

# Pre and Perinatal Professional Training

Providing professional education for facilitating optimal birth and attachment, resolution of issues from preconception through the attachment period for babies, children and adults.

## Professional Training Overview

The training has a first year of four modules that will prepare participants to work with babies, children, and adults in the resolution of early trauma, and therefore supporting secure attachment. This year is complete in itself and will give craniosacral therapists and people working in other modalities a solid understanding of pre and perinatal psychology and health and effective tools to support clients with these issues. The second and third optional years are advanced training which will go into more depth and add breadth in specific areas.

Trainees come from a very wide range of professional background and skills. They include craniosacral therapists, psychologists and other therapists working with children, families, couples or individual adults, medical and alternative health professionals, and everyone associated with the child bearing and early years.

The training is highly experiential so trainees must be prepared to do their own early imprint resolution work. The word imprint denotes the long lasting effects of early experiences, both resourcing and traumatic. Approximately ½ of the time in each module is experiential, and outside the training participants will do creative home projects, reading and process workshops. The cognitive learning in the training includes many demonstrations, great notes, and video clips of sessions.

with  
**Myrna Martin**  
MN, RCC, RCST®

**Enhance your skills in:**

- Establishing and maintaining healthy boundaries and self regulation in yourself and your clients
- Understanding the physiological basis of early trauma and the imprinting process
- Tracking somatic, energetic and fluid rhythms as well as titration, resourcing to facilitate the resolution of pre and perinatal trauma
- Identifying your own early traumatic and resourcing imprints so you can use these effectively and compassionately in the therapist role
- Recognizing pre and perinatal imprinting in the body language, structure, movement patterns, personality and character structures
- Relating the client's current experience somatically and emotionally to early imprints

**TRAINING FORMAT**

**Year One:** 4 modules of 5 days each, one pre training process workshop and one process workshop during this year with Myrna Martin. This year is complete in itself and graduates will receive a diploma.

**Year Two and Three:** Advanced Training.

*Prerequisites:* Successful completion of Year One

One module of 5 days at the beginning of the second year, and the choice of 5 other modules, which will be 4 days in length, plus two process workshops with Myrna Martin for graduation.

*Videotapes will be used extensively within the training for home study and reflection. All years will include regular group supervision via the internet.*

**Year 1: Modules I - IV**

These four modules delineate the basic skills and knowledge necessary to support a newborn, child or adult to work with their pre and perinatal material. The two process workshops required to complete this year will provide the indepth demonstration of the work with adults and a further opportunity for trainees to repattern their own early trauma. We are accessing a deep neurobiological level for this healing.

**Year 1: Module I - Attachment**

This module covers the attachment process from preconception (epigenetics) through age 2. Primary themes are connection/ separation. The new understanding of interpersonal neurobiology and the development of emotional and social intelligence through attunement and resonance are central. We will look at child and adult attachment styles and experience specific

**Year 2 and 3:  
Advanced Training**

**Year 2 and 3: Module V -  
Life, Death, Loss,  
Double Binds  
[Required by all trainees]**

Double bind imprints create the most complex dynamics in the pre and perinatal period. They amplify practitioner counter transference issues and complications in facilitating families, couples and groups. In this module we will explore ancestral influences on individuation as well as twin dynamics. Twin embryonic and placental development are correlated with twin behavior later in life. Twin loss is explored, and treatment models are developed.

**Other Advanced Modules  
in Second Year and beyond  
4 day modules with focus on:**

1. Pregnancy loss, Infertility, Assisted Reproductive Technologies
2. Adoption
3. Prematurity
4. Indepth work with Newborns
5. Family Dynamics with Preschoolers and older children