



Birthing Yourself Process Workshop

An Exploration In Early Life Patterns

April 19-22, 2012
Charlottesville, VA

This workshop is a small group process where participants can learn about early patterns from the prenatal period, birth related or related to early attachment and how they can be repatterned if there was difficulty. Overwhelming experiences from this time can still be prevalent in our lives today. The workshop lasts 4 days and involves only 7 participants. Each participant has a 1.5 to 2.5 hour session facilitated by Myrna Martin, an expert in healing from early trauma, to explore her/his own physical and emotional patterns from prenatal, birth or early origin. Each session is followed by a sharing of group members, integration and discussion. Participants heal and repattern early trauma and then bring this healing to their current primary relationships and life. Not all sessions involve prenatal/birth/attachment themes. All sessions are unique and participants also do important work from other periods of their life. Their intention for the workshop is the guiding theme for their session.

A participant recently said this about this “surround” approach: *"A process workshop can move your healing process light years ahead. Your participation in the surround can be nearly as powerful and transformative as your own individual work."*

Fees: \$700 (\$650 if paid in full 1 month prior to workshop). \$200 to hold your place in the workshop needs to be sent to Kate White, 658 Tyree Lane, Charlottesville, VA 22901.



Myrna Martin has 35 years experience working with people therapeutically as a nurse, PHN, and family therapist. She was Director of Nelson Mental Health for many years. Myrna has been studying and practicing early trauma resolution work with babies and young children for the past 20 years. She is currently doing infant/child-focused family therapy with pregnant couples and families with children age 4 and under. This work is centered on developing secure attachment and healing disruptions in attachment, such as prematurity, low birth weight, hospitalizations, adoption, postpartum depression and other misattunements. Myrna also works with older children and their families and with adults individually and in process groups around early trauma resolution. She teaches internationally and offers foundation trainings for health professionals in prenatal and birth therapy. She is also a Registered Clinical Counselor and Registered Craniosacral Therapist.

For More Information or to Register: Kate White, katercst@gmail.com, 434-996-2002, belvederearts.com. For more description of the work see: myrn martin.net