



Bindungsförderung
Krisenintervention
Körperpsychotherapie

BINDUNGSORIENTIERTE KÖRPERPSYCHOTHERAPIE



Trauma, Birth and Attachment

Emotional First Aid in Acute Crisis after Birth

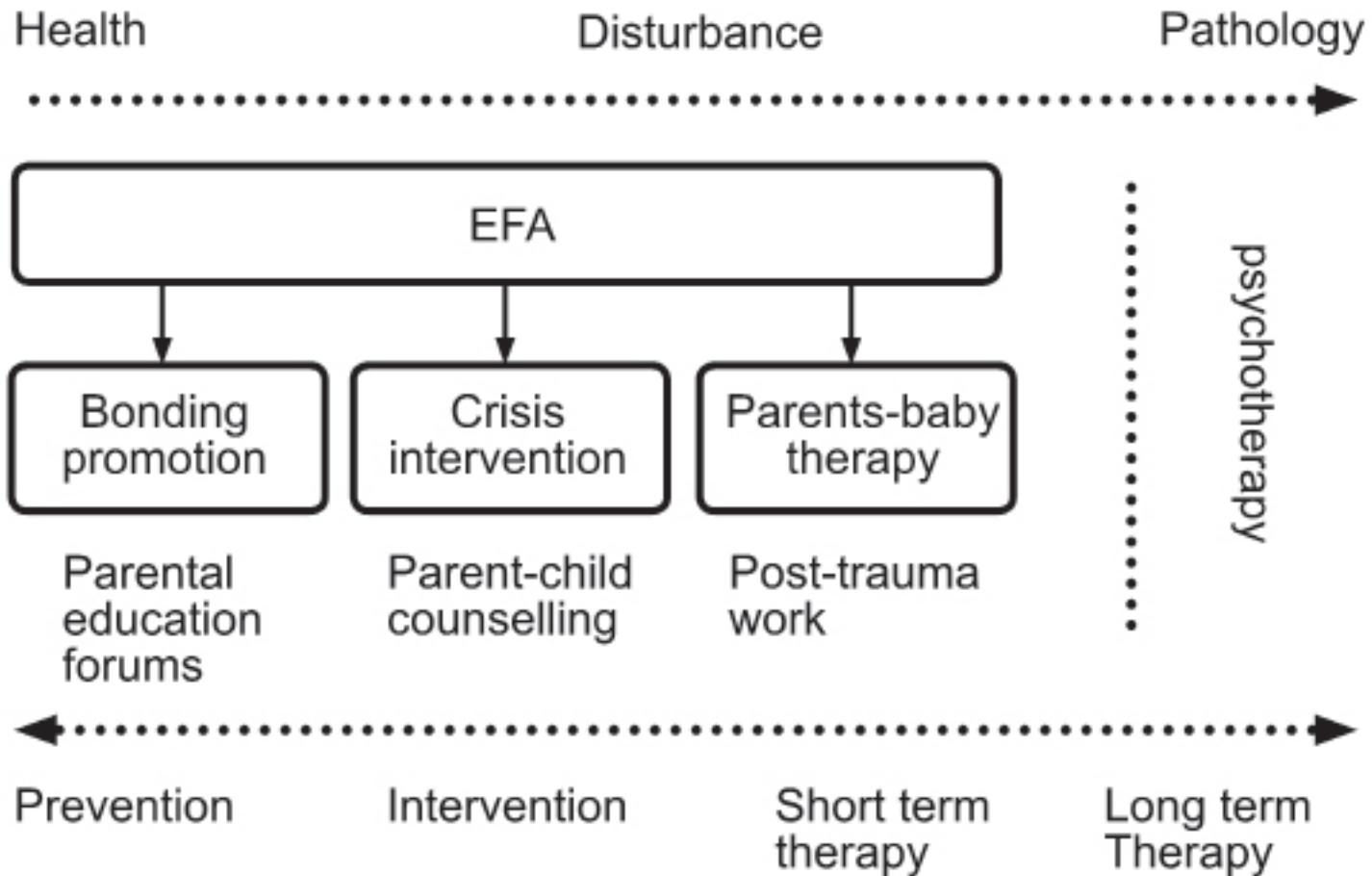
Program of the Workshop



- **Part I** - Birth, Trauma and Attachment / Birth from Babys Perspective
- **Part II** – Memory Crying and unresolved Birth trauma
- **Part III** – Psychosomatic Aspects of Bonding – Crisis // Selfattachment
- **Part IV** – Emotional First Aid in Bonding Crisis // Bodyoriented Interventions in the Work with Parents and Babys
- Some Video-Examples of EFA - Work

What is Emotional First Aid?







Emotionelle Erste Hilfe



Parent-Baby-Therapy





Bodypsychotherapy with
Adults





Bindungsförderung
Krisenintervention
Eltern-Baby-Therapie

EMOTIONELLE ERSTE HILFE

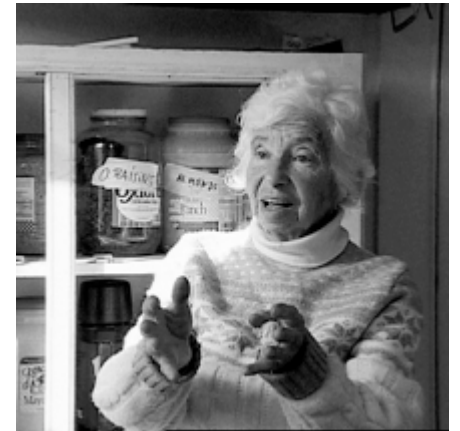
Bodypschotherapy

Focus:

- Body as major medium to generate defended emotions; blocked vitality and energy
- Analysis of Body-Structures; Focus and Release of Emotional Expression

Technics:

- Breathing, Touching, Emotional Expression; Body-Reading





Part I

Birth, Trauma and Attachment

Observations within Parent-Baby-Psychotherapies



- Direct Observation of **Selfregualtion (Health)**
- Observation of **Co –Regulating Behaviour of Parents**
- Study of **embodied Attachment-Process/ -Disorders**
- Observation of the interrelationship of **pre- and perinatal traumatization** and Development of Attachment-Relationship
- Observation of **Selfhealing – Process** of the Infant

The Competent Infant

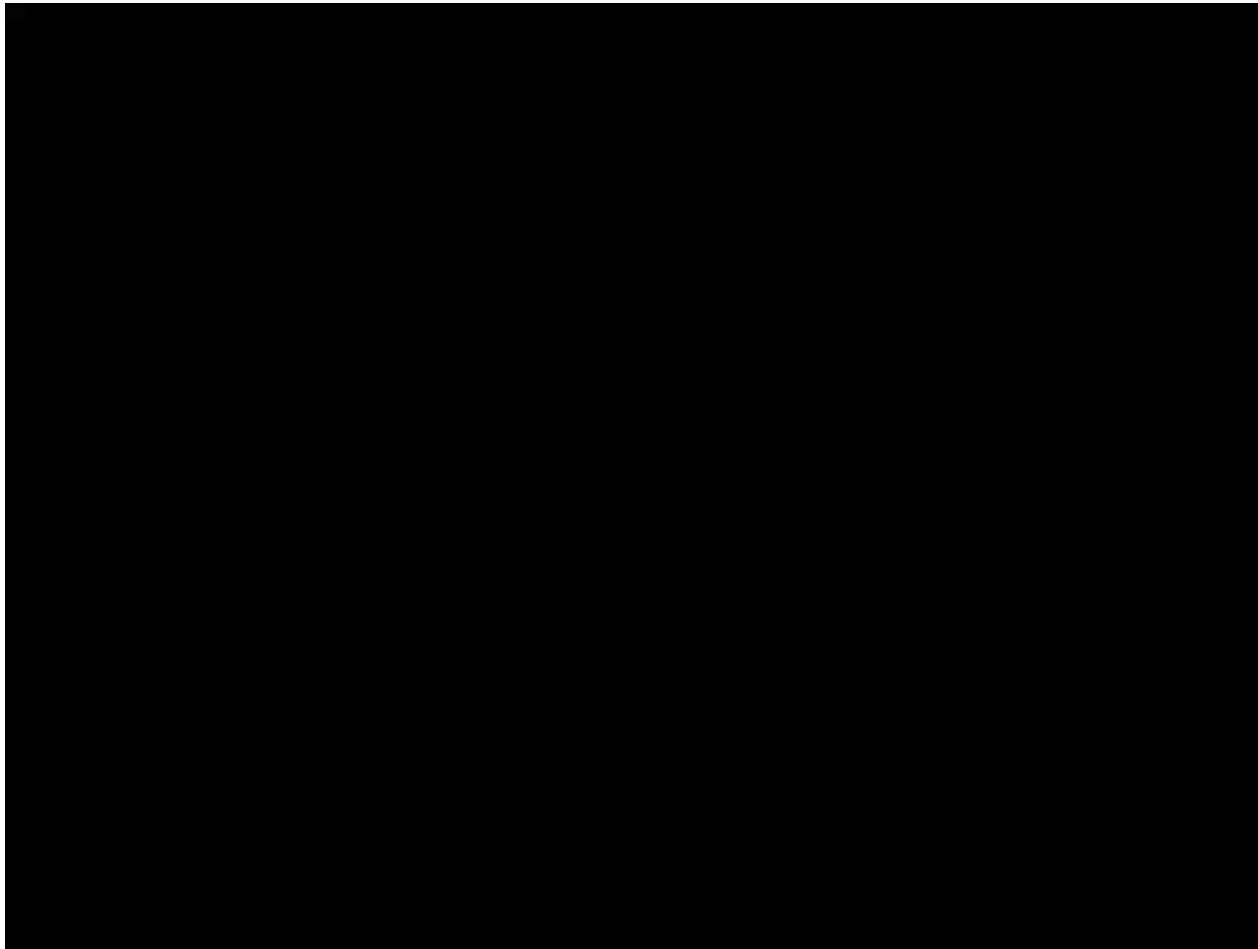


- Active
- Pro-Social Orientation
- Early Memories

Mimic Synchronization



Mimic Synchronization



Dimensions of Birth Experience



- Birth as Activity
- Birth as Self-Efficacy („Yes, I can!“ “)
- Birth as Ejection – Experience
- Birth as Story of Release
- Birth as relational Process („Teamwork“)
- Birth as bio-energetic Discharge

