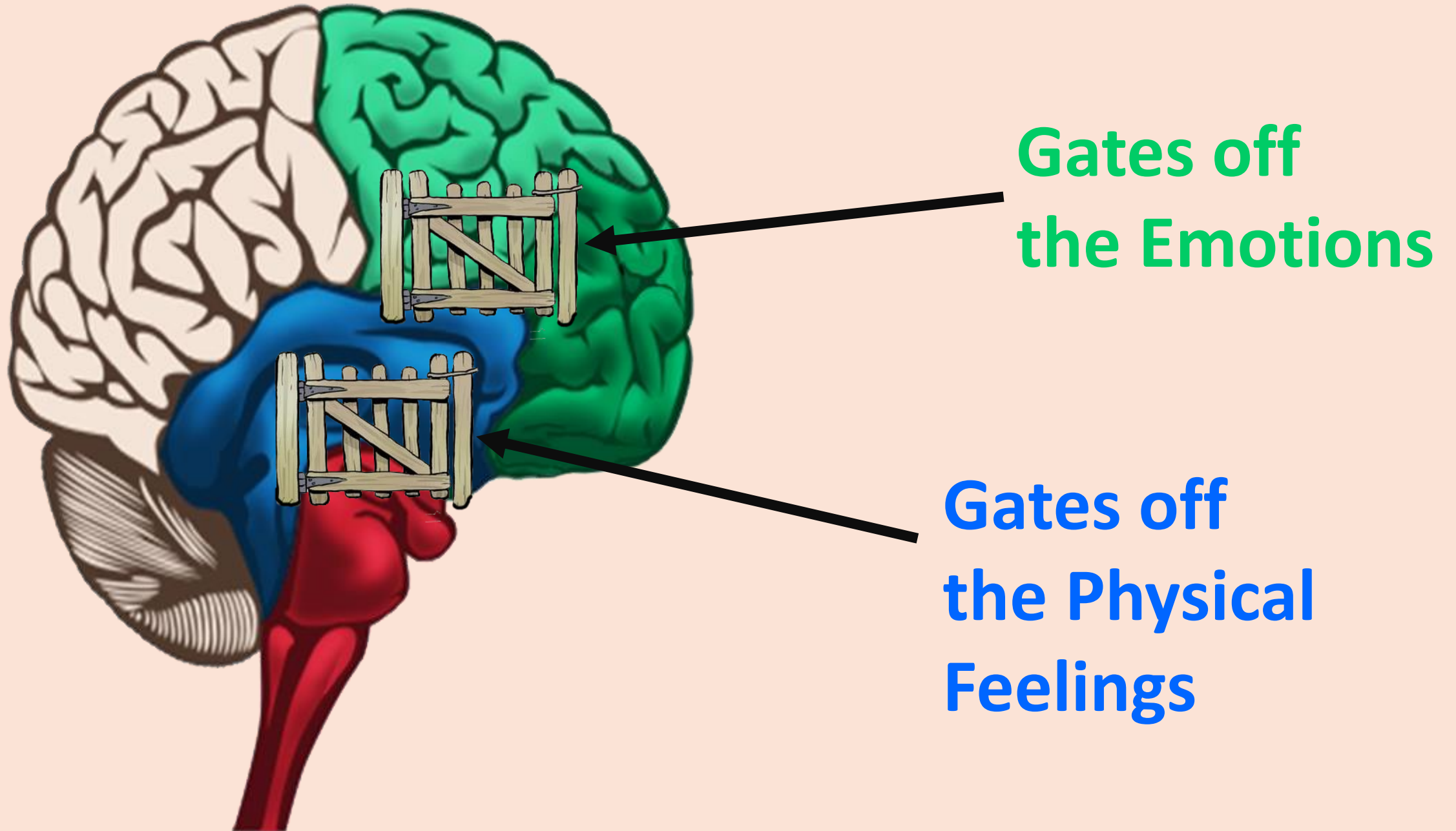
The Cognitive / Thinking Brain
The Prefrontal Cortex

