

Training in three modules on trauma healing for babies and toddlers – Sarito Bailes-Fuhrman

The training is given in English.

Before, during and after birth, every child experiences their own unique and individual story. You can see this in the baby's moods and well-being, but also in his cells, tissues, body fluids and nervous system. It is also noticeable in his sleeping patterns, breastfeeding and eating patterns, overall further development, the relationship with his parents and the opportunity to experience emotional and physical contact.

What does the baby want to tell us when it often stretches backwards, has a blank look, constantly makes the same movements, is very restless, cries a lot, often rubs its eyes, makes a piercing cry or when it sleeps too little or too much? What does the child want to tell us when, for example, he has difficulty concentrating, is angry or withdraws, plays the same games over and over again, wets the bed, suddenly regresses to an earlier stage of development?

With empathy and presence, Sarito offers a safe environment in which the baby and its parents can gain new experiences after their stressful experiences. By listening carefully to the baby, it can tell its own story about what it has experienced.

Participants are supported to gain new experiences professionally and personally and to integrate what they have learned.

This work with children, based on the principles of Somatic Experience and knowledge of prenatal psychology (Carlton Terry, Castellino), has been developed from systemic trauma work with children and their parents. During the course, Sarito will give demo sessions with children. Afterwards, the sessions will be discussed in detail with the group. We also work with exercises in observation and Mindfulness, training in the exchange of participants and verbal and non-verbal exploration of own experiences.

Participants learn:

- ☐ understanding pre-, peri- and postnatal shock and trauma and their effects on the nervous system, well-being and behaviour;
- ☐ perceive traumatic trapped energy and symptoms of trauma;

- ☐ how infants and children reveal that they have been through a traumatic experience;
- ☐ on resource-oriented skills for trauma healing;
- ☐ the importance and application of verbal guidance within trauma work: inviting language, the art of listening and asking questions, establishing and maintaining relationships with parents and children, verbal support in exploring an inner state of being;
- ☐ importance and application of resonance in the work;
- ☐ listening to the child, to understand his "language" and non-verbal signals, and to "respond" to him in a therapeutic sense;
- ☐ basic principles of targeted therapeutic play;
- ☐ the art of supporting discharge;
- ☐ to slow down the "history" and divide it into small and manageable portions, verbal and non-verbal;
- ☐ how to complete the orientation, fight and flight reflex;
- ☐ recognize and differentiate positive and negative activation;
- ☐ learning to support the child's self-regulation;
- ☐ the importance and application of systemic work with parents;
- ☐ discover what the baby wants to work on during the session;
- ☐ about the dynamics of fertilization, embryonic development, birth and early childhood development;
- ☐ targeted touching and 'hands-on' skills;
- ☐ how prenatal issues recur in adults;
- ☐ on resource-oriented research of the prenatal period and the first "imprints" in adults.

For whom?

This training is for anyone who works with babies and toddlers (midwives, pediatric nurses, doctors, physiotherapists, occupational therapists, breastfeeding consultants, Craniosacral therapists, etc.) or people who want to work with these children or are interested in prenatal, postnatal and postnatal healing perinatal trauma.

The training consists of three blocks of four days, which together form a whole and cannot be followed separately. The training is given in English.

An introductory telephone conversation may be a condition for participation in this training. When registering or requesting information, we would appreciate it if you mention your (pre)education and website.

feedback participants:

Inspiring, keeping calm, waiting where the child leads you, playful' - Ria-

The trainer is great! Thorough, respectful, with care and attention and lived for what is. -Avrati-

Stay on a full board basis with vegetarian meals.

Payment of training costs in installments is possible.