Dimensions of Birth



autonomy

attachment

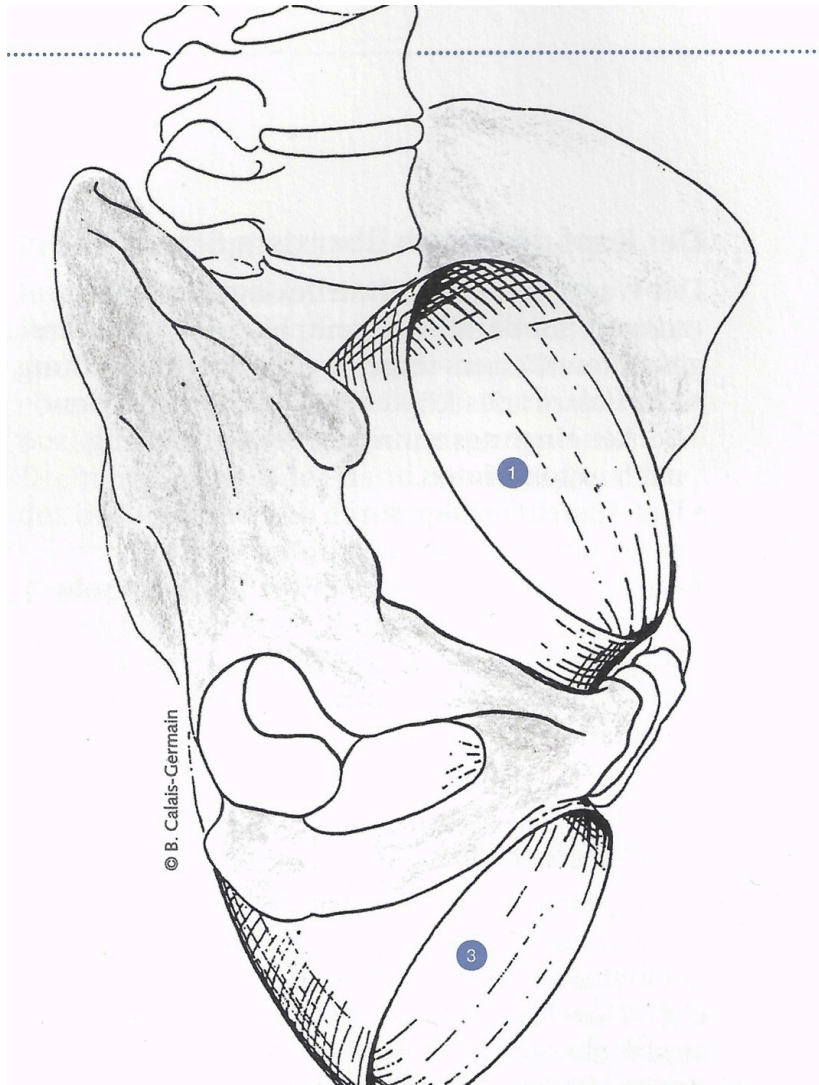
birth

rhythm

release

Specific Aspects of Human Birth

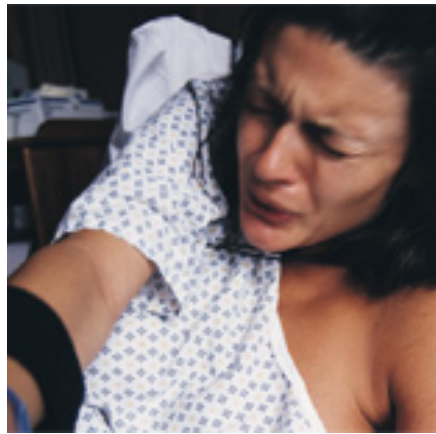
- Specific Anatomy of Pelvis through upright Positioning
- Relation Cranium – Pelvis needs psycho-somatic Opening
- High Vulnerability



Perinatal Sources for Stress



1. Loss of own Ryhtm (Speeding up/
Slowing down)
2. **Loss of Self-Efficacy (through
Instrumental Interventions)**
3. Loss of embodied Self – Perception
(Narcosis etc.)
4. **Loss of Attunement (through
Dissoziation)**



Sources of Injuries within Birth - Process

- Exhaustion while extended Birth
- **Emergency – C – Section**
- Overwhelming Experience of Pain
- **Loss of Control through Narcosis**
- Perinatal Dissoziation of the Mother





Bonding - Phase after Birth

- ✓ Extreme **Blutungen**
- ✓ **Längere Trennungen von Mutter und Neugeborenem**
- ✓ **Erstkontakt** mit Baby auf Kinderintensivstation
- ✓ **Invasive nachgeburtliche Interventionen** (z. B. Intubation, ständige Injektionen)
- ✓ **Überwältigung** im Umgang mit exzessiv schreiendem Säugling



Change within Birth – Experience for Mother and Child



Relaxation/Tension	→	Immobilization
Self-Efficacy	→	Impotence
Closeness	→	Isolation
Protection	→	Invasion
Orientation	→	Loss of Orientation

Aspects of Baby-Bodylanguage



- Body – Positioning
- Patterns of Movement
(Pushing of Legs, jerky Movement of the head etc.)
- Change of Skin colour
- Whining / Extreme Baby-Crying

Trauma-Symptoms of the Baby



- Trauma – Crying
- Hypervigilance
- Avoiding of Eye – Contact
- Contraction/ Opisthotonus

Trauma-Symptoms – Baby - II



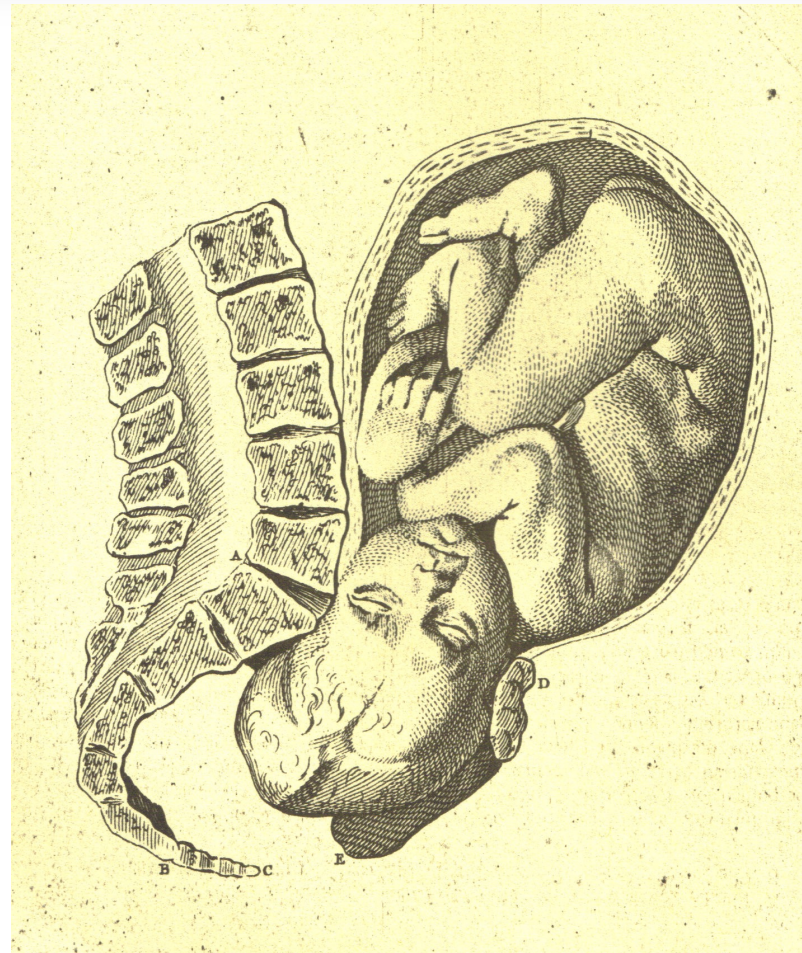
- Loss of Interest in Environment
- Go Silent
- Decrease of emotional Expressiveness
- Lack/ Loss of smiling