The Emotional Brain
The Limbic System / Amygdala

The Survival Brain
The Hind Brain

Adapted from Sarah Tuckett

Primal Gating





The Bramante Staircase in the Vatican in Rome

Brainwaves

Memories stacked emotionally



Body responses



β
 α
 θ
 δ

HEAD

CONSCIOUS



HEART

UNCONSCIOUS



- Closing eyes
- Lying down
- “Duvet work”

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





The Glory Window, Thanksgiving Square Chapel, Dallas

Share in Buddy Groups

Share your responses and experiences, as much as feels safe

15 minutes



BREAK TIME



5 MINUTES

Comments and Questions



Share in Buddy Groups

*Time to say
goodbye*

5 minutes

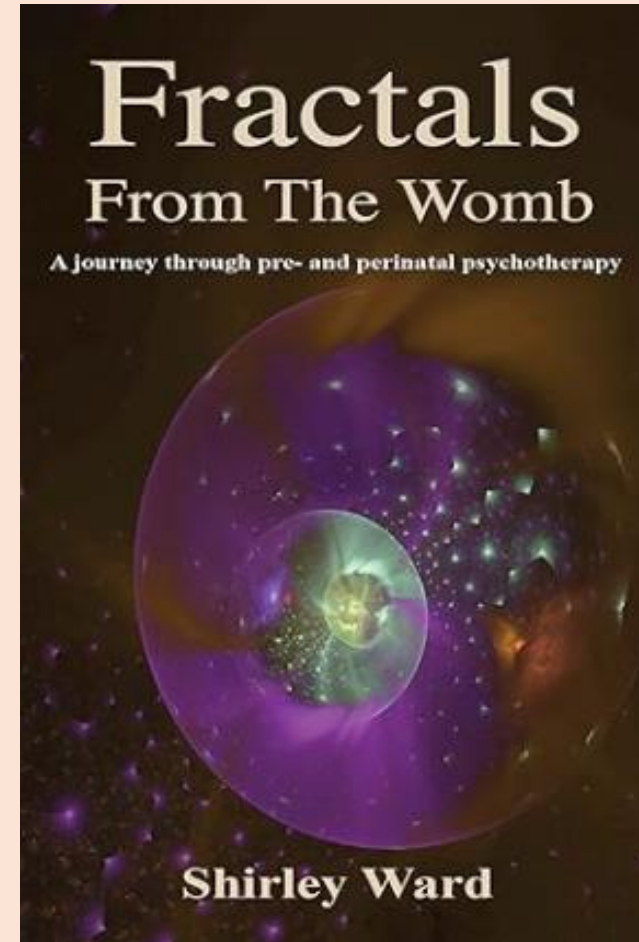
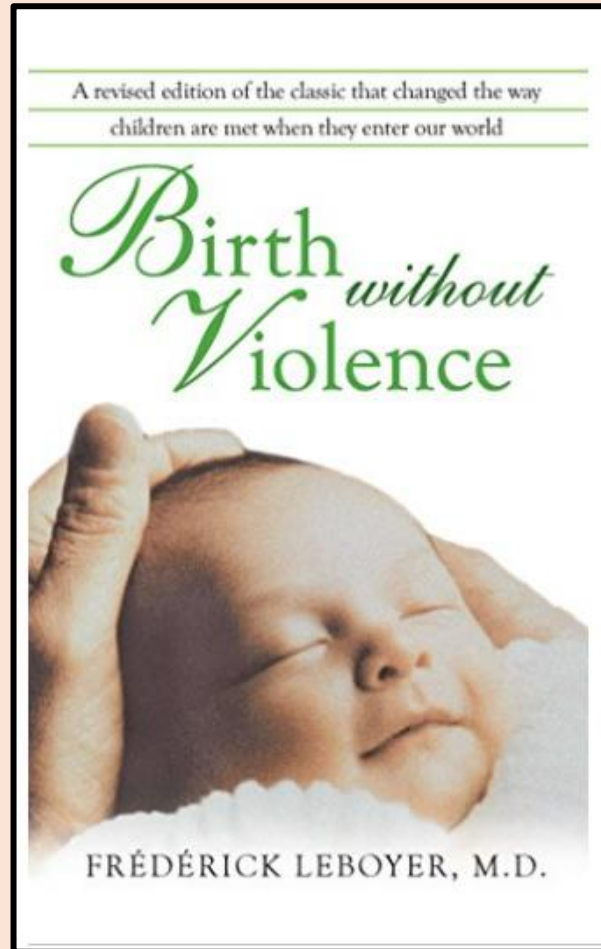




