

July 2008 News Update

Welcome to my July 2008 update.

For those of you who have been on the mailing list for a while, you will see that some of the information has been duplicated. This is for those who are receiving the newsletter for the first time. I will continue to include new information too!

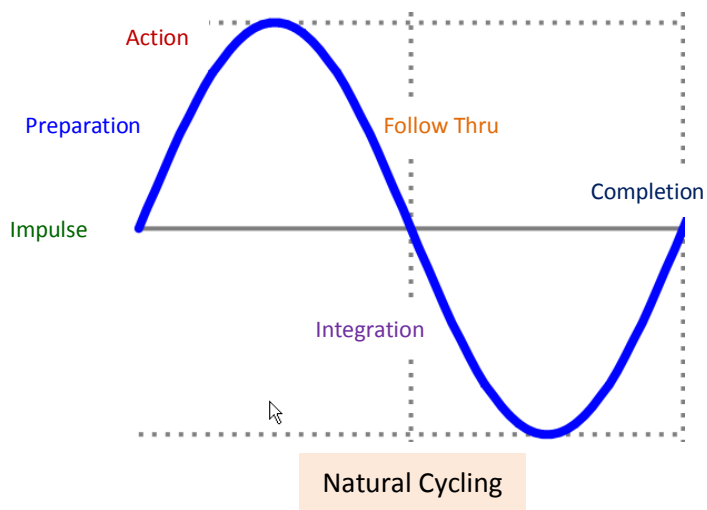
This and past newsletters are available to view on the [web site newsletter page](#).

Below are links to the different subjects of this newsletter.

- [My thoughts for this Newsletter](#)
- [Certified Womb Surround Process Workshops \(PW\)](#)
- [One to One Therapy and Infant Centred Family Work](#)
- [Supervision](#)
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My Thoughts for this Newsletter

When I look at the form of our natural cycles, I see it as a wave. It rises from the horizontal midline to its peak and then returns to the midline, crossing it and creating a mirror image, completing at the same midline.

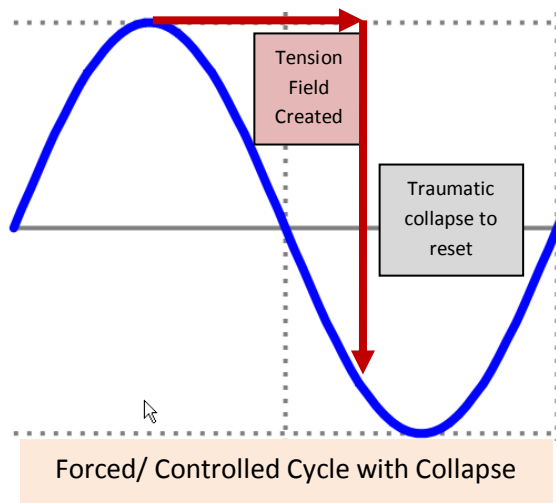


During the Prenatal & Birth Trainings, Ray Castellino would frequently speak of the different phases of the cycle. Impulse, preparation or potency building, action, follow through and finally integration.

Considering how our society seems to have been travelling with regard to the current credit crunch, there is definitely the impulse moving through to action but a strong reluctance to the follow through and subsequent integration.

As a result a tension builds between the natural curve's descent (which would be perceived as recession) and the holding off following the curve. As with all tension fields when a certain level is reached it can no

longer be supported and we end up with a catastrophic or traumatic breakdown, which we seem to be going through on a global level.



When we choose to follow the curve in its natural descent we will still feel our challenges, yet are more likely to be able to both learn from and integrate them.

An example of this traumatic collapse would be the housing market. I believe it would have naturally settled some time ago. At that time it was not possible for first time buyers to get enough of a deposit and/ or to make the monthly repayments, thus holding back sales further up the ladder. The likely result would have been for the house prices to drop and the cycle to restart. What actually happened (in part) was the creation of interest only mortgages that supported the continuing increase in house prices. They were based on house prices continuing to rise, allowing purchases to sell their house at a later date

for a profit, which could then be used as their deposit for another property. It was an artificial way of *propping up* the curve. With the sudden collapse of the market those who took these mortgages out are now challenged by increases in interest rates and falling value of their houses.