Trauma-Symptoms - Baby - III



- Extreme Excitability
- Jumpiness/ Moro-Reflex

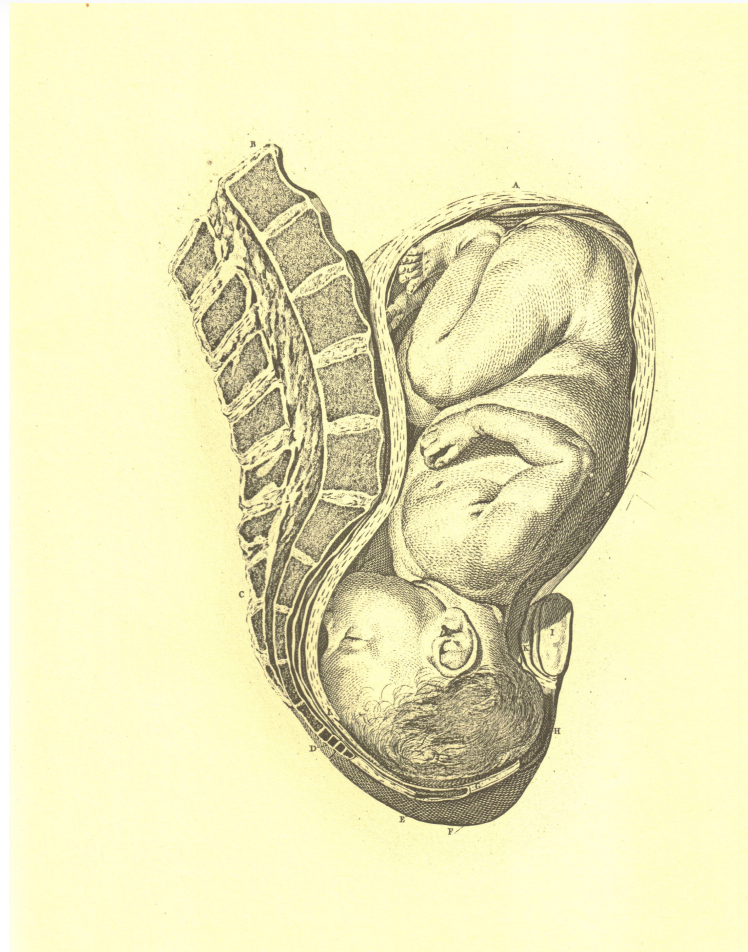
Birth – Stage I – Pelvic Inlet



Birth Stage II - Mid - Pelvis



Birth – Stage III – Pelvic Outlet



Birth – Stage IV - Arrival



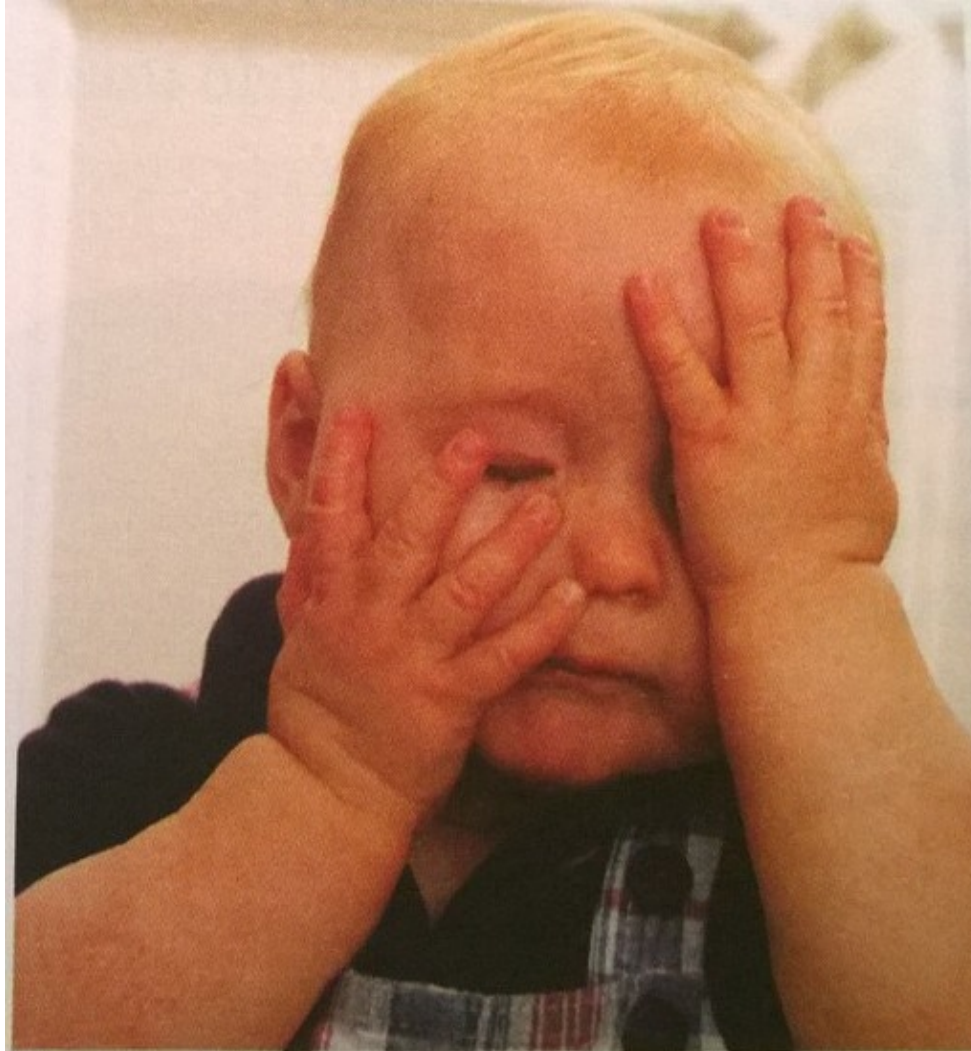
Aspects of Baby-Bodylanguage



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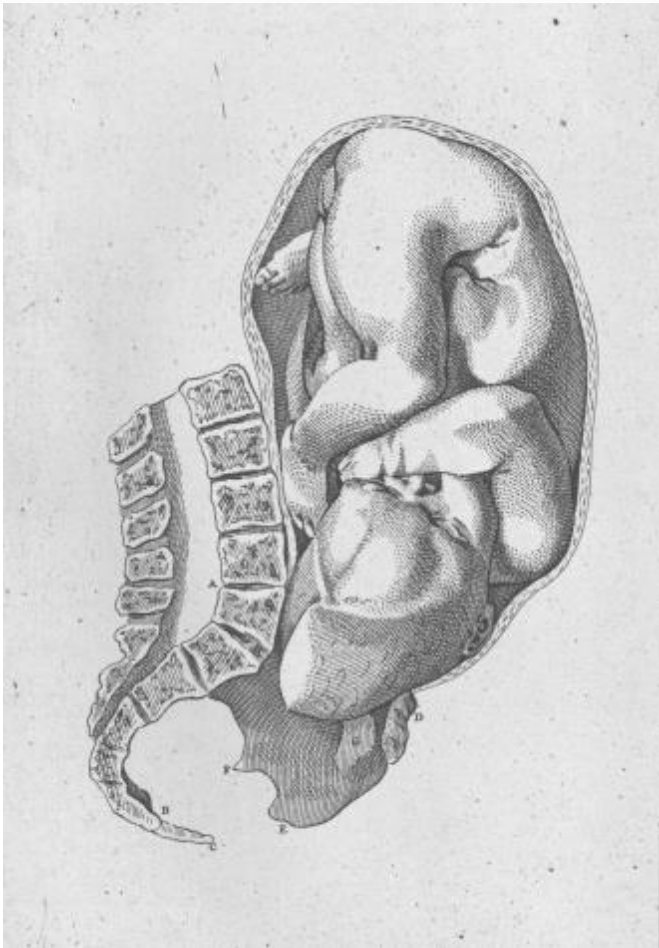






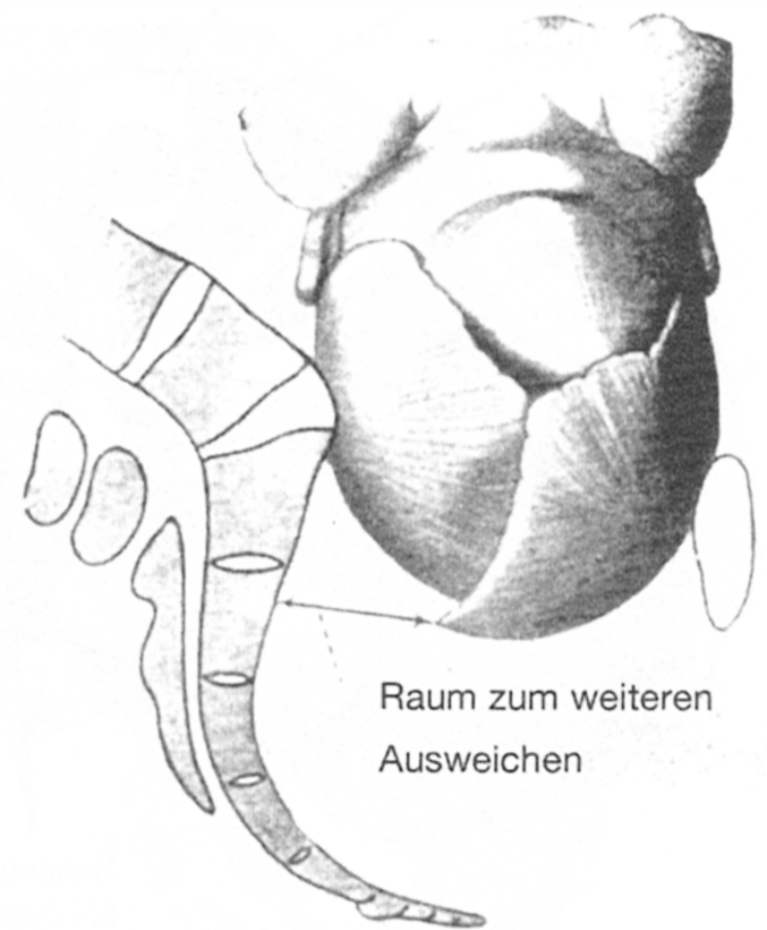
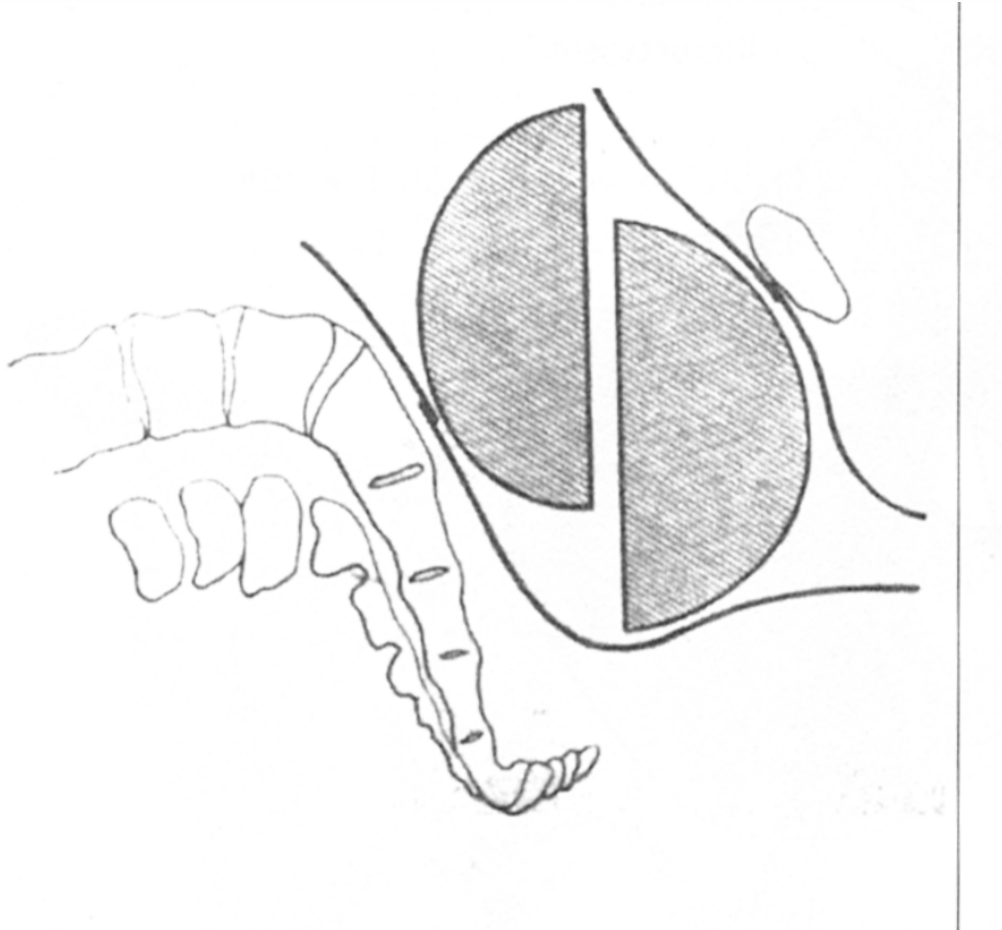


Pressure – Dynamics in Phase 1



- Pressure through **Lumbo-Sacral Promotorium** und Pubic Bone
- Pressure effects an **Compression** of Skull
- Cranial Bones can move

Example 1 - Birth Dynamics – Lie - Side



Birth Phase I – Baby – Bodylanguage



- Indentation on the sides of the head
- High Energy-Level in the upper Part of the head
- At the Lie-Side the Eye appears smaller and moved to the midline

Movement Patterns – Phase 1



- Baby hits with arms/ hands on points of the head where the pressure within Birth took place.
- Baby searches with the head for contact („rubbing the head on the wall“)





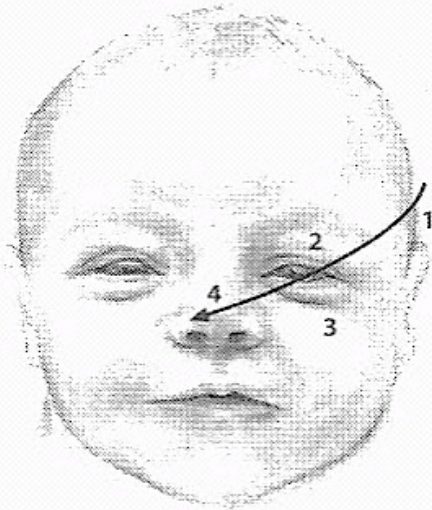




Example 2 – Birth Dynamics - Rotation

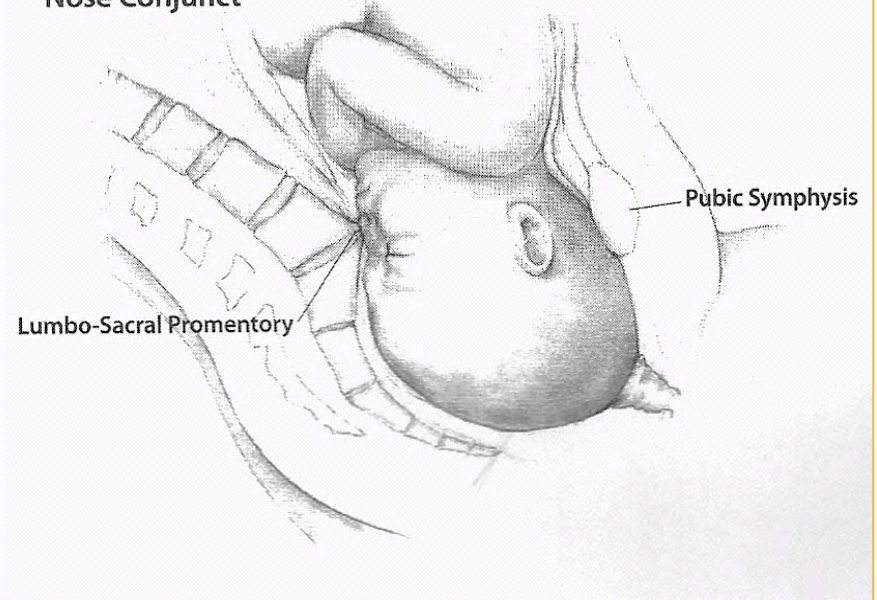


Left-sided Lie
Conjunct Pathway



1. Temple
2. Orbit
3. Malar/cheek
4. Nose

Nose Conjunct



Quelle: Terry, 2014

Movement Patterns – Phase 2



- Following with Hand und Finger the Conjunct Pathway of the Rotation
- Extreme and repeated Rubbing of Eyes
- Zick-Zacking – Movement



