

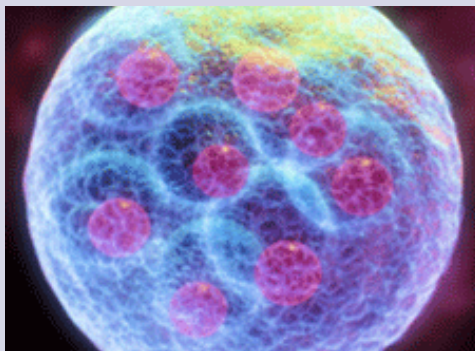
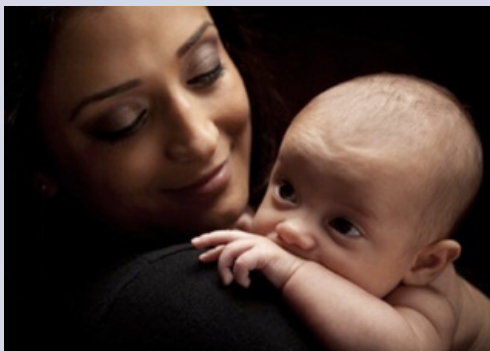
Pre & Perinatal Study Group

Supporting Healthy Attachment & Repair

2 Year In Person and Online Program, Starts Fall 2023

Wednesdays 9am-12pm EST

Recommended for health professionals - therapists, bodyworkers, midwives and doulas working with all ages - children, adults, families, or couples. Beneficial for supporting those with early developmental imprints, birth trauma or experiences during the child bearing years to find resources and wellbeing.



Year One: Modules 1-5

Sept 13-Dec 6, 2023; Feb 7-Jun 26, 2024 (no class April 3)

Year Two: Modules 6-10

Sept 11-Dec 4, 2024; Feb 5-Jun 25, 2025 (no class April 2)



Tonya Ridings is an LCSW who has been working with people in transition and helping people heal their trauma for 30 years. She is delighted to be teaching PPN as this material has added depth and richness to her practice. It is exciting to share this life enhancing information with more healers.



Janet Evergreen has enjoyed teaching for thirty five years to bodyworkers, therapists, and caregivers. In a safe environment, she shares skills, supports infants, children, and adults to explore Pre- and Perinatal history and meet the developmental needs for attachment repair and resiliency.

In person at Riverbend Counseling, 172 S Pantops Dr, Suite A, Charlottesville, VA 22911

REGISTER: www.janetevergreen.com

PPN goes to the heart of being human. It provides an opportunity to work with our earliest strengths and wounding, with support that invites us to more fully embody and live life with joy.

- Myrna Martin, MN, RCC, RCST

Enhance your Skills

- Establish and maintain healthy boundaries and self-regulation
- Understand the physiology of early trauma
- Identify positive and negative imprinting
- Discover and support somatic, energetic, and fluid rhythms
- Trust going slow with titration and pendulation techniques
- Experience and learn resolution of pre and perinatal trauma
- Build your own resources and resiliency for compassionate care

Year 1: Modules 1-5

The first five modules (below) outline the basic skills and knowledge necessary to support a newborn, child, or adult to work with their early period of conception through the first two years of life. Deep neurobiological and pre-verbal level for this healing are accessed.

Module 1: Attachment

Understand the attachment process from preconception through age two. Knowing attachment styles and compensation patterns is foundational. Primary themes are connection and separation.

Module 2: Preconception and Conception

The embryology and imprinting in this period is outlined and related to attachment and self regulation. We continue to work with differentiation, connection and boundaries, adaptive patterns, and the client's leading edge as a locus for healing.

Module 3: Vaginal Birth

This module includes the vaginal birth process from the perspective of the baby. Trainees gain an understanding of the baby's experiences during birth and explore their own birth passage.

Module 4: Chemical and Surgical Imprinting

The effects of surgical and chemical imprinting on prenatals and babies is explored, learning how they affect the baby through the newborn period and later life. Treatment strategies are introduced.

Module 5: Ancestral Double Binds

Double bind imprints create the most complex dynamics in the pre and perinatal period. They amplify practitioner countertransference issues and complications in facilitating families, couples, and groups. Ancestral influences and twin dynamics topics are introduced.

Year 2: Modules 6-11

6. Couples, from an attachment perspective
7. Infants and their Families
8. Preschoolers and their Families
9. Prematurity
10. Pregnancy Loss
11. Adoption

**For more information contact Janet at janet@janetevergreen.com (434) 906-4181
or Tonya at tridings23@gmail.com (434) 465-1561**

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