Resources

PACT-RESOURCES.CO.UK

ORIGINAL & CREATIVE
COUNSELLING RESOURCES



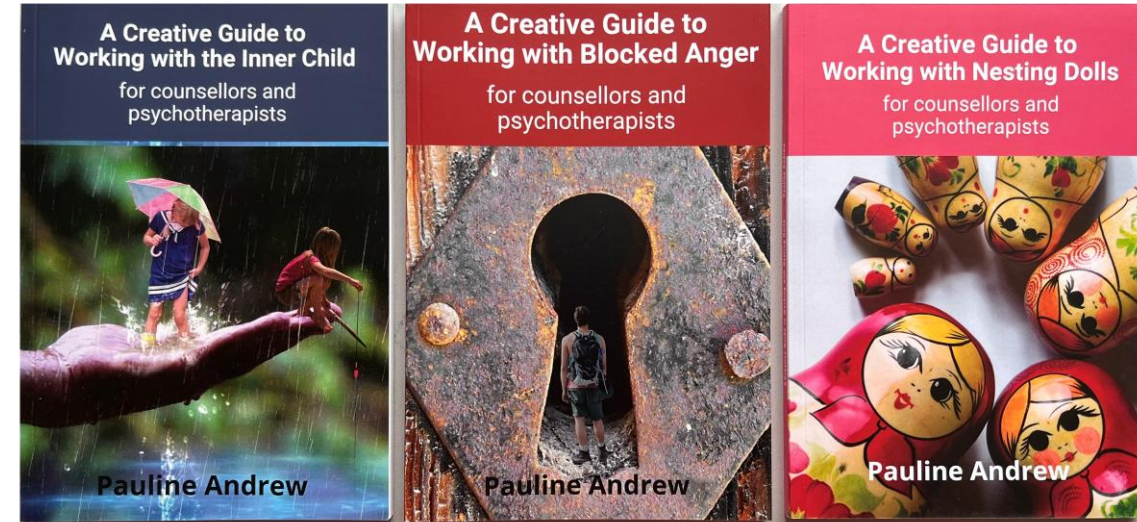
World of Books – www.wob.com

Cards



Roles Played in Families
Extra Set A

Books



£11.50 each

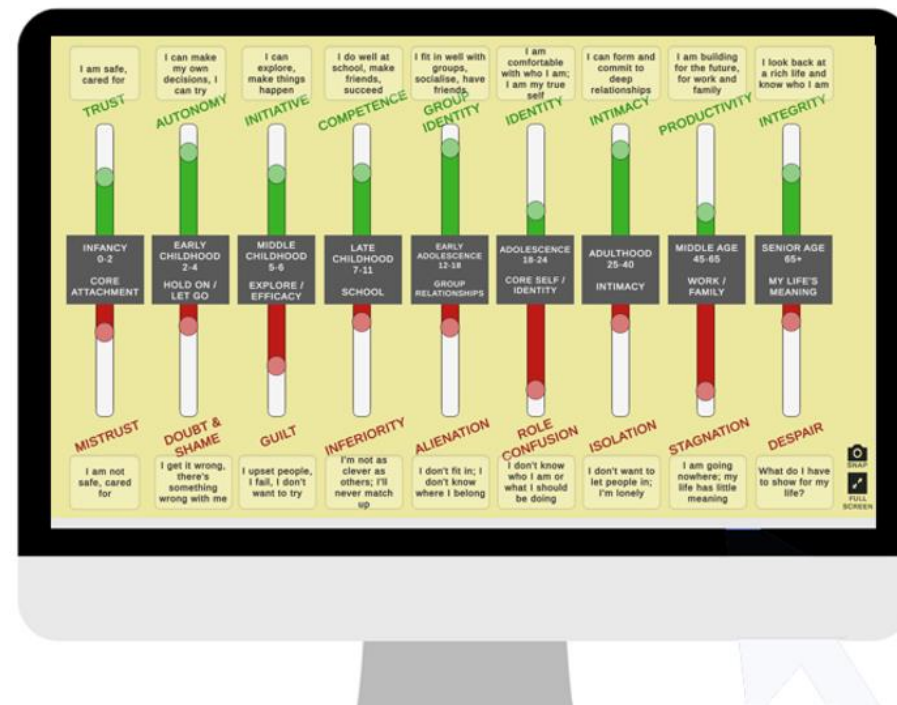
3 for £32 (save £2.50)