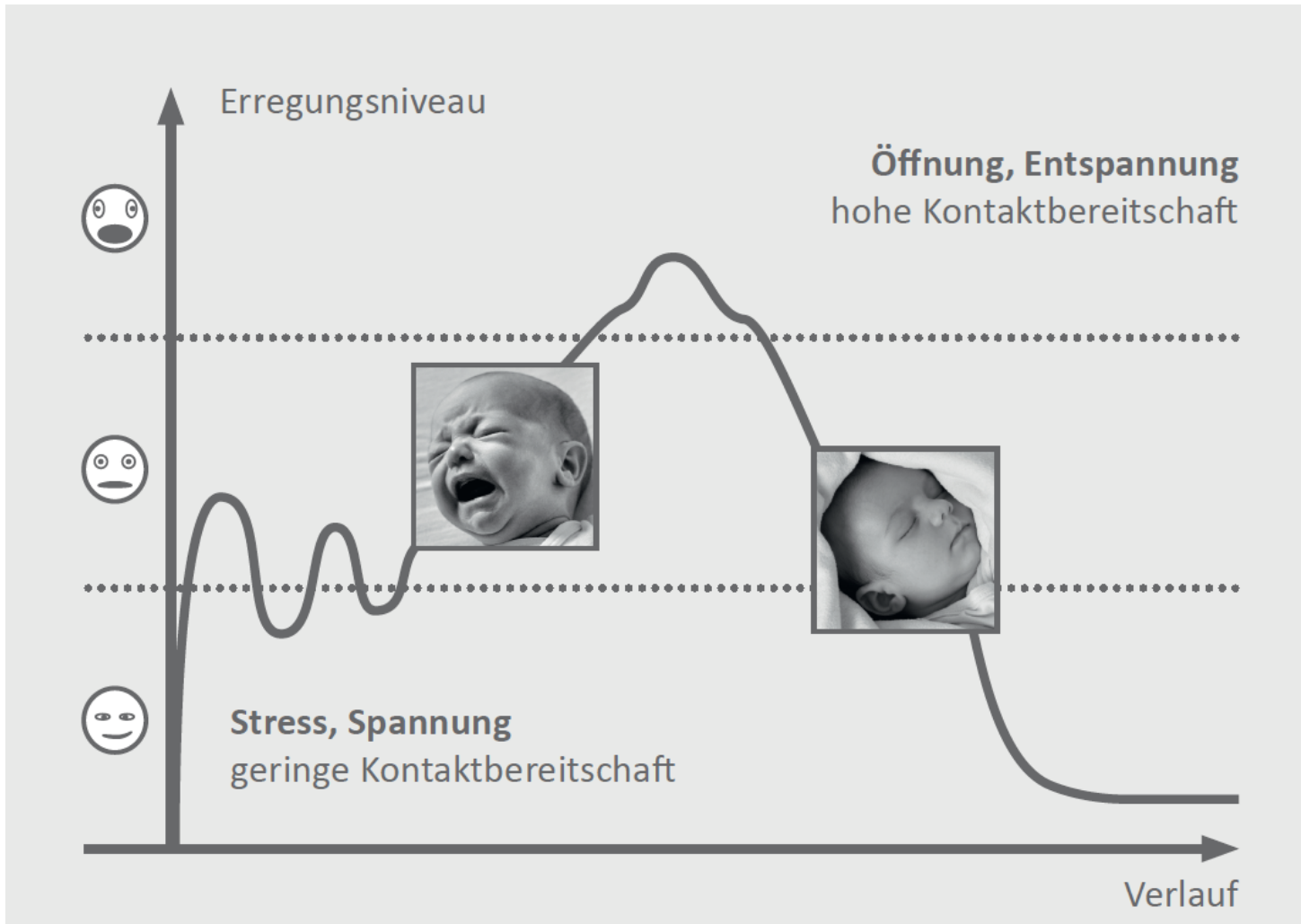
Part II

Types of Baby - Crying

Dimensions of Baby – Crying



Baby- Crying and Stress - Release



Crying and Stress – Release

- ✓ **Slow Start** of the Crying Process
- ✓ **Infant stays in Eye Contact** while Crying
- ✓ **Whole Body Movement** withing Crying Process
- ✓ **Relaxation** after the Crying
- ✓ **Inner Reaction:** Release/ Warmth/ Attraction



■ Bindungsfeld
 ■ Toleranzbereich

- 4 Autonomie
- 3 Stimulation
- 2 Sicherheit
- 1 Körper

The Still Face - Experiment



Three Forms of Reaction



- TYP A - Pro-social Coping – Strategy
- TYP B – Mobilization – Phase (Crying/ Distress)
- TYP C – Immobilizations – Phase (Resignation/ Freezing - in)

Types of Baby - Crying

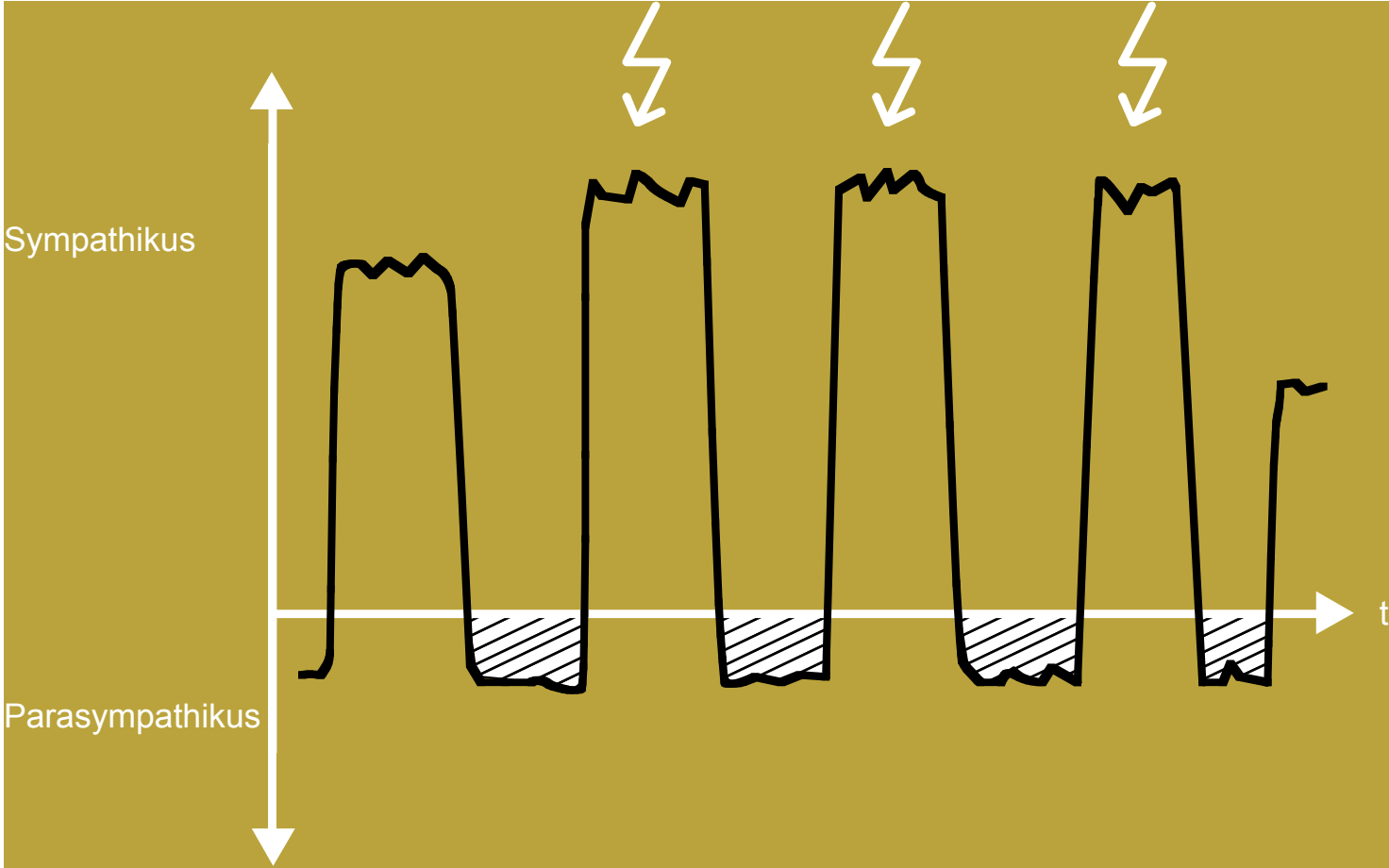


→ Bedürfnisweinen

→ Erinnerungsweinen

→ Resonanzweinen

Rythm of Disregulated Crying



Crying and Body – Memory – Example 1



4 Month old Baby after C - Section and postnatal Separation



- Sticking of Birth Process after 24 – hour period of Contractions and fully opened Cervix
- Pathological CTG
- Full Anesthesia with Emergency-Cesarian-Birth
- Artificial Respiration and „Deep Cooling“ of Conrad because of threatening brain damage
- Immediate Separation after Birth and Intensive Care

Symptoms of Mother and Child



- Excessive, longterm Crying Periods of Conrad
- High frequent Awakening in the Night; light and very short sleeping periods
- Extreme feelings of self-doubt, self- devaluation and feelings to fail as a mother
- Feelings of Alienation in Contact with Conrad
- Arching of the back; Hypertonus of Diaphragm



Break for Lunch



Part III

Ways out of the Crisis

Why do Parents and Parents come into Crisis - Intervention?