For me this reluctance to follow the descending curve, says something about the collective imprint of fear in the contractive phase of the cycle. Depending on our own imprints/ survival patterns, we may also have challenges with aspects of the remaining phases.

We now know that what happens to us as we enter into this world, particularly during our early life, has a major impact on how we perceive the world and react to it. This is why I believe it is so important that we look to supporting families in a life enhancing way. To support parents to come more into relationship with their children with clarity.

As part of my intention to support this, I am setting up Parent and Primary Carer group sessions. Initially these will be in Surrey. See below for more information. I am also setting up to run short courses and if I perceive the want is there, I will also look to creating a training based on the Castellino approach. Let me know what you are looking for.

Please [contact me](#) if you have any questions about this work or run into any snags on the web site. My contact numbers are also at the end of this email.

Certified Womb Surround Process Workshops (PW)

Next UK PW October 2008

About the Process Workshops

Come and explore your early life material in a small and safe group setting. Working within these workshops provides the opportunity to become clearer in ourselves with how patterns of behaviour created in our earlier life as part of our need to survive are affecting us today.

Castellino Training Requirement

Attendance of these workshops can be used to fulfil the Castellino Prenatal & Birth Foundation training requirements. Out of the minimum number of four PW required, two have to be taken with Ray Castellino. Their training website says that whilst four is the minimum, it is highly recommended that more are taken.

Follow this link for [more general information](#).

As part of my intention to make information more transparent and available I have also added a page to my web site that goes into [more detail of the workshop structure](#).

Future Process Workshops

The next PW workshop here in the UK will be in Milford, Surrey and the date is

- **Friday 24th to Sunday 26th October 2008**

For those of you who are intending to apply for this workshop remember that the payment in full deadline for the discounted fee is 1st September 2008.

If you are interested in setting up a PW that you would like me to facilitate in your area please let me know.

One to One Therapy and Infant Centred Family Work

I continue to offer these therapy sessions from Milford and Godalming in Surrey. I may also be able to provide this in London. In some cases I can also offer support by phone.

I will also be setting up a **three month trial for a reduced fee Infant Centred therapy clinic** in Godalming. If you are interested let me know. I will publish more in future newsletters when the start date has been set.

Supervision

Supervision is available either in Milford or by phone/ Skype. Contact me for more details

Videos

I have added another video that was filmed at TED in Monterey, California. It is by Daniel Goleman who has written about Emotional Intelligence. The title of his presentation is **Why aren't we all Good Samaritans?** There are a couple of interesting points he makes.

For those of you who did not receive my previous newsletter the videos

I mentioned were **My Stroke of Insight** by Jill Bolte Taylor and **Do Schools Today Kill Creativity** given by educationalist, Sir Ken Robinson: They are still available on the web site

This link will take you to my [web site video page](#)..

Parents, Parents to Be and Primary Carer Support Groups

I mentioned this in my last newsletter. Since then the structure has become more formed. I will be starting by offering an evening talk about the need for support in our society and to talk about how the support groups will be structured. Initially there will be two groups: one for Parents and Parents to be and is for adults only. The second group will also be for Parents and Parents to be and they will be

able to come with their babies. A fuller write up on the support groups is available [on my web site in PDF format](#). The first evening talk is set for Tuesday 29th July at 7 pm at the **Holistic Centre in Godalming, Surrey**. Please let me know if you intend to come.

I am open to hearing from you if there is a different support group you would be interested in. [Email](#) or [contact me](#).

Feedback

If you have any constructive feedback I am happy to receive it. You can [email](#) or [contact me](#). The 'contact' link will take you directly to the First Expression web contact page. Alternatively the information is included below.

Skype

I have now added a direct link Skype button on the [web Contact Page](#). There are two buttons. One button allows you to call me directly from the web page and the other allows you to set up an online chat. In either case you do not need to have my Skype details although I do believe you need to have an account. If you do not have an account then clicking on these buttons will create an invite for you to set up Skype for yourself.

Please feel free to forward this newsletter on. If you do I ask you to send it in its entirety. Thank you.

With kind regards, David

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First Expression: Being more of who you really are.

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