Also available on Kindle

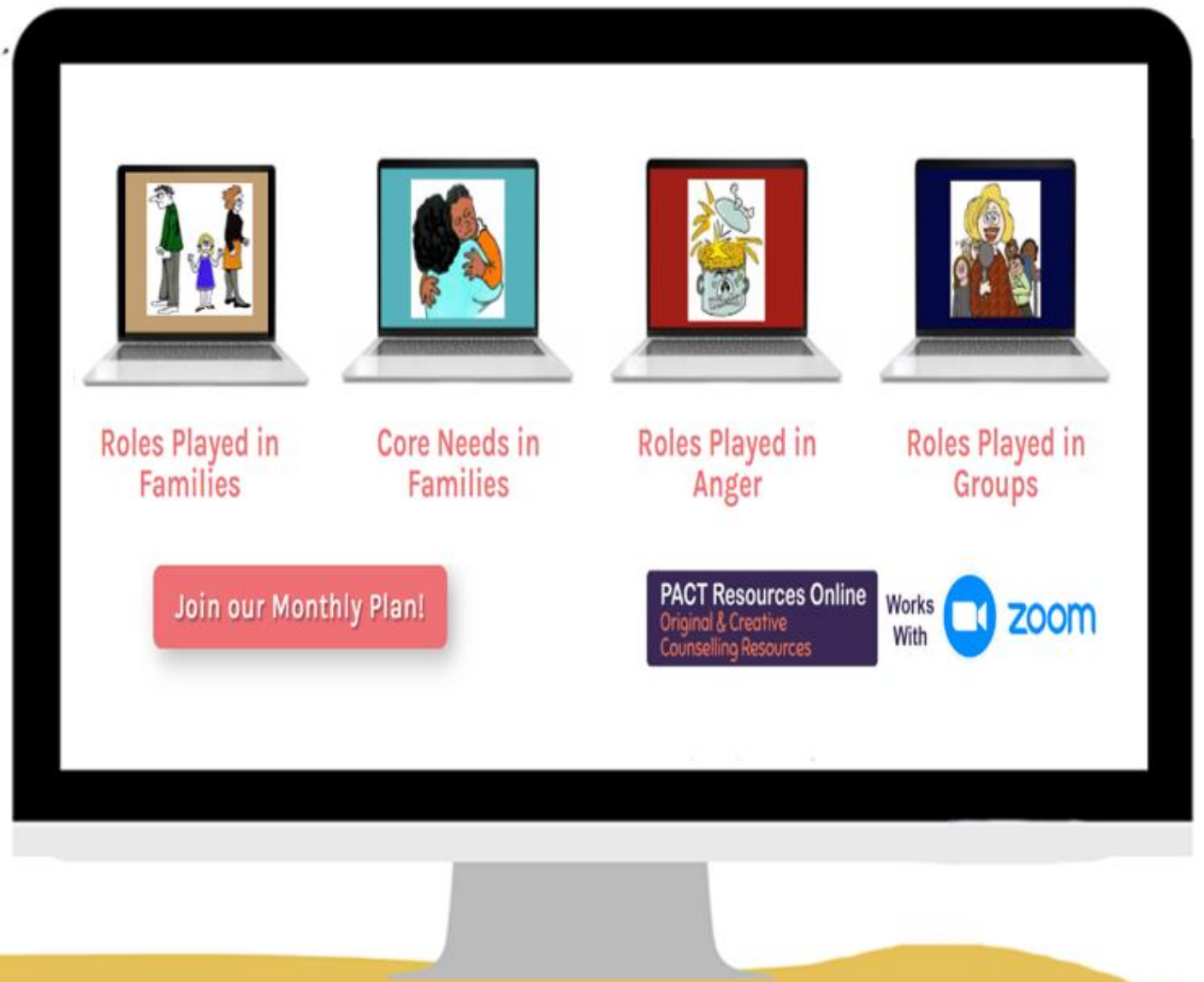
pact-resources.co.uk

The Wheel of Life and Erikson's Life Stages