- Emotional Disregulation
- Loss of Orientation
- Lack of Bonding
- Need for Guidance

Challenge of Working with Excessive Cry-Baby-Syndrome



- Activation of Helplessness and Impotence in the Counselor
- High Expectations of the Parents (Pressure)
- Danger of Professional Agency
- Dissociation within Explosive Crying Process

First Impressions within Acute Crisis



Phenomenology of weakened Attachment



Function	Phenomena
Muscular System	Peripheral Muscel Tension
Sensory Channels	Closed/ Intake weak
Arrousal	Activation/ Speeding up
Attention	Decentering
Breathing	Chest-Breathing/ flattened
Affect	Unsecurity/ Fear
Attachment Experience	Alienation
Cognition	Desorientation
Autonomic Nervous System (ANS)	Dominance of Sympathetic NS



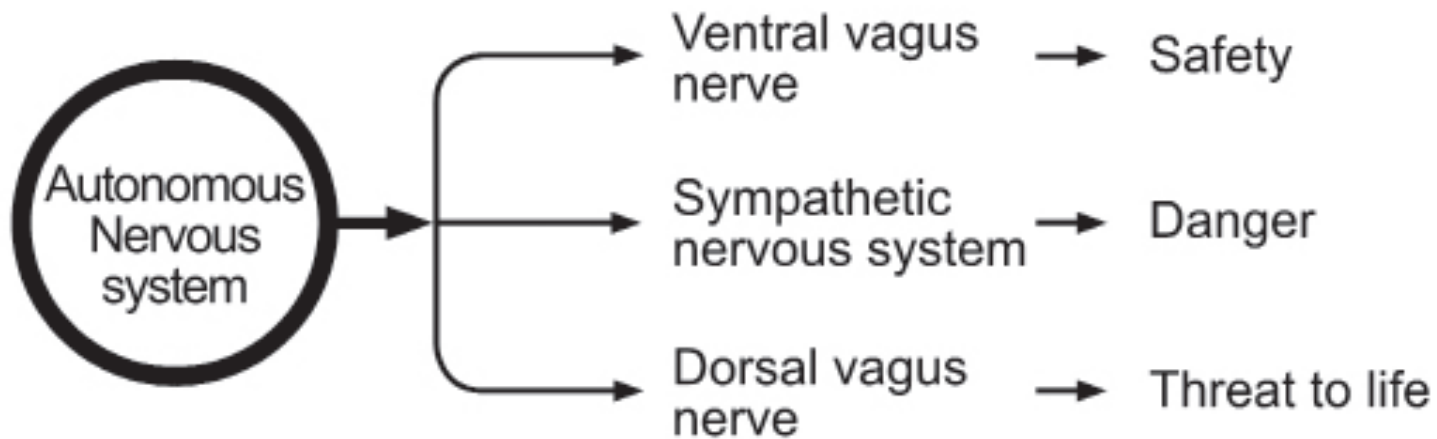


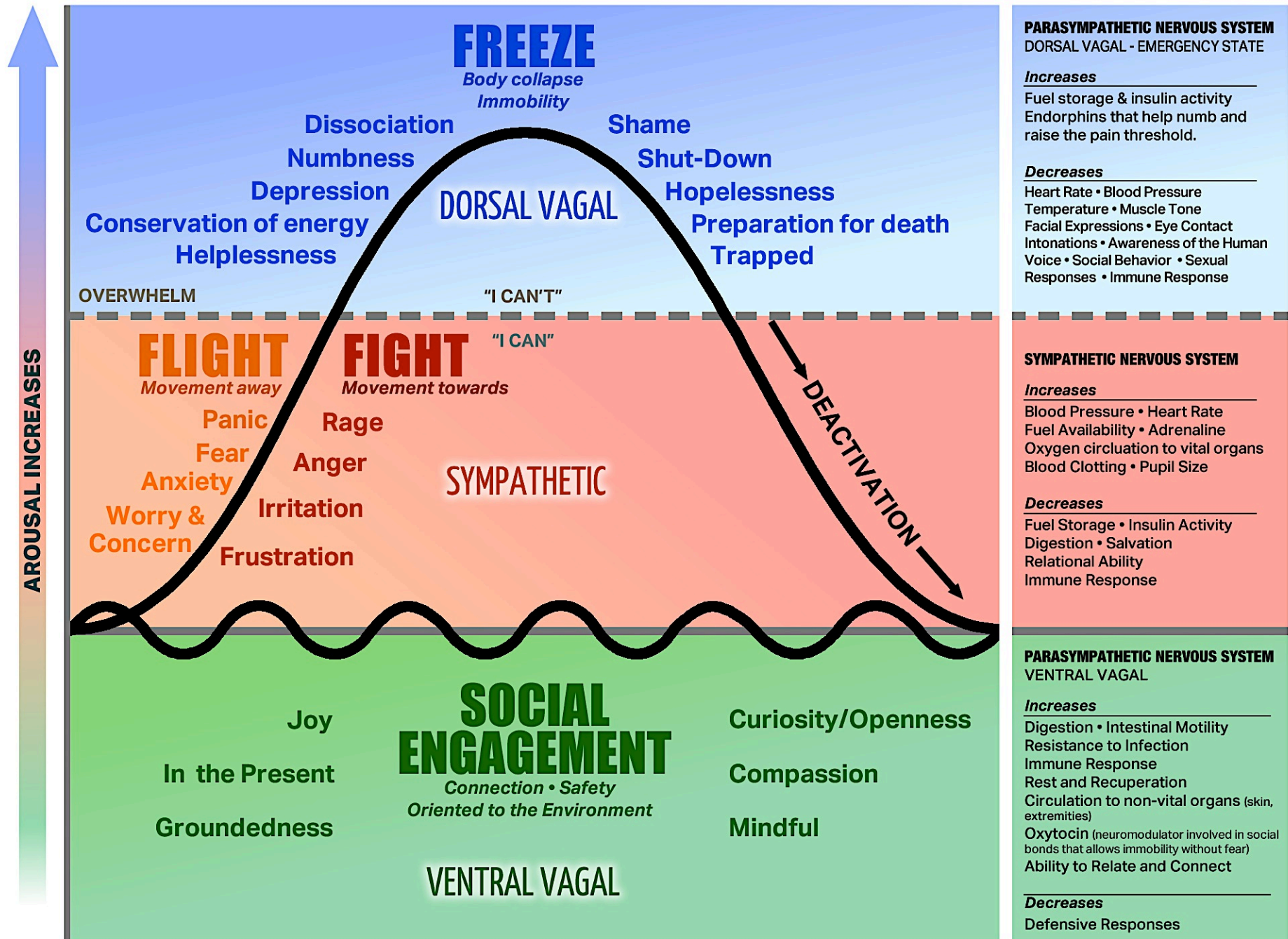


Polyvagal Theory by Dr. Stephen Porges (USA)

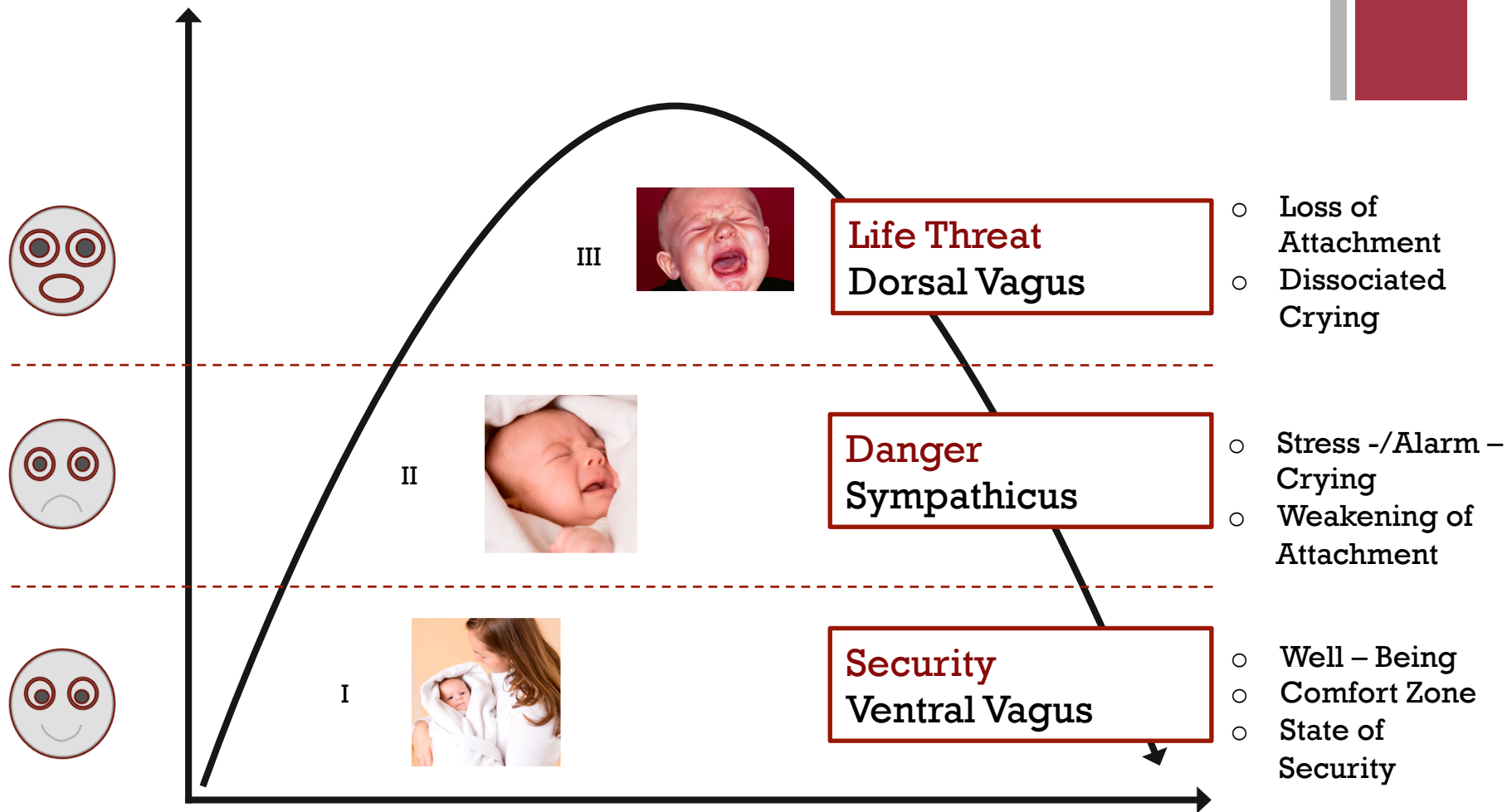
- Triune of Autonomous Nervoussystem (ANS)
- Hierarchy of Regulation Systems in the ANS
 - Safety
 - Danger
 - Life Threat

