

# Learn How To Support Babies To Recover From Birth Trauma



Open to anyone who wants to learn, big welcome to body workers, doulas, midwives, lactation consultants, and nurses. Cranial-sacral work combined with pre and perinatal psychology tools, when used as soon as possible after birth, can reduce the need for medical intervention, and the severity of birth trauma. We will explore the anatomy of the skull, neck and back pertinent to birth trauma, including practical information about the location and function of cranial nerves and blood supply. There will be experiential exercises, and

facilitated demo sessions with babies.

**BIRTH TRAUMA** may show up as: Inability to effectively suck, latch-on, or swallow; tight jaws; generalized bodily discomfort; "colic"; digestive discomfort/dysfunction; urinary dysfunction; diarrhea/constipation; tactile hypersensitivity inconsolable crying; other neurological and motor deficits; relational, bonding and attachment problems.

**MODALITIES WILL BE EXPLORED FOR THE RESOLUTION OF BIRTH TRAUMA** how to hold and decompress the sub-occipital area, spine, sacrum, and other traumatized parts of the body. Strategies to help a traumatized baby that cannot tolerate touch will be shown. You will be taught how to create a safe, healing container for the work while helping baby to re-connect to resources.

**Dates:** March 17, 18, 19

**Cost:** \$350 early bird, \$395 after March 1, 2016.

**Registration:** Checks payable to Dennis Hertenstein, non-refundable, send to: 1212 Farmers Ln, Ste 2, Santa Rosa, CA 95405. To pay by Debit, Visa, Mastercard, Discover, AmEx call (707 566 7396 (9 - 2 Pacific Time, Mon - Fri)

**Inquiries:** Dennis-Hertenstein@sonic.net.

**More Info:** <http://dennishertenstein.com/birth-trauma/>

**Location:** The home of Blair Conger, 961 Michaux Court, Va Beach 23464  
757-288-9834

**Times:** Friday 4 - 9, Saturday 8 - 7, Sunday 9 - 3 (Total 20 hours).  
Bring lunch Sat & Sun.

Dr Hertenstein has a cranial sacral and chiropractic practice in Santa Rosa, Ca, and has over 40 years' experience in trauma resolution with all ages, integrating pre and perinatal psychology and Integrated Body Psychotherapy into his work. He specializes in working with traumatized newborns and babies, and has taught cranial work internationally for over 20 years.

