

## 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
- In every session, you will practice giving and receiving support

### Year 1: Modules 1-5

The first modules 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 levels for this healing are accessed.

### Year 2: Modules 6-12

We will explore Couples, from an attachment perspective, Infants & their Families, Preschoolers & their Families, Pregnancy Loss & Artificial Reproductive Technology, Prematurity, Adoption & Foster Care, and Process Workshops with Adults

## Co-Facilitators



**Janet Evergreen** has enjoyed teaching for almost 40 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.



**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.

### For more information contact:

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## Pre & Perinatal Study Group

*Supporting Healthy Attachment & Repair*

### 2 Year Program

*Starts Fall 2025*



*Welcoming Therapists, Bodyworkers, Doulas Midwives and Family working with all ages - children, adults, families, or couples.*

*Beneficial for supporting yourself and/or those with early developmental imprints, birth trauma or experiences during child bearing years to find resource and wellbeing.*

### Wednesdays 9am-12pm

#### Year One: Modules 1-5

Sept 10 - Dec 3, 2025

Feb 11 - June 10, 2026

#### Year Two: Modules 6-11

Sept 16 - Dec 9, 2026

Feb 10 - June 9, 2027

*No classes Summer and Winter*

### Register:

[www.janetevergreen.com](http://www.janetevergreen.com)

## 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.

### M2: Preconception & Conception

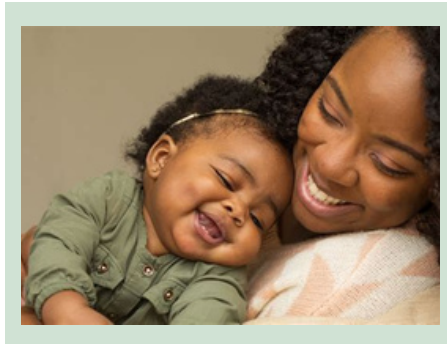
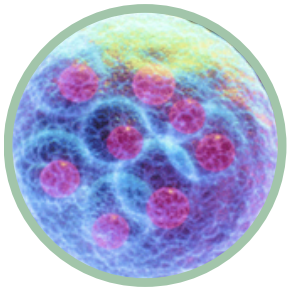
The embryology and imprinting in this period is outlined and related to attachment and self regulation. We continue to work with differentiation, connection and boundaries, adaptive patterns, and the client's leading edge as a locus for healing.

### M3: 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.

### M4: Chemical & 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.



### M5: 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.

### M6: Couples from an Attachment Perspective

The pattern of attachment, separation, and loss during our formative years creates structural and functional neural pathways in our brain, nervous system, and neuroendocrine system, which are stimulated by triggers that remind us implicitly of early childhood experience. Understand the dynamics of long-term couple relationships based on attachment theory and the neuroscience of emotional connection.

### M7: Infants & Their Families

Learn how to totally support a baby beginning from birth, through reflections on working with babies, helpful tips, and practical applications.

### M8: Preschoolers & Their Families

Children experiencing disrupted attachment suffer in the day-to-day separation from their parents and cannot cope with the overwhelming repeated loss. This leads them to shut down all their feelings. Some of the primary PPN work in Myrna's and other's practices is modeling for parents how to play with their preschoolers

### M9: Pregnancy Loss & Artificial Reproductive Technology

The effects of pregnancy loss and artificial reproductive technology on parents are explored, looking at how trauma and shock affect the mother. Treatment strategies and life skills to practice are offered.

### M10: Prematurity

Prematurity explored through a Developmental Care lens, discussing the newborn's experience, challenges for parents and babies/infants, and tools for repair.

### M11: Adoption & Foster Care

Delving into the most current research on Adoption and Foster Care with supplemental materials from The Seven Core Issues in Adoption and Permanency and The Seven Core Issues Workbook from by Sharon Kaplan Roszia and Allison Davis Maxon

### M12: Process Workshops with Adults

Learn how to totally support a baby beginning from birth through reflections on working with babies, helpful tips, and practical applications.