Polyvagal Perspective of the ANS

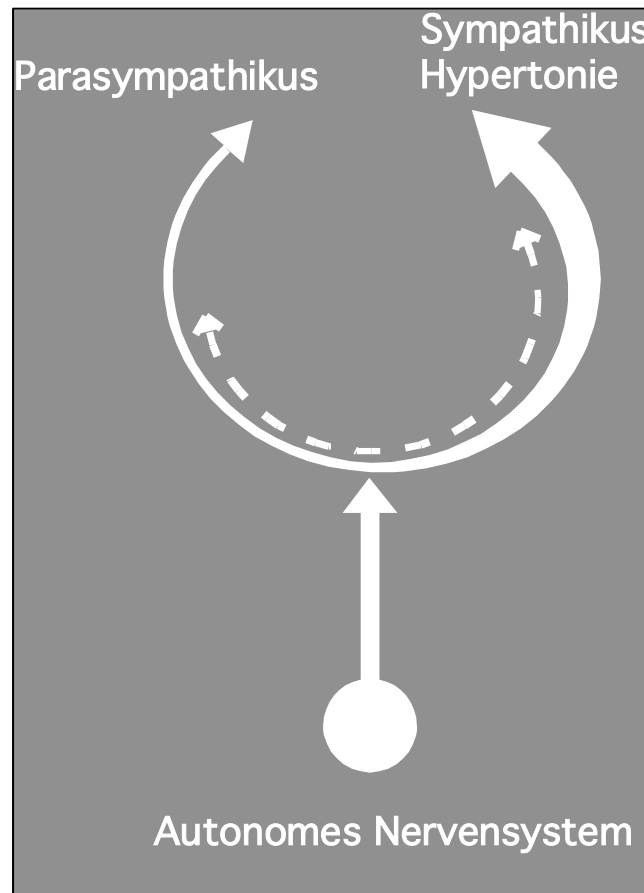




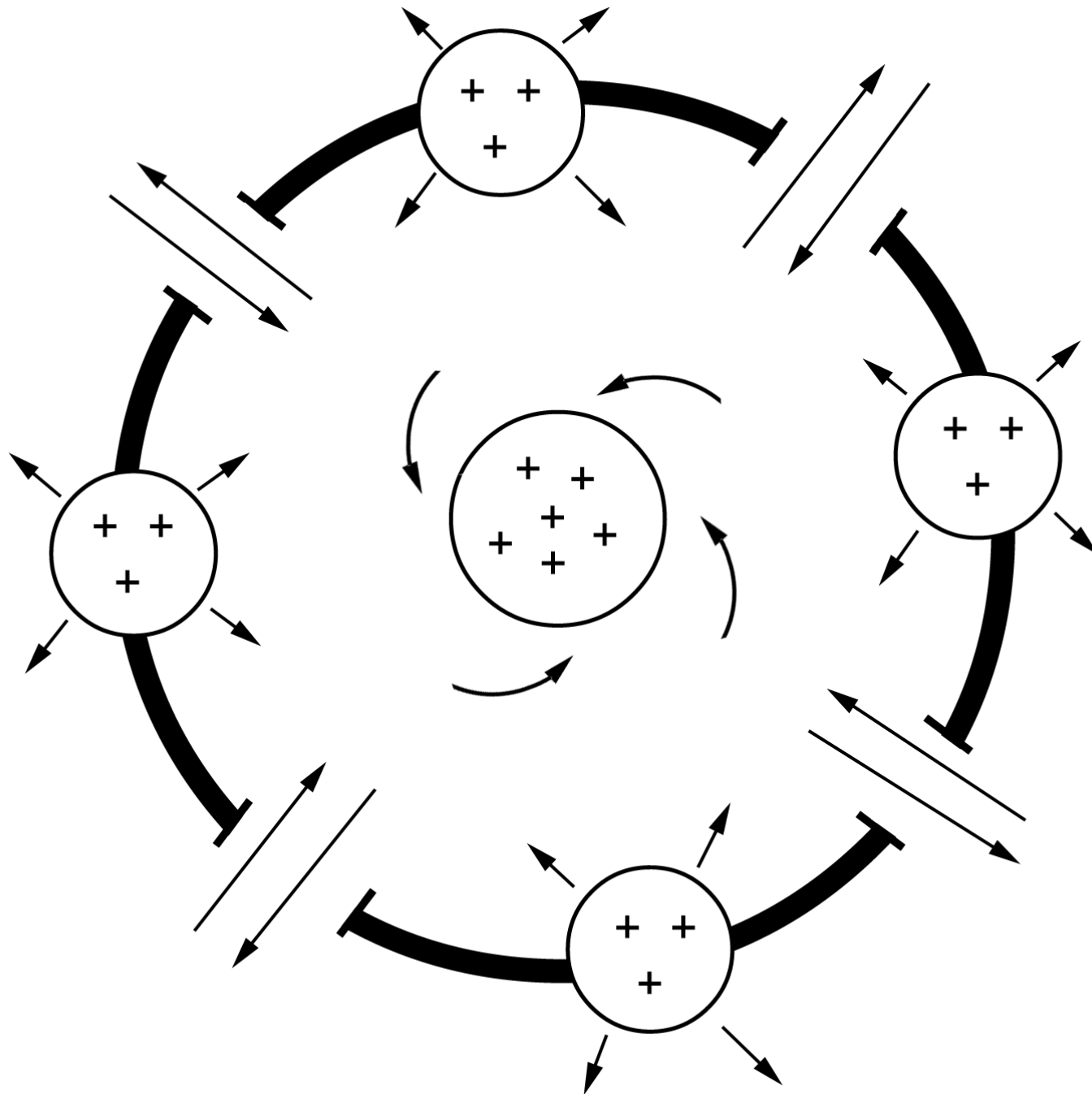
Stress-Levels within Crying-Process

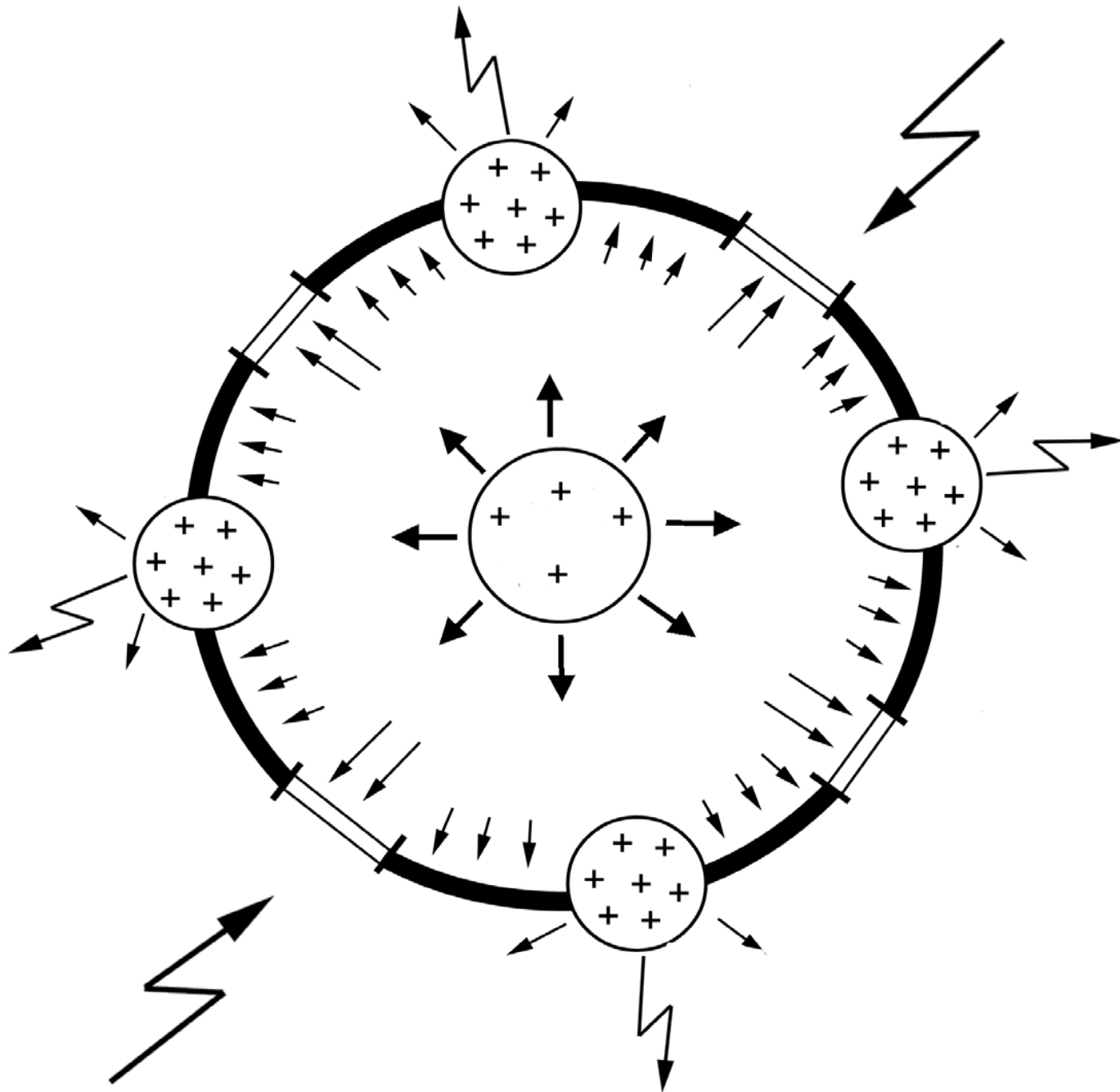


Parents in the State of Stress



State of Inspiration
Baby-Centred
Hypervigilance
Helplessness
Sleeping Disorders
Restless Thinking





Self – Attachment and Co-Regulation



- Secure Co-Regulator
- Creating of „Attracting – Force“
- „Lighthouse – Principle“



