

# Establishing Healthy Connections

## Birth Preparation, Integration and Supported Attachment

Facilitated by Ray Castellino & Mary Jackson

18<sup>th</sup> to 21<sup>st</sup> March 2012

Florence House, Seaford, UK,

Ray and Mary's approach to bringing babies into the world strengthens and promotes secure attachment, bonding, mutual support, and healthy family connections. Ray and Mary each draw on four decades of experience in their respective fields. Through *About Connections* they have spent six years working with Mary's clients to prepare families for birth, support the birth process, help establish nursing, and integrate the birth experience. In addition, they offer support to families, babies and children recovering and healing from challenging beginnings.

### Over the three days, they will:

- Share videos, slides and stories of births and family healing sessions.
- Lead you in experiential exercises designed to strengthen your therapeutic skills
- Facilitate the sharing and deepening of your experience from the exercises through what they call *Harvesting*.

### They will specifically work to help you:

- Understand how your own early history and imprinting influence the way you currently practice
- Identify, differentiate, and be present with early material
- Strengthen accurate perception to improve the efficiency of your therapeutic choices
- Understand the influence attention has on therapeutic outcomes
- Deepen your awareness of subtle energetic changes during sessions to better support the therapeutic process

These skills are fundamental in creating and supporting healthy relationships. They are useful not only for working with your clients but also for enjoying in your personal life.

### Who would benefit from attending this workshop?

The workshop is designed for a wide range of practitioners currently working with, or intending to work with, families in the child bearing and child rearing years. This includes craniosacral therapists, polarity therapists, midwives, doulas, counselors, nurses, doctors, osteopaths, childbirth educators and other medical and healing arts professionals.

This experiential seminar is **not** a Womb Surround Process Workshop. If you are not sure of the difference **contact us before booking your place.**

## Course Overview:

The following course overview is to give you an idea of what Ray and Mary will cover. They adjust the material they present to the group they are working with to support optimal understanding for you.

### Day One:

- Introduction to the work
- How this work was developed, the BEBA Family Clinic, *About Connections* and work with adults to resolve early trauma
- Midline exercises,
- Establishing harmonic resonance and family harmony
- The principles
  - Principle of choice, and how it's applied in practice with families, babies and children.
  - Principle of self-regulation; the pause and how its use within family relationships can prevent hyperactivity in children.
  - Establishing the tempo. How the rhythms in human relationships and family harmonic resonance are the key to healthy children
  - Brief Frequent Eye Contact (BFEC). How BFEC can save a family.
  - How to come into connection with babies that supports healthy loving relationships and the optimal neuropsychological growth of the baby.
  - Layers of support in the family and for professional practice.
- Supported attachment video of the Newborn demonstrating how babies show their story.

### Day Two

- Touch and attention: How babies are affected by the way we touch them and use our attention. How mindfulness in professional practice and family life builds trust and safety in our relationships with babies and children.
- Layers of support in the family and for professional practice.
- Dynamic Creative Opposition (DCO); how DCO is necessary for parent's relationship, birth, healthy growth
- Dynamic compression - How dynamic compression or the absence of it from birth influences how we form attachments and relationships later in life.
- Birth Video

### Day Three

- Coherent narrative: How the way in which parents integrate their own history helps to support loving secure attachments in the relationships with their children
- Integration
- Questions and answers
- How to apply this work in your practice.

### About Ray Castellino

Raymond Castellino, DC (retired), RPP, RPE, RCST® draws on four decades of experience as a natural health care practitioner, consultant and teacher. For the past 18 years he has



focused on the resolution of prenatal, birth and other early trauma / stress through an approach using birth simulation, pre and peri-natal somatic psychology, somatic experiencing, play therapy, polarity therapy, and craniosacral therapy. Dr Castellino is co-founder and Clinical Director of BEBA, a non-profit research clinic in Santa Barbara devoted to strengthening the bonds between babies/ children and their parents and optimizing children's physical, emotional and mental development.

