



Trauma Therapy for Babies and Small Children

2019/2020 – 3 x 4 days

Advanced Training for Working with Children

with Sarito Fuhrmann-Bailes



This course of 3 x 4 days teaches an understanding of prenatal, perinatal and postnatal stress and trauma in new-born babies and infants and their parents, as well as basic releasing skills.

Before, during and after birth every infant experiences its own unique and individual story. This is presented through the moods and well-being of the baby, as well as in its cells, tissues and body fluids and in its nervous system. It is also noticeable in its sleeping patterns, breastfeeding and eating patterns, and in the overall further development as well as in the relationship with the parents and the ability to experience emotional and physical contact.

What does the baby want to say to us when it often stretches backwards, has a blank look, makes repetitive movements, is very restless, screams a lot, often rubs its eyes, has a piercing cry or when it sleeps too little or too much?

What does the child want to tell us when, among other things, it has problems concentrating, fights with others or withdraws from contact, always wants to play the same game, wets itself or suddenly reverts to an earlier development stage?

We offer a safe space where empathy and presence is shown and where the baby/child and its parents can have new experiences.

The participants will be supported to have new experiences, both work-related and personal, and to integrate what they have learned.

“My approach is to listen carefully to the child so that it can tell its own story of what it has experienced.”

This work with children is based on the principles of Somatic Experiencing, systemic trauma work with babies and their parents and knowledge of prenatal psychology.

To show the practical applications of the therapeutic work, demo sessions with babies and children will take place during the course. Afterwards, there will be the chance to discuss these sessions in detail. In addition, the course will include awareness and mindfulness exercises, practice exchanges between the participants, as well as verbal and non-verbal explorations of participants own experiences.

Contents

- *Develop an understanding of prenatal, perinatal and postnatal trauma and its impact on the nervous system, well-being and behaviour.*
- *Training in awareness of traumatically retained energy and the symptoms of trauma*
- *Difference between a traumatic experience and stressful experience and how it shows in the body, the feelings and the behavior of the child*
- *How babies and children show that they have had a traumatic experience*
- *Meaning and application of verbal exploration in trauma work – inviting language, the art of listening and questioning, developing a relational field with the parents and the child, as well as verbal support in the exploration of inner states*
- *Meaning and application of resonance in the therapeutic work*
- *Learn to listen to the infant and to understand its “language” and non-verbal signals and to “answer” therapeutically to this.*
- *Basic principles of therapeutic play*
- *The delicate art of supporting discharge*
- *Slowing down and processing the “story” in small and manageable portions - both verbal and non-verbal*
- *Completion of orientation, fight-or-flight response*
- *Recognise and differentiate between positive and negative arousal*
- *Support of self regulation*
- *Explore the meaning and applications of systemic work with children and their parents*
- *Identify what the baby/child wants to work on in the session*
- *Look at the dynamics of fertilisation, embryo development, birth and early-stage further development*
- *Mindful touch and hands-on skills*
- *Releasing the tension in the organs and nervous system*
- *How prenatal themes show themselves in adults*

- *Resource-oriented exploration of the pre-birth time and the first "imprints" in adults*

"Healing can always happen - on an emotional, physical and neurological level."

Who is the Training for?

This training is for everyone who already works with infants – midwives, children's nurses, doctors, physiotherapists, occupational therapists, breastfeeding consultants, craniosacral therapists, or people who would like to work with babies.

Dates/Timings

The training is made up of 3 blocks of 4 days and can only be booked together

25 - 29 sept 2019 | 24 - 28 juni 2020 | 14 - 18 okt. 2020

Price

€ 1560 . Payment in installments possible

Venue

Centrum de Bron, Binnenweg 18, 8475 EG Nijeholtpade , Holland

Sarito M. Fuhrmann-Bailes

is a graduate in social education, who has been working therapeutically for 40 years and leading seminars and trainings for more than 25 years.

She is trained in various body-oriented therapeutic methods such as Craniosacral Balancing, Craniosacral Biodynamics, Rebalancing and others. In addition, she is trained in various methods of humanist psychology, trauma therapy/ Somatic Experiencing SE (Peter Levine), trauma therapy with children, systemic pre- and perinatal trauma work with babies and their families and couple therapy. The main focus of her work is craniosacral work and the resolving of trauma issues in both adults and children. She is a long-term member of the therapist team at the UTA Academy in Cologne, Germany.

Registration and Information

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