

PRENATAL - BIRTH - ATTACHMENT THERAPY

RETURNING TO OUR ORIGINS AND RE-PATTERNING OUR
RESPONSES TO LIFE AND RELATIONSHIPS

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This model of therapy has grown out of research that shows that prenatates, newborns and children in their first two years of life are conscious, aware, perceptive, feeling and respond to these very early experiences throughout the rest of their life. These experiences imprint and become our subconscious programming. The name for this process is the attachment process.

Attachment is the bond co created between a baby and the person who cares for him/her in the first few years of life. This bond lays down in the body, in the brain and nervous system, a template for who this baby becomes in relationship to himself, in relationship to other people, in relationship to his body and in relationship to learning. This is the place of the mind, body, spirit connection. It is a primary determinant of cardiovascular, neuroendocrine and immune system health lifelong.

We have known for a long time that nicotine, alcohol, drug use or poor nutrition have traumatic effects on prenatates and little ones. We now know that how a child is welcomed during the pregnancy, supported through the birth process, and the quality of the infant parent attachment process in the first eighteen months of life all form the foundation of the psyche, brain and the nervous system's approach to life, as well as the structural aspects of the body. Physical, mental, emotional and spiritual health in adulthood can be linked to prenatal/birth/attachment experiences. The patterns we use to deal with stress and how we approach cognitive learning are laid down in these pre verbal times.

This work is based in a broad knowledge base of embryology, infant / child development and attachment processes, neurobiology, craniosacral therapy, trauma resolution, family therapy, and midwifery and obstetrical practices.

Because the template for our life is laid down in preverbal times this therapy