He is the Director of the Castellino Prenatal and Birth Foundation Training, a two-year training program for professionals developing therapeutic skills within the Prenatal and Birth field. He offers small group womb surround process workshops for adults and private sessions for adults and families both alone and with Mary Jackson as *About Connections*. He also consults via phone/Skype and presents at professional conferences both nationally and internationally.

### About Mary Jackson

Mary Jackson, LM, RN, RCST® became a home birth Midwife in 1975. She has attended over 2000 births in the Santa Barbara, Ventura, and Ojai, California areas. She has incorporated the 2 year



Craniosacral training and the 2 year Castellino Prenatal and Birth Training into her midwifery practice. In the first year since incorporating these new trainings with her midwifery practice she attended 63 consecutive births at home with no transfers from home to hospital, all labours less than 14 hours except 3, all babies nursing and no circumcisions.

She is participating in cutting edge research about imprints that occur around the time of conception, pregnancy and birth and how they affect us throughout the rest of our lives and what it takes to heal from challenges in these experiences. She has spoken internationally at conferences, elementary, Jr. High, and High Schools, colleges, graduate programs and at hospital trainings for doctors, nurses, and midwives.

She has been featured in 9 books and 5 videos on the subject of early life.

Mary currently co-facilitates the 2-year Castellino Prenatal and Birth Foundation training with Ray Castellino. She also works with him with families and adults through *About Connections*

## Pricing and Dates

We have worked hard to minimise the price increase from the previous seminar. Accommodation prices have gone up and we are bringing in a second facilitator too.

Prices are inclusive of tuition and full board residential accommodation at Florence House. For more detail refer to Terms and Conditions at [www.First-Expression.co.uk/castellino.htm](http://www.First-Expression.co.uk/castellino.htm).

There are two main types of payment: Non-refundable deposit followed by one balance payment and payment in full. Full details are shown below.

| Description   | Amount Due UK£ |
|---|----------------|
| <b><u>Part Payment Option</u></b>   |                |
| Non Refundable Deposit paid <b>before</b> 18 <sup>th</sup> Sept 2011                                    | £230           |
| Non Refundable Deposit paid <b>after</b> 18 <sup>th</sup> Sept 2011                                     | £240           |
| Balance Payment before <b>Early Bird</b> cut-off date <sup>‡</sup>                                      | £399           |
| Balance Payment after 18 <sup>th</sup> Sept 2012 and before <b>Early Bird</b> cut-off date <sup>‡</sup> | £419           |
| Balance Payment after <b>28<sup>th</sup> Feb 2012</b> including late charge                             | £439           |
| <b><u>Full Payment Option</u></b>   |                |
| Full Payment before paid <b>before</b> 18 <sup>th</sup> Sept 2011 <sup>‡</sup>                          | £629           |
| Full Payment after 18 <sup>th</sup> Sept 2012 and before <b>Early Bird</b> cut-off date <sup>‡</sup>    | £639           |
| Full Payment after <b>Early Bird</b> cut-off date <sup>‡</sup>  | £659           |

**‡18 January 2012** is the **Early Bird** cut-off date

**Note that the Balance Payments must be received by 28<sup>th</sup> February 2012. Payments after this date will be subject to an additional fee of £20 as shown above, unless agreed otherwise by email with David Haas.**

Prices for camping and off site day rates will be posted on the web site when these options become available.

All prices are in UK£ and are for payments by bank transfer, cheque, and cash. Any bank transfer charges are in addition.

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### **Further Information**

Further details about the course covering payment structure, logistics etc., can be viewed on the [Castellino 2010 UK Visit](#) page of the web site under the [Terms and Conditions](#) section.

For a registration form contact David Haas or download it from the website page under [Registration Form Return](#). If you are viewing this leaflet as an electronic PDF just click on the link and then select word or PDF. Otherwise the address is [www.First-Expression.co.uk/castellino.html](http://www.First-Expression.co.uk/castellino.html) and click on the link to Registration Form Return.

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### **Contact Information:**

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[www.First-Expression.co.uk](http://www.First-Expression.co.uk)

To send emails or upload documents please use the form on the [First Expression web site contact page](#). Email addresses are not used on the web site or documents held there to prevent them being picked up by spammers.