

**Read this Introduction to M3 letter First.**

April 2014

Dear T12 Trainees,

Welcome to the **Birth in Relationship** Module, M3 of the CPBT.

We are looking forward to seeing you. Both Mary and I are really pleased with our plans for M3

We had planned to have the materials for this module up on the website weeks ago. We apologize that we are just getting these materials up on the website now and not sooner.

Here is the book for the M3 Training module. It is 160 pages long. The purpose of this book is to support you to develop a visual reference base for the baby's journey through the birth process. The skill you will be developing is the ability to perceive birth movements, positions and birth sequences. Studying these images will help you perceive birth movements, positions and sequences when you are working with in babies, children or adults.

You may notice that the PDFs of the Manual are titled T10M3 and not T12M3. The manual for this module was the first that I put together for the whole training. In the mid 1990s Ginny Partridge and I spend several weeks researching and compiling these images. During the module we will look at some representative images in class so that you will be able to use this book and develop these perception skills. The use of the dolls and pelvic models will be integral to this process.

The second section of this booklet is titled "Daily Schedule for M3." Please disregard this section. Mary and I have substantially changed the curriculum design for this module. Below there is an overview of what we plan to do with you this time. I really like the changes we are making. We will emphasize the skills of incremental somatic tracking in conjunction to birth movements.

On page 25 of the Manual there are instructions for a Birth Video Project. Mary and I have substantially modified this project. We will not be doing the video portion in this training. It is very technology and time intensive. We will not do the video portion of the project. I chose not to have you do this project during the module because I want to focus more on your birth movement tracking skills rather than working technology.

We will have you do birth sessions and have you work with the dolls and pelvic models to show your birth to others. If you want to you can use audio recorders on your cell phones to records you share about your birth and one of the members of your team can take notes on what you say. All of this will be preparation for your M3 homework assignment. Instead of writing from a video you will write from your memory, notes and if you use an audio recorder, the recording.

### **Summary of Module 3 Birth in Relationship.**

In M3 we will focus on normal healthy birth without interventions. In M4 and M5 we will look at chemical and surgical interventions and insults. Yes, many of you experienced chemical and surgical interventions. Looking at birth process without interventions will naturally bring up the interventions that we experienced. This is a major imprint factor on our sequencing. And in M3 we will focus on the dynamics of clear unencumbered birth process for the baby in relationship to his/her mother.

**M3 Primary Skills.** The skills that you will be working on in this module are again multilayered. They will include working with your personal birth dynamics and professional clinical skills.

- Tracking incremental movement with perception and hands on somatic tracking
- Perception of birth movements and postural imprints from birth. Developing a visual reference base.
- Orienting to your own positions and movement patterns while tracking others positions and movement patterns
- Externalizing and recalling birth movement patterns with the doll and pelvis
- Holding another in birth movements
- Tracking sequences
- Role clarification and differentiation
- Deepen in the form.
- Preparing couples for birth
- Perception of Birth Stages from the perspective of the baby in relationship to the mother's passage

I am also including a new rough draft of a Polarity Article that I am writing on Involution and Evolution. The article was inspired from a Polarity Workshop that several of you attended last year. Please note that this article is a work in progress. Your feedback on it is welcomed.

With Love and Gratitude,  
Ray