Learning from Traditional Cultures



Self – Attachment through Breathing



Body-oriented Interventions

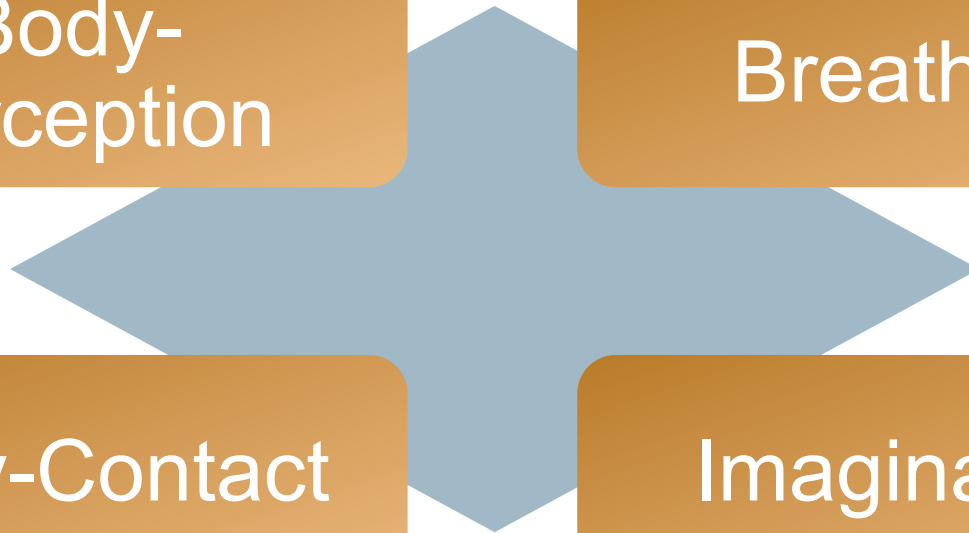


Body-
Perception

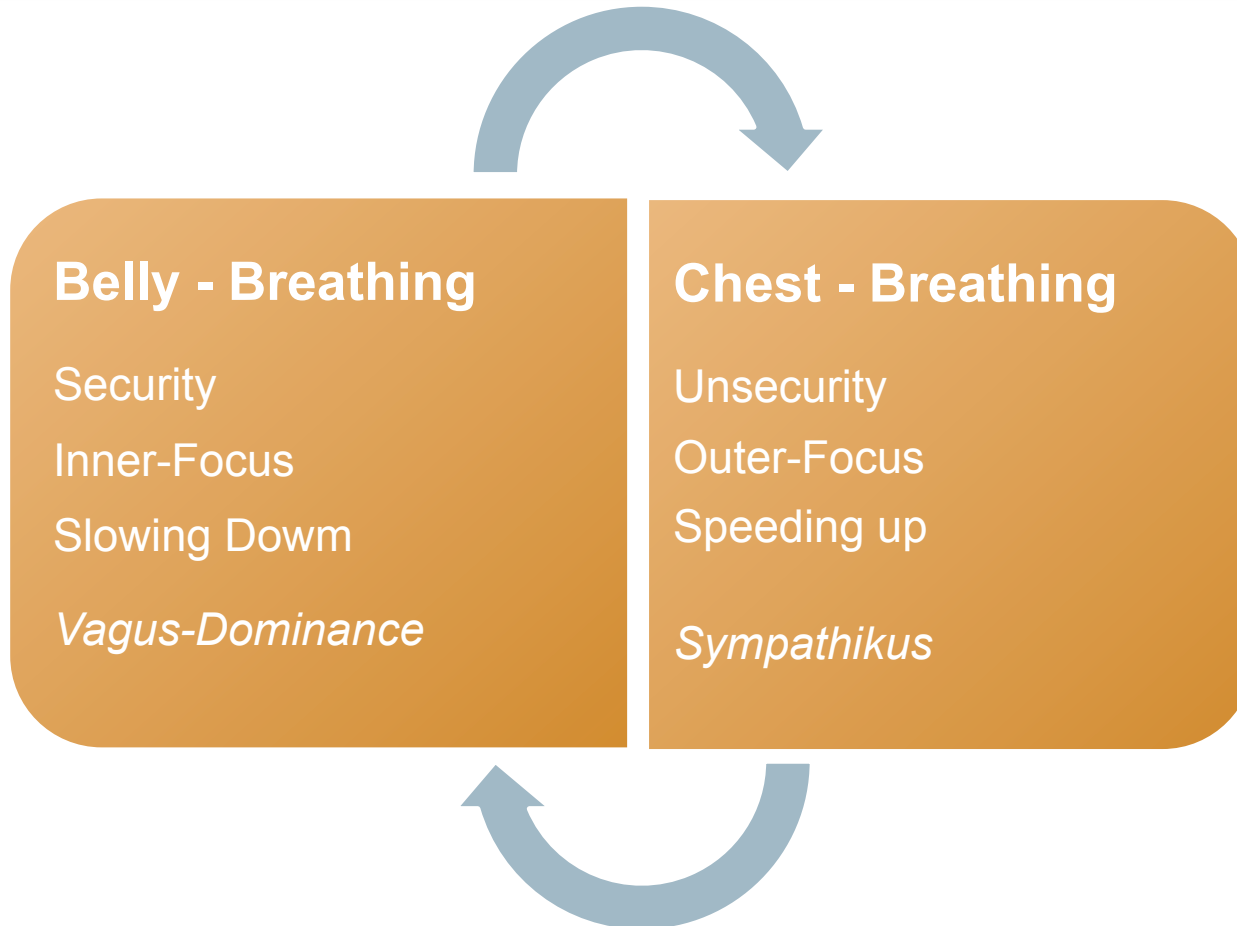
Breathing

Body-Contact

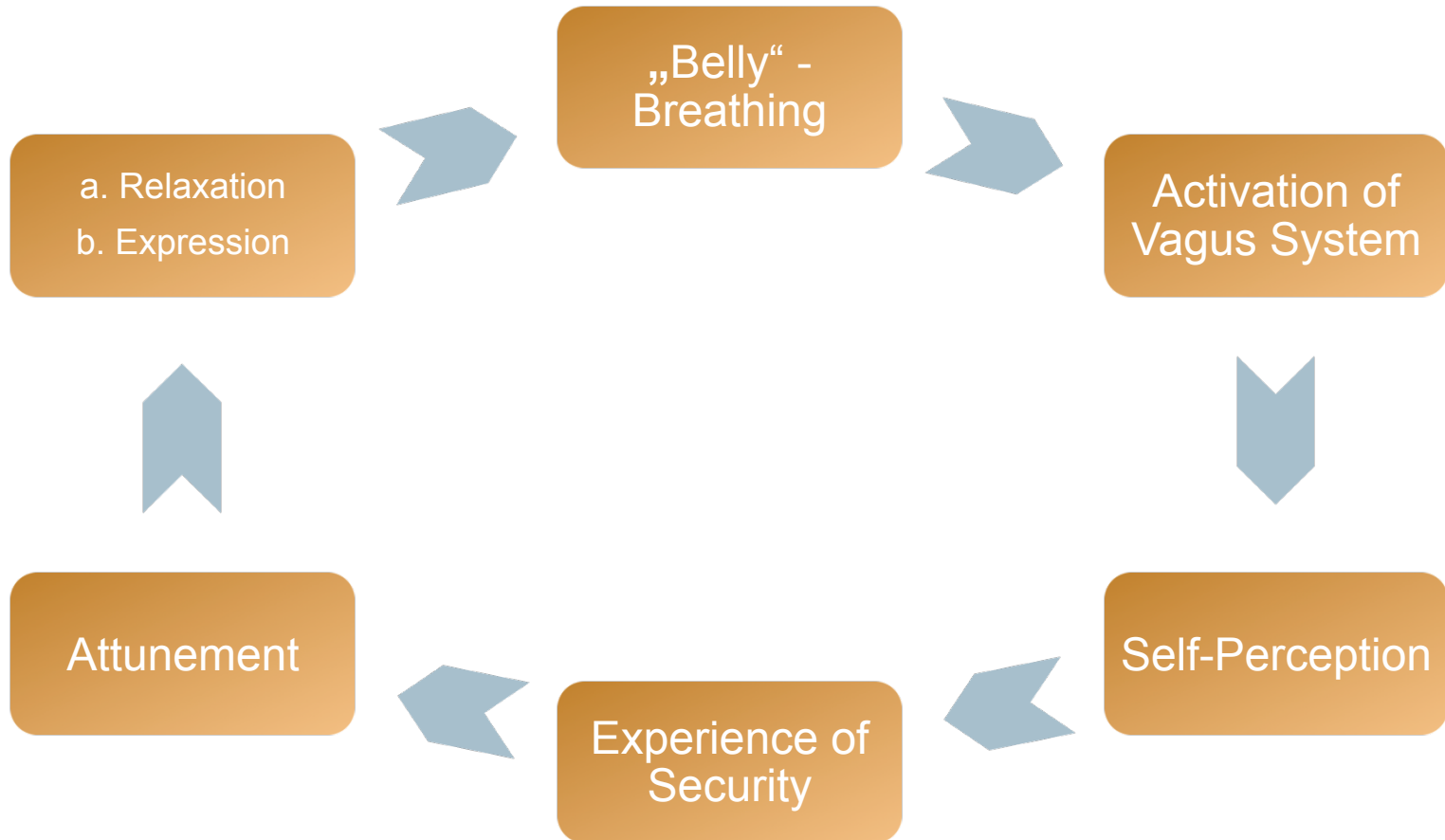
Imagination



Types of Breathing



Circle of Contagious Health

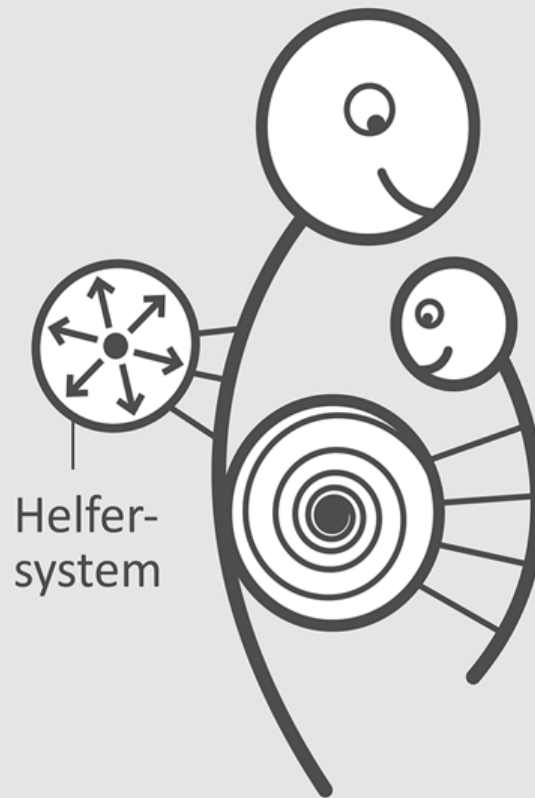


Use of Body – Contact in EFA



- „Mothering the Mother/ Father“
- Co – Regulating the Co-Regulator
- Early Warning System

