

**BALANCE FOR BETTER BIRTH TRAINING – 2 DAYS**

**When & Where:** January 2020, Berlin (Location details TBC)

**Appropriate Audience:** Professionals providing prenatal care and birth support for expectant mothers (midwife, physician, physiotherapist, osteopath, doula, chiropractor, craniosacral therapist, and massage therapist.)

**Instructor:** Debra E. McLaughlin, Craniosacral Therapist, CPM, LM, Educator & Marcello Windolph, Perceptual Educator and Fasciatherapist MDB.

**Duration:** 2 days

**Outcomes:**

Learn leading edge assessment and treatment techniques for balance in pregnancy.

Expand personal perception and create conditions for yourself to allow more depth in your work.

Explore global techniques that may address 80% of the issues we encounter. AND learn very specific techniques for the 20% of the time they are needed.

Specific prenatal assessment protocol to identify minor imbalances early. AND add no additional time to your visits.

Professional coaching for integration of leading edge techniques into your current practice.

Hands-on practice to create flow within YOUR specific sessions – with professional coaching.

**Philosophy:** Pregnancy is a period of amazing change and opportunity for personal growth. The pregnant parent and child are connected on every possible level, yet many parents do not have a cultural nor personal reference to perceive and engage with their own body, let alone their unborn child. Additionally, most of us have internalized incorrect beliefs about our bodies. This is evident in how we, as care providers, as well as patients verbalize information about the pregnant person’s body and the baby. As care providers we have an opportunity to re-educate ourselves, providing a new framework for perceiving the body and avoiding predictable breakdowns. In turn we can help our clients reframe their understanding, thereby expanding the opportunity for perception and connection. Becoming more fully present can create a deep relationship with one’s own body and their child’s that can lead to less discomfort, easier birth, happier babies, and in the event of unplanned need for interventions, less trauma.

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**Description:** This workshop is designed to: introduce bodywork concepts, relevant anatomy in practical detail, and structural techniques to create space in a pregnant person's body for the baby to find their best position. Develop assessment skills (MAP - McLaughlin Prenatal Assessment Protocol) to identify structural imbalances throughout pregnancy and appropriate interventions to improve comfort during pregnancy, reduce preterm and long labors, and improve birth outcomes. Improve skills in patient/client education to facilitate greater autonomy and compliance with recommendations.

Explore concepts originating in Fasciatherapy Dani Bois Method (DBM) to provide an introduction powerful enough to transform the presence practitioners bring to their current work. The material presented is designed to guide the participant through perceptual introspections that develop the internal richness of experience.

Focus on how to integrate the new principles and techniques learned into participants existing practice and own session flow with pregnant clients/patients.

These two-days immerse practitioners in our Finesse before Force™ by promoting a gentle approach to care and awareness of the baby, body, and pregnant person. This education is designed give you a deeper understanding and expand on many of the techniques used in the Spinning Babies® curriculum and is a pathway to "Aware Practitioner" status with the Spinning Babies® organization (see their website for details.)

Each day will include a combination of education, training, hands-on practice, and professional coaching by founding educators Debra McLaughlin and Marcello Windolph.

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**Educational Goals:**

Upon completion students will be able to:

Describe how specific, minor structural imbalances in mother's body can result in fetal malposition later in pregnancy.

Correctly perform the MAP™ Assessment:

Evaluate the uterus position supine and identify imbalances.

Evaluate the pubic symphysis and identify imbalances.

Evaluate the uterus position standing and identify imbalances.

Evaluate the sacrum position standing and identify imbalances.

Describe several techniques that can be quickly implemented during a prenatal exam, during body work session or at home, including contraindications for each.

Identify and communicate appropriate techniques/interventions to the client/patient based on specific findings.

Properly perform a "Pubic Correction" and teach to client/partner.

Properly perform a "Standing Sacral Release" and teach to client/partner.

Properly perform a "Forward Leaning Inversion" and to teach client/partner.

Properly perform a "Side Laying Release" and teach client/partner.

Evaluate need for and use of belly support band and how to teach client/partner.

Identify when to refer and to whom for additional structural work.

Participants understand the different concepts Fasciatherapy MDB has developed around the theme of 'Movement' and how it's important in balancing the tissues relevant in pregnancy, labor, birth, postpartum recovery, and within the newborn.

In addition to the different forms of movement, gestural and manual techniques and the categorization of these, the relevant anatomy is presented in practical detail and the perceptual and manual competences are developed in guided hands-on protocols.

The concepts will allow the participants to differentiate the various concepts and principles of movement in their practise and apply the analytical, gestural and manual techniques specific to Fasciatherapy MDB.

There will be time assigned for discussion on how to integrate the new principles and techniques learned into participants existing practice and how these may aid the personal development of the practitioner.

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**Methods:** This workshop will consist of lecture, demonstration, hands-on practice on fellow students and pregnant models, and role-playing. Students will be evaluated by the instructor via observation during hands-on practice and role-play, and post workshop written quiz.