

About the Co-Sponsors:



Families United is run by Chris Walker, a Licensed Clinical Social Worker in private practice in Charlottesville. She has worked with families and children for over 30 years, both in the public and private sector. Much of her career has been spent in foster care and adoption, which, in 1985, earned her recognition by the Commissioner of Social Services. She also worked in Special Education for many years. In 1995 she established Families United Through Adoption, a private adoption agency, and recently, Families United, a center for psychotherapy and psychoeducation. Chris' background includes a graduate school concentration in mental health; training in family systems and psychodynamic therapy, seminars on therapeutic communication with children, and independent study of and continuing education credits in attachment, neuroscience, and trauma. Info: 434-923-8253, cwalker@cstone.net.



MotherCare VA is part of Belvedere Integrated Healing Arts, a somatic practice run by Kate White, MA, CMT, RCST in Charlottesville, VA. Kate White is a craniosacral and massage therapist, prenatal and early childhood educator. She began working with pregnant women and babies in 1995 and has been working in the perinatal paradigm since 1999 when she earned her craniosacral diploma. She is a mother of two children, holds a BA and MA in Communication, and is a Registered Craniosacral Therapist in the Biodynamic Craniosacral method. She completed a professional training with Myrna Martin in prenatal, birth and attachment therapies in 2009. Her work combines somatic therapy with brain development, attachment, and trauma resolution therapies. For more info go to: <http://www.belvederearts.com>.



Health Begins in the Womb: Understanding Health from a Pre and Perinatal Perspective

Tuesday November 17, 2009
9 am – 4:30 pm

English Inn

2000 Morton Dr.

(behind Bodo's on Rt. 29)

Charlottesville, VA 22903

Fee: \$80 if preregistered

\$95 at the door

*A seminar for health professionals
and parents*



Sponsored by Families United
and MotherCare VA

What is This Seminar About?

This one day seminar will address the roots of health as patterns that begin in utero, birth and the postnatal period. Many practitioners and parents are aware of some of the positive patterns that can come from having good prenatal care, bonding and attachment during this early period. There can be difficult patterns associated with this time, however, especially those that arise from experiences such as:

- **A stressful pregnancy,**
- **Loss,**
- **Surgical or chemical interventions during birth,**
- **Prematurity and NICU experiences,**
- **Separations and problems after birth.**

This Model Is Interdisciplinary:

Researchers and practitioners that are supporting this approach to work with early imprints from these patterns come from the disciplines of:

- Medicine,
- Cellular biology,
- Neuroscience,
- Somatic therapies,
- Child development,
- Psychotherapy
- and others.

Come learn about this early model of health and what is possible to help people with early

difficulties to live fully. **Preventive care for couples wanting to conceive will also be covered.**

Who Is This Seminar For?

- Birth professionals of all kinds,
- Pediatric and obstetrical professionals,
- Social workers,
- Psychotherapists,
- Bodyworkers *especially* craniosacral therapists,
- Nurses, and
- Couples who are pregnant or who want to conceive.

This seminar is also ideal for all health or human service practitioners to utilize for all age groups.

About the Presenter:

Myrna Martin has 35 years experience working with people therapeutically as a nurse, public health nurse, family therapist, Integrative Body/Mind Therapist (IBP) and a craniosacral therapist. Her Masters' Degree in Family Therapy is from the University of Calgary. For many years she was Director of Nelson and Area Mental Health Services. She has worked



with individuals, couples and whole families in her private practice, dealing with the issues of separation and the grief and losses that come with this painful transition. She brings a gentle and compassionate approach to supporting people to

reach clarity and healing in these times. Myrna is a member of the BC Association of Clinical Counsellors, RNABC, The North American Craniosacral Association, BC Adoption Association, The Infant Mental Health Project, and the American Association of Prenatal and Perinatal Health and Psychology. For more information, see her website at <http://www.myrnamartin.net>.

CEUs are available for social workers, psychotherapists, and all human service practitioners. The CEUs should be approved for all professional disciplines who honor hours approved by an accredited university through Old Dominion University at a cost of \$25.00. **Attendees should check with their individual boards for official approval.**

To Pre-register:

Name: _____

Address: _____

City/Zip: _____

Phone: _____

Email: _____

Profession: _____

We are currently seeking approval for CEUs for social workers and psychotherapists. **Please fill this out and mail a check for \$80 made out to Myrna Martin and mail to:** Kate White, 658 Tyree Lane, Charlottesville, VA 22901, For more information, contact Kate at 434-996-2002 or katercst@gmail.com.