Principle of the Secure Base – Bodycontact

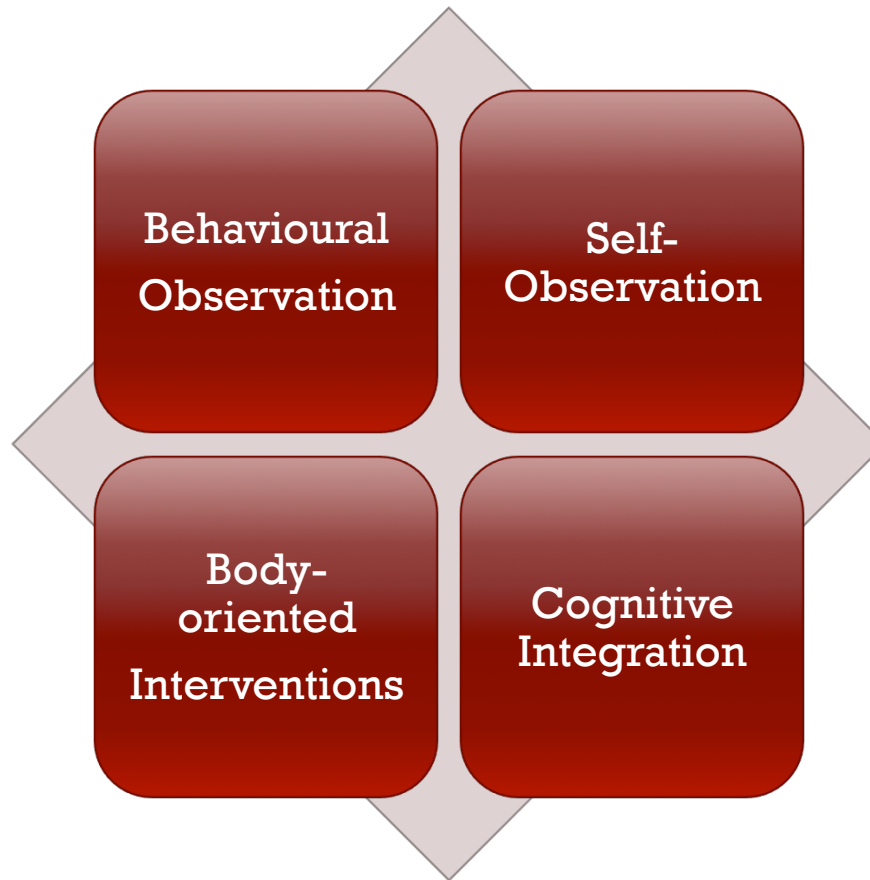




Part III

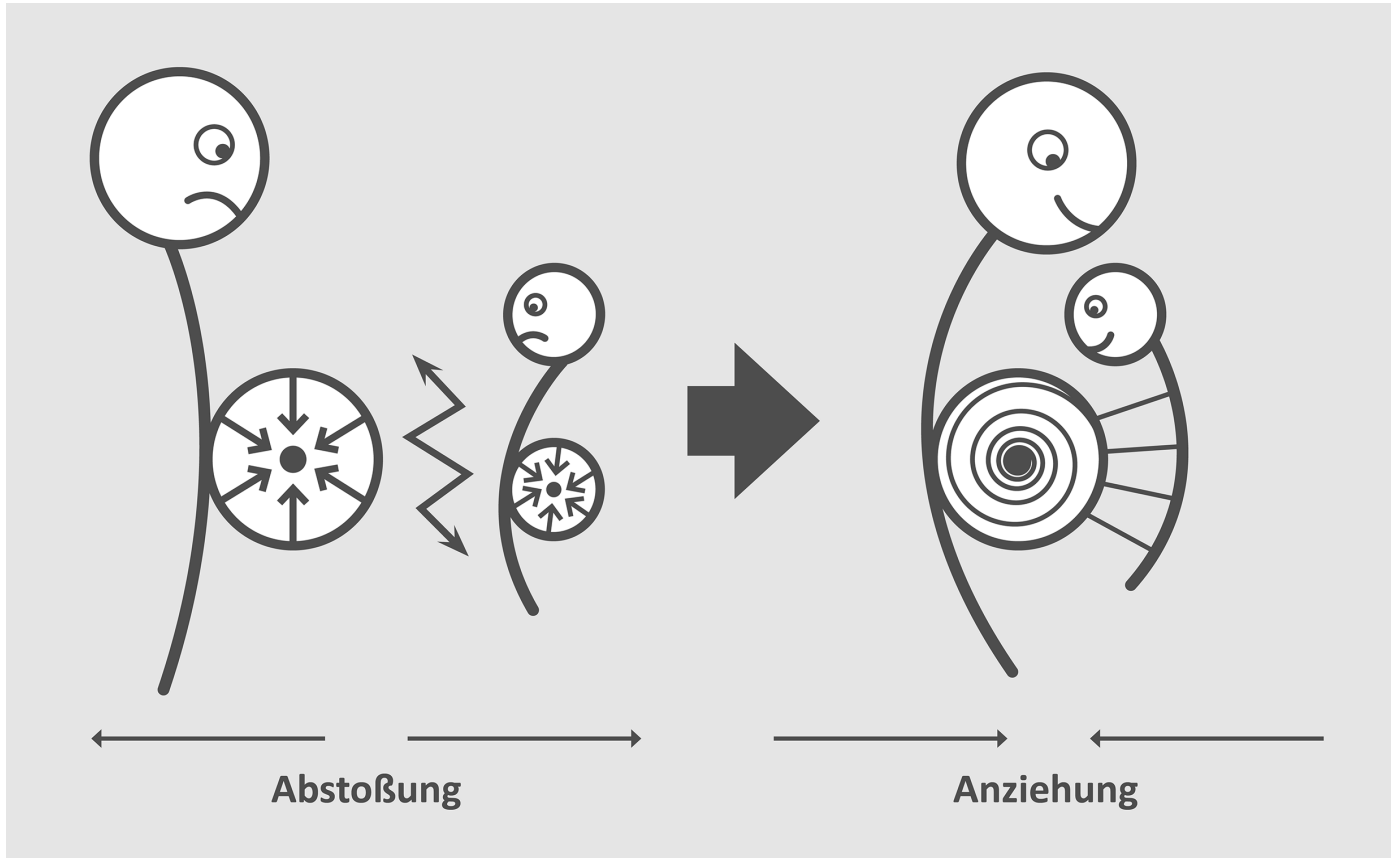
Tools of Emotional First Aid

Elements of Emotional First Aid





Contagious Health through Self-Attachment





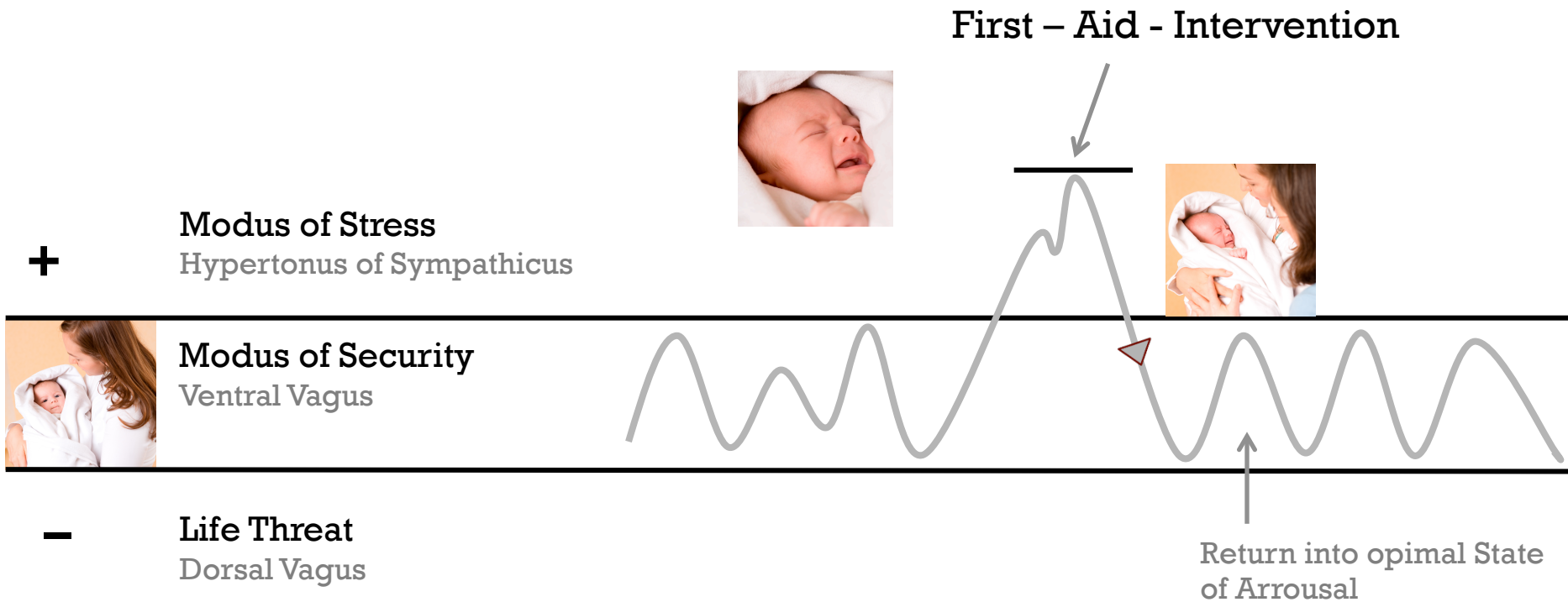
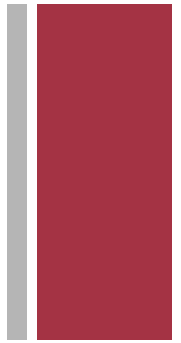
Phase I: Behavioural Exploration

- **Behavioural Observation of Parents and Infant**
- **Exploring the Contactlessness:** Marking the Start where Loss of Attunement begins („here it get´s too much“)
- **Acknowledging the parental Strategies** to overcome thr „problematic“ Behaviour of the chld

Phase II: Inner Observation

1. **Exploring the Body Sensations** in the State of **Stress** (for example meanwhile the crying process of the Infant)
2. **Location of Somatic Markers:** Where can the Tension be felt? Where in the body does it get narrow? Where does the client experience the increase of the excitation?
3. **Realization of the Affect:** What feels the Mother when the Baby arches its back or avoids the eye contact?

Parental Sensitiveness and optimal Windows of Tolerance



Grafik nach Besser/Odgen/Harms



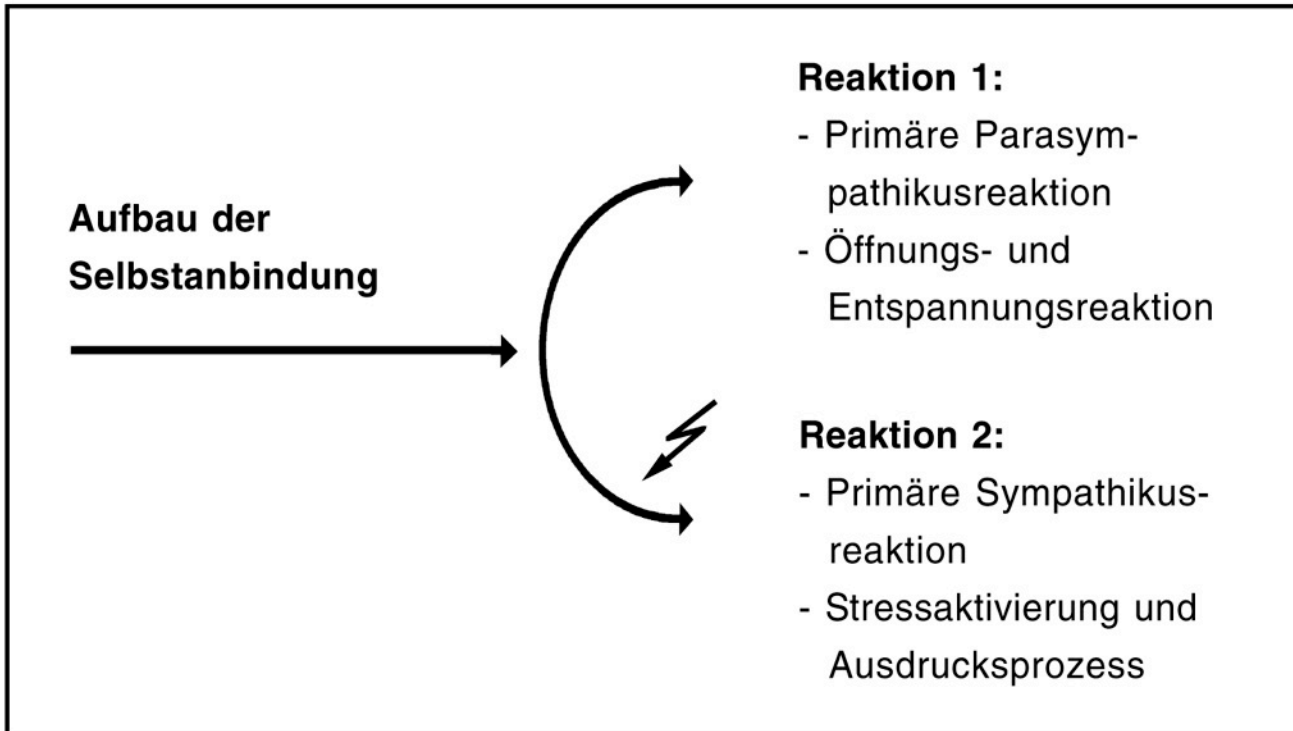


Perspectives of Breathing – Interventions within EFA



- Breathing as **diagnostic Tool**
- Breathing as **Modulator** of the Autonomous Nervous System
- Breathing as **Way to Slow Down**
- Breathing as **Support of inner Security**
- Breathing as **Early Warning System**

Two Types of Reaction after Selfattachment of the Parents



Recommended Literature



- Harms, T.: (2016): Emotionelle Erste Hilfe. Giessen: Psychosozial – Verlag.
- Harms, T. (2017): Körperpsychotherapie mit Säuglingen und Eltern. Giessen: Psychosozial – Verlag
- Harms, T. (2018): Keine Angst vor Babytränen. Giessen: Psychosozial – Verlag
- Porges, S. (2010). *Die Polyvagal-Theorie. Emotion. Bindung. Kommunikation und ihre Entstehung.* Paderborn: Junfermann.
- Reich, W. (1987). *Children of the Future. On the Prevention of Sexual Pathology.* New York: Giroux, Farrar & Strauss.
- Wilks, J. (2017). *An Integrative Approach to Treating Babies and Children. A Multidisciplinary Guide.* Jessica Kingsley Publisher.