



Charisse Basquin, D.C.

Charisse received her doctorate in chiropractic in 1986. She combines craniosacral therapy with manipulative therapy to facilitate release of trauma held in the body. Whilst working with families during the peri-natal period, she realized how this vulnerable and empowering time is strongly related to our ability to maintain healthy relationships throughout our lives. She facilitates Birth Process Workshops and works with individuals and families to enhance bonding and to transform early traumatic experiences.



Mary Jackson.

Mary is the mother of 2 adult children who were born at home with midwives. She has been married since 1987 and is in 9 books and 5 movies. Mary has been a home birth midwife since 1975. She has attended over 2500 births in California. Mary incorporates craniosacral therapy with pre and perinatal therapy into her midwifery practice.

‘Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be?’

Marianne Williamson
(On the occasion of Nelson Mandela's
inaugural speech)

**An intimate group setting for a personal process
- helping you to be who you really are.**

23-27 Feb 2020

**19a East Green
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£575 (if paid before 27th Jan 2020)
£650 (if paid after 27th Jan 2020)

HEALING EARLY IMPRINTS

A Personal Process



Healing Early Imprints

Healing Early Imprints offers you a personal process to boost well-being, self-empowerment and freedom.

Through a safely guided exploration of early experiences, you'll deepen your self-understanding and discover new ways of engaging with yourself and others.

The experiential nature of the workshop and the emphasis on safety and spaciousness allows you to go at your own pace, and experience profound transformation.

What are early imprints?

Early experiences shape the development of the brain and nervous system. From conception to the age of 3, many neural pathways are formed, laying down patterns in the relational areas of the brain. This is the foundation for bonding and attachment.

Memories and styles of relationship are woven into your body. They are like 'imprints' in your nervous system and continue to affect your behavior, relationships, self-esteem and expectations, as well as your physical and emotional wellbeing.

The ideal is for a child to feel nurtured, loved, accepted and affirmed. Where there has been stress, upset or poor bonding, resulting imprints may make it difficult for a person, in adulthood, to manage stress or to fully enter into relationship.

Creating new imprints

The nervous system, including the brain, is malleable, and can develop new pathways throughout life in response to new experiences.

It is possible to create new imprints that are conducive to relational well-being, health, and personal growth. The process tends to be deeply healing and empowering.

What happens on a workshop?

Using a sensitive process that taps into the body-held memories of your early life, it is possible to access *and alter* patterns that inhibit full self-expression or cause you difficulties today. You can create new imprints.

Each workshop has 4-6 participants and is co-facilitated by Charisse and Mary who have known each other since 2001.

Each participant receives an individual session that varies in length from one to three hours. The group structure offers the opportunity for exploration beyond what may be possible within the context of one to one work.

The group setting can mirror original family dynamics, which aids exploration of early influences, and because the group is supportive, both exploration and healing can take place in a safe and therapeutic way.

Requirements

To support this level of exploration, each participant is required to have engaged in some of their own therapeutic work, and have access to follow up therapeutic support after the workshop.

To support clarity and safety, **each participant agrees to refrain from the use of recreational and spiritual drugs, including alcohol, for 24 hours prior to and during the course of the workshop.**

Participants agree to attend the entire workshop, and keep evenings free from commitments because we do not know when we will complete.

Some reflections

"I've found my voice, and am more able to say what I truly mean."

"I feel more connected to my heart."

"For the first time I feel like I belong."

"As a psychotherapist this is the missing link in my training."