

**Castellino Prenatal and Birth Training**  
**Creative Home Projects And Mid-Training Peer Support.**  
**Conception Journey, Module I, T13**  
**May 2016**

Congratulations. You have completed the conception journey module of the training. It was an extraordinary time.

**Peer support:**

In order for you to have continuity between training modules, it is essential for you to have contact and peer support with a peer support person. This will help facilitate your ability to participate in and build your Prenatal and Birth Community. We ask you to interact two to four times a month with your buddy by phone, or if possible, in person. You may even have contact by fax or email. However, auditory contact and in-person contact are best. During your check-in time we want you to do weather checks, hold presence, listen, reflect and support each other by exploring at least three questions:

1. Where are you in relationship to your life and the prenatal and birth work?
2. What is your present leading edge in your life, and how are you dancing on that edge?
3. What and where are your inner and outer resources, and how are you making use of them?

Make clear agreements about how and when you are going to make contact with each other. Make specific appointments and place those appointments on your calendar. Make arrangement about how you may contact each other if you are feeling challenged and in need of support. These conversations will support you to write the following introspective paper.

**Creative home written project:**

Creative home projects are an essential component of the training. These projects are designed to support you to integrate the PBT into your life. They are designed to support your personal growth, professional growth and your ability to communicate about prenatal and birth therapy. Schedule specific time in your calendar to complete these projects. Schedule the time NOW! If you miss your project, reschedule the project time. Follow through.

Bring your completed paper to the next training. If you wish, you can email your project to Ray, Mary or your assistant reader before then. Ray prefers to receive projects via email. Make sure that you type **double-spaced** or neatly write your work in ink. Your paper should be **four to six pages, double-spaced**. Leave space in the columns, on the back of pages or at the top and bottom of the pages so your readers have space to interact and write comments to you.

If you are having any difficulty completing your project, discuss this with your peer support person. If the difficulty persists, contact a peer reader, your training reader, and if need be, call me until the obstacle to your completion of the project ceases to exist. If you feel hesitation to call these support people, call them anyway! You deserve the contact and the support!

You will receive projects from your buddy and others from your peer group. Read and interact with these papers by writing compassionate, supportive and inquiring comments on them. Bring these with you to the next training.

**Here is your assignment.**

Write four to six double-spaced pages on the following questions:

- What are the primary leading edges that you are experiencing in the PPN work?
- How do the leading edges that you are experiencing in your personal life show up in your professional work?
- How does the notion of playing to the leading edge and finding resources for yourself surface in your personal and or professional life?

If for some reason the above assignment does not fit your personal and professional needs, create one the does. Discuss this with your peer support person. Submit an equal project to your readers in the same time frame.

Your readers are very interested in being able to read and interact with your responses to these questions. We care about you!

**Reading and preparation for the Bonding / Umbilical Affect Training module:**

Reading assignments are optional. Depending on your learning style, choose from these readings either prior to the next training or after the next training. If you choose to read, schedule specific time to do this reading. Put it in your calendar. If you do not do it at the scheduled time, reschedule your reading time. Follow through.

Here is a list of texts that are suggested for the Foundation Training:

**M1 Reading List:**

Blechschtmidt, Erich, *The Ontogenetic Basis of Human Anatomy, A Biodynamic Approach to Development from Conception to Birth*, (1904, 2004), North Atlantic Books, Berkeley, CA.

Gordon, Yehudi, *Birth and Beyond, Pregnancy, Birth, Your Baby and Family – the Definitive Guide*, (2002) Random House.  
Read Parts I and II, pp. 6 to 117.

Larsen, William, *Human Embryology, 3<sup>rd</sup> Edition*, (2001) Churchill Livingstone.  
This basic textbook of human embryology covers both clinical and molecular biological aspects of human development. It offers in-depth, thorough coverage of the latest information, including separate sections in each chapter on clinical relevance and experimental studies. *Human Embryology* also features a first-rate, four-color art program with superb photographs and electronmicrographs.

Nilsson, Lennart; Schenck, Linda; Hamberger, Lars, *A Child Is Born – Revised Ed.* (2004) Delta Trade Paperbacks.

First published nearly 40 years ago, *A Child Is Born* broke astonishing new ground, offering an unprecedented glimpse of life inside the womb. This completely revised edition of the beloved international classic is now entirely in color, with historic, never-before-seen photos in every chapter and an entirely new text.

McCarty, Wendy Anne, *Welcoming Consciousness, Supporting Babies' Wholeness from the Beginning of Life* (2004), WB Publishing. This is an eBook, available on line or on CD. See [www.wondrousbeginnings.com](http://www.wondrousbeginnings.com).

