

Welcome to the February 2012 newsletter. Whilst some of the items are the same as the previous newsletter, there are both changes and additions.

I hope you find it useful and please feedback to me any of your reflections from it.

- [Ray and Mary's workshop](#) coming up this March. Still space available.
- [Castellino Certified Womb Surround Process Workshop](#) in Milford, Surrey
- [Therapy now available at Kailash Centre](#), St Johns Wood, London.
- [Therapy and Supervision](#)
- A new conference –[Light on Parenting](#) - is taking place at the Institute of Child Health in London. Organised by Birthlight with a variety of presenters including me!
- First Expression [Facebook page](#) now available

<p>First Expression News Updates February 2012</p>	
<p>Castellino Seminar</p> <p>Castellino Certified Womb Surround Process Workshops</p> <p>New Clinic Kailash Centre, London</p> <p>Therapy & Supervision Sessions</p> <p>Light on Parenting Conference 2012.</p> <p>Subscribe/ Unsubscribe to Newsletters</p>	<p><u>Establishing Healthy Connections</u> Part of the Love & Relationship Series Co-Facilitated by Ray Castellino & Home Birth Midwife Mary Jackson Sunday 18th – Wednesday 21st March 2012 Florence House, Seaford, UK www.First-Expression.co.uk/castellino.html</p> <p>For more details about this workshop, the flyer and registration form visit www.First-Expression.co.uk/castellino.html</p> <p>If you are unable to access the web page and/ or wish to discuss payment plans, contact me for more information.</p>

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Castellino Certified Womb Surround Process Workshops (PW)

I continue to offer these workshops in the UK and overseas.

This next one is in **Milford, Surrey, UK** and there are **only five places** available.

This type of process workshop requires small group size. It provides the opportunity to discover aspects of yourself that formed very early in your life.

The workshop is underpinned by its principles that are held in the spirit of mutual support and cooperation. This creates a feeling of *being safe* in the group. From here arises your choice to take steps in the exploration of your own self. To differentiate from what occurred back then to what is happening right now.

Having clarity in this area is empowering. It opens the possibility of conscious choice in the way you respond to relationships of all kinds – intimate, family, social, and work.

Not only does this workshop support you in exploring your own history, but you will see skills modelled that you can take into your own practise and personal life. For parents and primary carers these skills will support you in developing your relationship with your babies and children.

This workshop follows Ray Castellino's current format. It has been approved by him to meet part of the application requirements for his Foundation training in Prenatal & Birth therapy.

Price

The price for this three day workshop is £395.

£345¹ IF FULL PAYMENT OR BOTH BALANCE AND DEPOSIT ARE RECEIVED BY EARLY BIRD DISCOUNT DATE – 18TH MAY 2012.

Deposit to secure your place £100.

For more information about this PW and future ones [contact me](#). If you are new to this work you can [find out more about PWs](#).

¹There was an error in the previous newsletter and the amount should have been £350. On this occasion the price will be honoured for £345. In addition the early bird discount date has been extended to 18th May.

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Light on Parenting

from conception to the early years

I am pleased to let you know about this up-coming conference for 2012 that I will be presenting at.

I have included below some information about the conference and for the full information

www.lightonparenting.com

I hope you can make it and if you have difficulty accessing the web site let me know.

About the conference

5th & 6th May 2012, Institute of Child Health, London

SPEAKERS: Robin Grille, Naomi Aldort, Margot Sunderland, Menis Yousry, David Haas, Patrick Houser, Naomi Stadlen, Mavis Kirkham, Vivette Glover, Suzanne Zeedyk, and Francoise Freedman, the founder of Birthlight

“Light on Parenting: from conception to the early years” is a truly unique conference aimed at parents and those who are passionate about their work with parents, children, and around pregnancy and birth.

The conference will focus on the whole spectrum of early parenting – from conception through birth to the early childhood years.

We have brought together world renowned experts in family and child psychology, psychobiology, education and parenting, midwifery, prenatal and birth therapy to present:

- *The scientific research*
- *Practical parenting methods, and*
- *Interactive workshops for profound personal growth and healing.*

The way we parent our children has a tremendous impact on the individuals they will become. When we parent with love, from the place of awareness and connectedness, our children’s innate potential to become loving, emotionally connected and fulfilled simply unfolds. This is not limited to the singular family units-the collective impact of parenting shapes the future of whole communities, countries and the world in which we live.

“Light on Parenting: from conception to the early years” carries a very timely and meaningful message, and opportunities for a profound change in the way we think about and do parenting.

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For more information on any of the topics below either visit the web site at www.First-Expression.co.uk or [contact me](#).

Note that the web site is in the process of being upgraded and all the relevant information may not yet be available there and this information can be obtained from me directly.

If you wish to pass this on please do. I ask that if you do, that it is sent in its entirety. Thank you.

With Best Regards

David

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