

## April 2009 News Update

Welcome to my April 2009 update. This newsletter has more of an international flavour as I will be including some information about events overseas.

I hope that you have had a good time over the Easter/ Passover holiday period and are enjoying the sunshine that is with us. Apparently it was this time last year we were still experiencing snow!

I have been spending time taking in more about stress, some of the neurobiology, its effect on us, and particularly the effect on babies and children. I have written a few lines about this area below under 'My Thoughts'. I have always been fascinated by sound, how we relate, and how it can support our healing in this area. A friend sent me a video link of a short talk on the subject and I have added it

to my web site. For more information look under videos below. I have also added a page on my recommendations.

Under 'Topics Covered' below, are links to the different areas of this newsletter.

For those of you who are not reading this newsletter on the web site, both this and past full newsletters are available to view on the [web site newsletter page](#).

I hope you will both find the newsletter useful and enjoyable. I am always open to constructive feedback about this and any other aspect of my work.

Please [contact me](#) if you have any questions about this work or run into any snags on the web site. My contact numbers are also at the end of this email

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### Subjects Covered

- [My thoughts for this Newsletter](#)
- [Certified Womb Surround Process Workshops \(PW\)](#)
- [One to One Therapy and Infant Centred Family Work](#)
- [Supervision](#)
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## My Thoughts for this Newsletter

Stress. A much over used word that means different things to different people.

Stress over a certain level, particularly when chronic, is considered to be damaging to our health. It affects parts of the brain and also inhibits our immune system function.

Some say that we need small amounts of stress to function. For example, a tension *field* is created when we have an intention to move our body. To cause movement, our autonomic nervous system shifts into the sympathetic (SNS) response and this elicits an increase in blood sugar level, rise in blood pressure and heart rate, and so on. Our body becomes *stressed* as it prepares for action. Instructions are sent to different parts of our body to support our intention to mobilise – to move. Once we arrive at our intended destination this SNS arousal reduces and we return to settle. I appreciate this is a simplistic view as many different things are going on simultaneously as our bodies work to maintain regulation.

As I already mentioned, stress becomes an issue when it is over certain levels and/ or becomes chronic. There are many ways we can help ourselves by developing our resources both internally and externally: For example, getting external support from family, friends and colleagues.

One of the primary initiators of the stress response is a part of the brain called the amygdala. This part of the brain perceives when we need to be in survival mode. Its perception is routed in our past and it activates a fear response. This is very useful for many situations. Where it becomes a challenge is where it perceives a threat that is

not valid today. If we can make sense of what is happening through other aspects of our brain, such as the prefrontal cortex (PFC), then the stress response is aborted and life goes on. However, the speed at which the stress response can be activated may be too fast for the PFC to inhibit it. It's like going down the motorway at 100 mph. You are unlikely to first notice a turning and to then be able to make the turn. So, the end result is that we go through that response and react accordingly. This way of being is particularly challenging in relationships – especially if the other person is triggered by your response. Arguments ensue and feelings are hurt. Sometimes relationships can be severely damaged.

There are different ways to work with this issue. I personally have found that the early trauma resolution work has been particularly useful. The style I am referring to was developed by Ray Castellino and rather than creating a method with adults and using it with babies and children, he began in the reverse way. Through working with babies and children in relationship with their parents ([Infant Centred Family Work](#)), he discovered a way to support early traumatic imprints to resolve and integrate in the body. This means one is less likely to react from the amygdala to a current day situation that does not require it. If it does there is more space for the PFC to inhibit it. As a result we are more able to be in relationship, to discuss what we are feeling and be heard.

This way of working was then translated to support adults working with their earlier material ([Womb Surround Process Workshops](#)) and thereby moving to a space in

themselves of greater inner resource and a reduction in stress levels.

One of the important things to know about babies is that they do not have the ability to

deal with their own stress situation. They rely on adults who are their carers. The more we as adults are able to self regulate, the more we can support babies and children in their own self regulation development.

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## **Certified Womb Surround Process Workshops (PW)**

### **About the Process Workshops**

Come and explore your early life material in a small and safe group setting. Working within these workshops provides the opportunity to become clearer in ourselves with how patterns of behaviour created in our earlier life as part of our need to survive are affecting us today.

