

## **The Hesitant Child – Gentle Treatment of Birth Trauma**

*“Learn to respect this sacred moment of birth, as fragile, as fleeting, as elusive as dawn. The child is there, hesitant, tentative, unsure which way he is about to go. He stands between two worlds.”*

Frederick Leboyer. The first medical doctor to introduce principals of “gentle birth” to the public health system in the early 1970’s.

This course will be about right that: To learn to meet this child - hidden in the adult - at this fragile edge, and to be with it and to gently help it with our skills into life on earth.

Many of the recurrent physical troubles, we experience as adults - and meet as body therapists in our practice - can have their origin in the birth process and our first year in life. It is a big challenge for our body and mind to unfold from a “weightless state” as all around protected and nourished foster in the womb to standing and walking without outer support about one year after birth. This process can be so overwhelming, that our system can’t really follow it all the way through and develops various tensions and unbalances in the physical structures in the body, which are involved in this process. Those very primary tensions get covered and reinforced more and more by newer tensions and traumas later on in our lives, but they keep causing physical and emotional troubles. Yet the recognition and treatment of birth trauma has not much focus and space in most traditions and methods of body treatment.

At this course we will have a close look at birth trauma, how it gets established, reoccurs and expresses itself in both body and mind and how we as body therapists can heal it in a gentle way.

The course will consist of teaching in both theoretical backgrounds and practical “hands on” training in using the introduced techniques:

- Birth process and birth trauma
- Recognition of birth trauma in the adults body and mind
- Relation between practitioner and patient in the work with birth trauma
- Basic theoretical background and main principles of gentle treatment
- General approaches and techniques in gentle treatment
- Specific techniques for work on structures in the body connected to birth trauma

This post-graduate course is open to practitioners of body therapy of all kinds and there will be issued a certificate of successful participation.