FREE Web Apps!



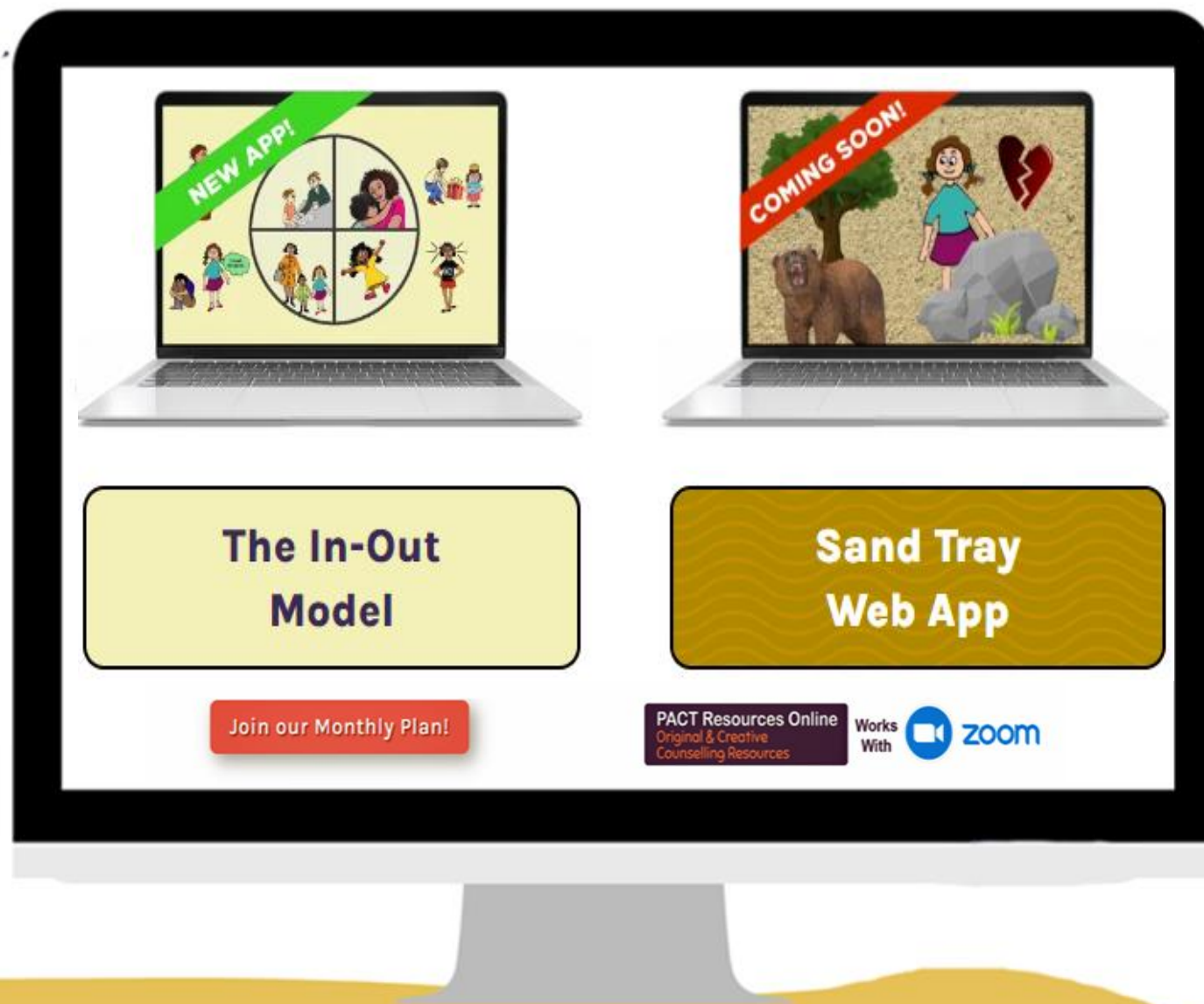
The 4 sets of cards
are available as Web
Apps by paid
subscription.
Other apps to
follow!



