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**Trainee Support Document
Australian Cohort
Integrated Prenatal and Perinatal Dynamics, 2025**

The Integrated Prenatal and Perinatal Dynamics training is the fruit of the relationship between Kate White and Lois Trezise over nearly 20 years of collaboration. Kate brings a wealth of somatic trauma resolutions skills, the study of prenatal and perinatal somatic psychology, and working with families with babies. Lois brings 40 years of midwifery, childbirth education and her own experience of prenatal and perinatal psychology. They each bring their own years of spiritual and physical practices for nervous system regulation and connection. The training is 18 days long taught in 3 day segments over 12 months. We provide additional opportunities for trainees to learn. You will have lifelong access to the materials. We are still growing as a community and as a teaching team, so we expect our materials to grow and season.

This document will explain the conditions for trainee experiences and will act as an agreement for the training for the Center for Prenatal and Perinatal Programs and the trainee. It will outline expectations regarding payments and attendance, and what to do if you miss any of the classes.

Scope of Practice for IPPD: The 18-day training teaches the practitioner to support prevention and treatment of birth trauma in birthing and adopting families. Our modalities are somatic trauma resolution, midwifery model of care and prenatal and perinatal somatics. The training does not train practitioners to heal earliest trauma in adults. That is a different and longer training. However, the baby's experience is taught in each module and practitioners are invited to engage in understanding earliest imprints so they can be better practitioners. The midwifery model offers technical information about what actually happens at births so that practitioner can recognize what happens for families and can affirm the challenge and triumph of childbirth. We find this so very healing for families.

Families report feeling better immediately with our model of care. Our hope to create new professionals that can prepare and catch families with regard to trauma and stress, and offer kindness, somatic healing practices, and nervous system regulation.

I. 6 Modules, 5 Practice Days

There are 6 modules taught over 3 days: 9:30 am – 6 pm for a total of 6.5 hours each day. Lunch is 1.5 hours. Trainees are expected to attend all of the modules. Dates of the training are as follows:

We offer opportunities for clinical observation of working with families with birth trauma. If we have no families, we will discuss cases. The observation days are done on zoom. Trainees meet the families then hide their cameras so that the family will not see so many faces watching. We will record and discuss each case.

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Venue for the training: The Living Centre, Melbourne, VIC:
<https://thelivingcentre.livingevents.info/>

Dates:

Preconception/Conception and Prenatal Dynamics

February, 2025: Module 1: Feb 15-17 & Module 2: Feb 19-21

Birth and Chemical/Womb Dynamics

May, 2025: Module 3: May 17-19 & Module 4: May 21-23

Birth Intervention and Postpartum Dynamics

November, 2025: Module 5: Nov 1-3 & Module 6: Nov 5-7

IPPD Practice Dates: Your training fee covers optional practice dates. In between Modules, we meet online to check in, practice, stay connected and have additional learning materials. Homework includes practice with your teaching team member.

We include 2.5 hour in-service practices in between modules, dates and times TBA. These include:

Differentiation

- The Power of the Placenta
- Working with the Stuck Place (Double Bind)
- Induction Dynamics and Finding an Authentic Impulse
- Working with Resistance, Kindness as an Intervention

II.

III. Trainers: Kate White and Lois Trezise are the trainers for IPPD. There are 4 assistants: Nisha Gill, Vanessa Worthington, Gitte Larsen, and Mihoko Yamaguchi. If a trainer is ill, we will discuss the merits of using recordings versus live training rescheduled. This will be done on a case-by-case basis. We want to stick to the schedule.

IV. Attendance: Trainees are expected to attend every module. If you must miss any of the module, you can watch the recording. If you miss the whole module, you will need to make it up the next training year. Any exercises you miss, you will have to make up with a Teaching Assistant. The assistant will be paid by you for this time at a fee that is negotiated by them.

V. Homework and Support Outside the Course: You will be assigned a homework team member who will practice the exercises we learn in class with you outside of class. We find this is a great way to learn and get support. Times for practice will be set by you and your homework pod. We recommend finding a time to meet in between the modules to practice together. You can also do them on the Connect dates. Your homework team member will be someone you can check in with if you need that. All teaching team members are available for sessions for your own personal growth. Homework is required.

VI. Certificate: Once all assignments are complete, you will receive your certificate. This includes attending all modules and completing all homework assignments. We

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don't offer "certification" yet. This is simply a certificate program that will give you the skills to help prevent and treat birth trauma.

- VII. Payments:** All payments are made through Teachable, Stripe or Wise. A payment plan to pay for the modules over 12 months will be set up in Stripe. We recommend paying via Wise or Stripe.

Fees: \$595 US per module.

Payment plan: \$297.50 per month for 12 months.

You can pay in monthly installments of 3 payments of \$1190 each.

Each module should be paid for before we start if possible. If you need special conditions around payments, talk with Kate.

- VIII. Doll and Pelvis:** We recommend you own a doll and pelvis. It is not required. You can purchase these through Childbirth Graphics, <https://www.childbirthgraphics.com/type/Models>. You can purchase a large cloth doll and pelvis, or a little doll and pelvis. I recommend the bigger ones. I use them all the time to show things to parents. We will need this for module 3.

- IX. Peer Conduct:** We are working with implicit memories and historical angels, ghosts, and echoes. There will be times when we will feel missed and more. Rupture and repair are part of our operating principles, and we will talk about how to do that. This is a professional training and we will stay in balance between the education and your processes. If you need to take a pause or need some stabilization, we can help you. Be aware of relationships, and we can negotiate space, tempo and what we need for ourselves here. Let's create a conscious, co-regulated space, a Safe Haven for us, all together!

It is recommended that trainees and trainees not use altering substances or substances that might have impacted preborn babies during our time together, such as alcohol, nicotine, marijuana, opioids, controlled substances, hallucinogens, or ceremonial plants. We do this because the substance has a signature, a resonance, that can impact the field in which we work. Medical use of substances needs to be mentioned to Kate. Thank you.

- X. Confidentiality and Recordings:** All the work done by trainees is confidential, which is one of our principles. Stories told by Kate and Lois can be retold without our permission. We have permission to tell them as teaching tools. Breakouts are not recorded, but demonstrations are. All work is confidential. If you want to show it to someone, please ask permission of the person in the demonstration. We have made video demonstrations for you in all the modules.

- XI. Copyright:** Course materials are copyrighted by the Center for Prenatal and Perinatal Programs, Castellino Training or Anna Chitty. I have been given permission to use materials. Please be respectful. If you want to use material, please ask. We will

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help you craft your own presentations. The recordings of our demonstration sessions are not to be downloaded and used by trainees. These are for our training purposes only.

- XII. Retaking the Course:** You can take the course again half price if you wish.
- XIII. In-Person Retreats and Birth Process Workshops:** We recommend Birth Process Workshops. If trainees wish to take a process workshop with Kate, we can accommodate 4 trainees at a time. Ideally, all professionals interested in this model of care would benefit from doing their own personal work around their birth. Kate will provide process workshops to those wishing to have this experience, and highly recommend professionals in the PPN Somatic Collective. They have all done the training with Ray Castellino and are seasoned professionals. We are lucky now to have a layer of knowledgeable, skilled people.
- XIV. Personal Sessions:** We highly recommend personal work with our teaching team, or with our graduates or members of the PPN Somatic Collective: <https://prenatal-and-perinatal-healing-online-learning.teachable.com/p/the-prenatal-and-perinatal-somatic-collective>. Personal sessions are not required.

I have read and agree to these conditions for Integrated Prenatal and Perinatal Dynamics Training.

Name

Date

Signature