Follow this link for [more general information](#) about these workshops.

As part of my intention to make information more transparent and available I have also added a page to my web site that goes into [more detail of the workshop structure](#).

### **Castellino Training Requirement**

Attendance of these workshops can be used to fulfil the Castellino Prenatal & Birth Foundation training requirements. Out of the minimum number of four PW required, two have to be taken with Ray Castellino. Their training website says that whilst four is the

minimum, it is highly recommended that more are taken.

### **UK Craniosacral Therapy Association CPD**

These workshops have now been accepted as primary CPD for the association.

### **Future Process Workshops**

The next PW workshops here in the UK will be in Milford, Surrey and the dates are:

- **Friday 24<sup>th</sup> to Sunday 26<sup>th</sup> July 2009**
- **Friday 18<sup>th</sup> to Sunday 20<sup>th</sup> Sept. 2009**

Overseas workshops are currently being finalised and this newsletter and the web site will be updated then.

Apart from the previous links in this section on the workshops, follow this link for [details on pricing and other points](#).

If you are interested in setting up a PW that you would like me to facilitate in your area please let me know.

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## **One to One Therapy and Infant Centred Family Work**

I continue to offer these therapy sessions from Milford and Godalming in Surrey. I may also be able to provide this in London. Where it is not possible for you to come to one of these locations I can also offer support by phone/ Skype.

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## Supervision

Supervision, particularly in relation to working with early life material, is available either in Milford or by phone/ Skype. Contact me for more details.

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## Seminars

The next seminar planned will be in Australia. It is entitled 'Stress versus Attachment', which I will co-facilitate with Brendan Pittwood RBT, RCST, PNB. This work will be presented in a way to support left/ right brain integration of the material. As such theory will be interlaced with relevant experiential exercises.

This seminar is for therapists and will run over six days. An information sheet is being prepared.

It is my intention to bring this seminar and others to the UK. If you are interested in attending in either the UK or in Australia let me know.

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## Videos

I continue to add videos that I feel are useful to my web site. This latest one was filmed at TED in Monterey, California. It is by Benjamin Zander, who is a conductor. The title of his presentation is **Classical music with shining eyes**. He talks of one buttock music playing and of a business leader who moved his company to be a one buttock company. For me I feel a fascination with this. When we sit on two buttocks we are pretty stable – we are limited in how we move and it requires

effort. When we sit on one buttock we are in essence – *on the edge*. We could topple in any direction or choose to return to stability. I believe when we sit on the edge all is possible. I hope you enjoy the video.

I have continued to keep the previous videos I mentioned in previous newsletters.

This link will take you to my [web site video page](#).

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## Parents, Parents to Be and Primary Carer Support Groups

Since the last newsletter one support group has run. My intention is to run more and I will once again be starting by offering an evening talk about the need for support in our society and to talk about how the support groups will be structured. A write up on the support groups is available [on my web site in PDF format](#). Whilst I will generally run these from Milford in Surrey, if you are interested in

having this happen in your area of London let me know.

**Please contact me if you are interested in attending an introductory evening.**

I am open to hearing from you if there is a different support group you would be interested in. [Email](#) or [contact me](#).

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## Recommendations

I am always being asked if I can recommend any books. As a result I have created a reading list on my web site. To start it off I have included a variety of books. On the summary page I have listed each book with a suggestion if I feel it is a read that is more for parents, general interest and professional. By clicking on the title it will take you to a further insert with my thoughts on that particular book.

Should you want to get a copy, I have linked each book to Amazon as they are usually the best prices. At the moment I have created the links for Amazon in the UK and USA and you will need to select a country prior to going down the summary list.

I hope you find this useful and let me know if you have any comments. Use this link to the [Recommendations page](#).

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### **Feedback**

If you have any constructive feedback I am happy to receive it. You can [email](#) or [contact me](#). The 'contact' link will take you directly to the First Expression web contact page. Alternatively the information is included below.

### **Web Site**

This link will take you directly to the [homepage of the website](#).

Please feel free to forward this newsletter on. If you do I ask you to send it in its entirety. Thank you.

With kind regards, David

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