pact-resources-online.co.uk

The 'In-Out' Model web app is now including in your paid subscription!

'Therapeutic Sandscapes' soon to follow!



pact-resources-online.co.uk

e-Resources



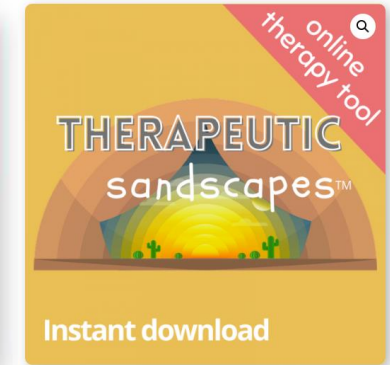
Erikson's Life Stages
£3.50



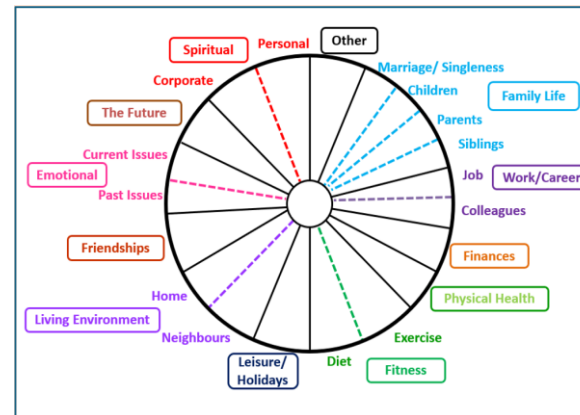
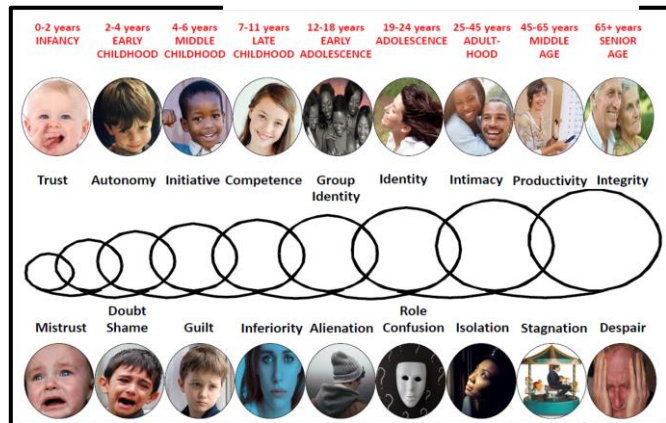
Wheel of Life
£3.50 – £5.00



Working with Animal
Figures Online Pack



Instant download



Use PowerPoint

Web Apps in progress!

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Visit our online training library

- Instant, lifetime access
- CPD cert included



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Working Creatively with Nesting Dolls

Tues 16th July

9.30am – 1.00pm

Prices £10 (Bursary), £20 or £30

Catch up video link with all bookings

£10 or £20: 7-day link

£30: lifetime link



2024 Annual Counsellors Conference



Friday 27-Sunday 29 September 2024
Full board residential, en suite rooms



Deep Release Online
Professional Training for Counsellors

deeprelease.org.uk

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- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



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YouTube

Search 'Pauline Andrew Creative Counselling'

- Lots of videos on working creatively
- Please subscribe!



Search 'Brain, Body & Beyond'

- Videos on Life, the Brain and Relationships
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