Fraser, Diane; Cooper, Maggie (Editors), *Myles' Textbook for Midwives, 14<sup>th</sup> Edition*, (2003), Churchill Livingstone.

Nathanielsz, Peter, *Life in the Womb: The origin of Health and Disease* (1999), Promethian Press.

Nathanielsz, Peter, *The Prenatal Prescription*, (2001), Harper Collins.

Tsiaras, Alexander, *From Conception to Birth, A Life Undolds*, (2002) Doubleday

The following chapter listings and pages for *Myles Textbook for Midwives* are for the 1993 edition, not the 14<sup>th</sup> 2003 Edition. Look at the chapter titles to discern what are the appropriate chapters to read if you have a new addition of Myles'.

Bennett and Brown, *Myles' Textbook for Midwives*, (1993) Churchill Livingstone,  
 Chapter 4, "The Placenta," pages 43-50 (entire chapter).  
 Chapter 5, "The Fetus," pages 51-57 (beginning of chapter up to "fetal skull")  
 Chapter 8, "Psychological and Physiological Changes of Pregnancy," pages 94-105 (entire chapter).  
 Chapters 31, "The Baby at Birth," through 34, "Jaundice and Infection," pages 491-558  
 (beginning of chapter 31 to end of 34).

The following chapter listings for *Human Embryology* are for the 1993 edition. In the new addition find the similar chapter titles.

Larsen, *Human Embryology*, (1993) Churchill Livingstone,  
 Chapter 1, "Gametogenesis, Fertilization, and the First Week," page 13 ('Schematic depiction of folliculogenesis and ovulation' and 'Scanning electron micrograph of preovulatory follicle').  
 Chapter 2, "The Second Week," pages 34-40, ('Second week timeline' up to 'Uteroplacental circulatory system')  
 Chapter 3, "The Third Week," page 53 ('Fig. 3-6, Formation of the notochordal process').

The 5<sup>th</sup> edition of Oxorn-Foote is the latest edition. The chapters and pages listed below are current.

Oxorn-Foote, *Human Labor and Birth*, Fifth ed., (1995), Appleton and Lange.

This book is a classic. It is still in print and last published in 1995. Ray uses it because no other text on labor and delivery has illustrations as good as this one. He uses it to reinforce his internal imaging capacity.

Chapter 11, "Stages of Labor," pages 136-151 (Figure 5, 'Dilation of the introitus' to end of chapter).  
 Chapter 51, "The Newborn Infant," pages 879-900 (entire chapter).

### Preparation for M2 Bonding and Attachment

Of the following read Siegal and Hartzell, *Parenting from the Inside Out. And the chapters in* Cassidy, Jude; Shaver, Phillip (Editors), *Handbook of Attachment, Theory, Research, and Clinical Applications*, (1999), The Guilford Press, NY, NY.

Chapter 14, “The Measurement of Attachment Security in Infancy and Childhood pp. 287–316

Chapter 19, “The Adult Attachment Interview”

Martin, Myrna, (2003) *Guidebook for Strengthening Attachment*

Schore, A. N. (1994). *Affect Regulation and the Origin of the Self: The Neurobiology of Emotional Development*. Hillsdale, NJ: Lawrence Erlbaum Associates

Schore, A. N.(2003a). *Affect Dysregulation & Disorders of the Self*. New York, NY: W.W. Norton & Company.

Schore, A. N. (2003b). *Affect Regulation & the Repair of the Self*. New York, NY: W.W. Norton & Company.

Siegel, D. J. (1999). *The Developing Mind: Toward a Neurobiology of Interpersonal Experience*. New York, NY: Guilford Press.

Siegel, D. J., & Hartzell, M. (2003). *Parenting from the Inside Out: How a Deeper Self Understanding Can Help You Raise Children who Thrive*. New York, NY: Penguin Putnam.

### Professional Consultation Support:

Ray, Mary Jackson, Tara, Colette, Ed, Frank, Gary, Mary Seamster, Sabera, and Sarah are available to do phone or in-person consultations with you during the period between training modules. These consultations are scheduled appointments. Each of them has their own fee for consultations or supervision. Talk with the assistants directly about their fees.

These appointments are for the purpose of supporting you to find your way to and through your next steps, personally and professionally. Calls about your Creative Home Projects are not considered as a professional consultation and will not be charged for. If you call one of us about your project and you discover the need for Consultation Support, you will be charged for the Consultation Support time. Track the time and send your consultant a check in the mail or make other arrangements for payment if you and your facilitator have different currencies.

I encourage you to have support from your private therapist and related health care support people. You deserve the support!!

We appreciate the effort you are putting into your work and your passion. We look forward to seeing you at the next training.

Joyful Regards, Ray, Tara, & Mary