

Castellino Prenatal and Birth Foundation Training

Birth Video Project

Santa Barbara, September 2005

Purpose

This project is designed to support you to:

- Learn about your birth from a somatic point of view
- Orient yourself in relationship to the doll and pelvis
- Externalize your own birth by using the doll and model of a pelvis
- Connect language with your birth experience
- Experience different roles / change hats
- Work with support
- Familiarize yourself with video equipment and the video recording process
- Provide an audio / visual tool to aid your writing

Goal

At the end of this exercise you will have a video tape of you describing what you know about your birth that you can use to write / draw / chart a narrative of your birth.

Project Groupings

There will be one group of three. The other groups will join another group. One group of three will join a group of two. The other groups of three will join with other groups of three.

- **There will be 11 groups of three.**
- **Each US trainee will be with a group that has NTSC Camcorders.**
- **European or trainees who need to have PAL recordings must be in a group with a MiniDV Camera.**

Each of you will have turns at performing different tasks and different roles. Each role is distinct in its nature and has a different function. It is important that each time you change roles that each person on the team names the role he/she is holding and settles into the intention of that role. If you lose the intention of the role you are holding, simply remember the intention and return to the function you are doing. When you are finished playing a role, pause and actually leave it behind before you take on the next role.

Time

There is plenty of time to do this project. Each round should take about 70 to 90 minutes. In total the project should take about 4 - 1/2 hours including debriefing and breaks. See the time table below to help you set an intention for how to manage time during each recording session. This timing scheme is only a suggestion. In reality some presenters will take more time and some will take less time. It is important that during each round you have a sense that there is ample time to complete the task. The most important thing is to

support relaxation. If the concentration is broken, move through what you need to do, simply reconnect with your resources and return to the task at hand.

| Function | Amount of Suggested Time |
|-------------------------------------|--------------------------------|
| Set Intention and Roles definitions | 10 minutes |
| Rehearsal | 20 to 30 minutes |
| Presentation / Recording | 20 to 30 minutes |
| Debriefing | 10 minutes |
| Break | 10 minutes |
| Total time for each session | 70 to 90 minutes (1hr. 30 min) |

Roles

The roles are listed and described below. Each role has a clear definition and function. Use these descriptions to help you establish your intention in the role and reestablish your intention when and if you lose focus.

There will be three participants in each group unless for some reason there is an exception. The roles of are: the videographer, the witness and the presenter. The witness can also function as a supporting coach for the presenter.

| Roles: Groups of 3 |
|--|
| Videographer Director - Witness scribe Presenter |

There are more role descriptions than listed above. These are set up for groups larger than three. Read the Role description for the Videographer, Witness scribe and Presenter.

Director – Witness scribe: The director holds the overview for the team. The director helps the team orient, stay on task and coordinate together. The director uses the steps outlined below and tracks which step the team is on. The witness scribe holds presence for the presenter and writes down what the presenter says. This written record will help the presenter write his/her birth story. At the end of the session, you will give the presenter the notes you have taken. Sometimes during the session you may help clarify where the presenter is in their process.

Videographer: The videographer takes care of the camcorder during the shoot and makes sure that the next person to be videographer knows how to work the camcorder. Here is a list of what the videographer will need to do.

- Make sure the proper tape for the presenter is loaded in the camcorder. Remember when changing tapes and batteries to make sure to not rush the camcorder. It has its own tempo.
- Point the camcorder and set the size of the frame with the zoom function so that the presenter is in the center of the frame. Zoom in onto the doll and pelvis at appropriate times to illustrate what the presenter is wanting to show.
- If there is an external microphone that attaches to the camera, do a sound check with a headset. (This is essential when the microphone is not built into the camcorder. These microphones will improve the sound quality, but they must be checked.)
- Turn the camcorder on, press the standby switch and the record button. Make sure the red record spot is on in the viewfinder to insure the camcorder is recording. Press the record button as necessary so as to record the segments that the presenter wishes to record. If the presenter requests a break, you can return the camcorder to standby. If the presenter goes into process, it is very important to leave the camcorder running.
- Label the tape with the presenter's name and the date. Title it "Birth Presentation."
- At the end of your turn as a videographer, you will check out the next videographer and if possible be the coach or assistant to them during the next session.

Presenter: The presenter is the person who shows with the doll and pelvis what he/she knows about their birth. It is important to remember that you don't have to know the whole story. You will show and tell what you know. You may even discover some new things while you are doing this exercise. You only have to share what you know.

Director: The director holds the overview for the team. The director helps the team orient, stay on task and coordinate together. The director uses the steps outlined below and tracks which step the team is on.

Witness scribe: The witness scribe holds presence for the presenter and writes down what the presenter says. This written record will help the presenter write his/her birth story. At the end of the session, you will give the presenter the notes you have taken. Sometimes during the session you may help clarify where the presenter is in their process.

Coach for the presenter: Usually the coach is the person who was in the practitioner role when the presenter was in the client role. The coach will hold presence for the presenter and like in therapy help the presenter through the process from step to step. You can be there with your focus, empathy, support to orient, support to resource, and contact.

Steps in the process

Following is the sequence for the video project. The group director or witness scribe can use these steps to help the group orient.

1. Let go of the last role you were in. This can happen during the debriefing period and break.
2. Begin by settling as a group. Orient yourself. Do your best to establish the felt sense of the long tide. Settle and spread.
3. Think about the next role you are about to play. Move to the position or the place in the room where you will play that role. Take turns naming your present role. Establish an intention to do your best to perform that role. The good news is that you do not have to be perfect. If a difficulty occurs any time during the process, ask for support from the others on your team and from myself or the assistants.
4. When it is time to begin, the director asks the group to settle, checks with the presenter and, when all feels, right gives the cue to begin.
5. Do a run through rehearsal before taping the presentation. This gives the presenter an opportunity to practice. If the presenter experiences a challenge, experiences a leading edge or overwhelm, the coach accepts where the presenter is and then supports the presenter to resource, orient and track. Tears, frustration, confusion, sadness, grief, joy, solid concentration, and a sense of different levels of accomplishment may come up in this process. The witness and the coach track the presenter, the content and the sequence of the presenter's birth story. When the presenter loses where he/she is in the sequence, the witness and coach can help the presenter reorient.
6. Record the presentation on video. It is O.K. to start and stop. The director makes sure the camera team and the presentation team coordinate together.
7. Debrief the session when the presentation is completed. The director may facilitate the debriefing. The scribe gives the notes to the presenter.
8. Take a short break. Then come back and do the next session.

Summary of Steps

1. **Let go of previous role.**
 2. **Orient and settle. Connect with the long tide if possible.**
 3. **Establish new role. Name the role.**
 4. **Prepare for videotaping.**
 5. **Rehearsal.**
 6. **Tape the presentation.**
 7. **Debrief.**
- Take a short break.**