

A primary tenet of the prenatal and perinatal paradigm is that the developing unborn child is capable of sensing, experiencing, and remembering as a conscious, aware being, thus able to experience stressful events while in utero. That is, the pre-nate is conscious of the events experienced and retains primitive imprints of events, especially those that are traumatic.

“These imprints will have cognitive, emotional, relational, and somatic (body) sequelae that will continue into adulthood, and in all likelihood, the early event was seen as intolerable or overwhelming by the unborn child, the memory of it will be forced out of consciousness.”

B.J. Lyman, Ph.D.

“The imprinting of early pains into the infant’s developing nervous system accomplishes two things: first it sets up a lifelong pool of residual tensions, and second, it directs and shapes behavior in particular ways.”

Arthur Janov, Ph.D.

Adult Psychotherapy for prenatal & birth issues is an evolving specialization that identifies and treats an individual’s reaction to stressful, overwhelming, or traumatic events that occurred during the prenatal and perinatal periods.

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She specializes in women’s mental health issues and the treatment of trauma, attachment, and developmental issues including conscious conception, prenatal and postpartum adjustment, perinatal mood disorders, and birth trauma. She especially enjoys helping expectant parents and young families learn to support wholeness, human potential, and optimal relationships and to mitigate and heal stress and trauma during this primary period.

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PRENATAL AND PERINATAL IMPRINTS



Prenatal and Perinatal Psychology views formidable events, which occur from conception through the pre- and perinatal development time periods, as having profound and lasting psychological and physiological effects.

What is Prenatal and Perinatal (PPN) Psychotherapy?

Why seek therapy from a specialist in PPN psychology and what outcomes can I expect?

People come into therapy for many reasons. Some need to respond to unexpected problems in their lives, while others seek self-exploration and personal growth.

A common reason why people seek prenatal and perinatal psychotherapy is that most therapy modalities today focus on symptoms and do not focus on the developmental context of those symptoms, nor the deeper spiritual, more meaningful changes that prenatal and perinatal psychotherapy can offer.

Attain a better understanding of yourself and your personal goals and values.

Develop skills for improving communication and intimacy in your relationships.

Find new ways to cope with stress and anxiety.

Managing anger, depression, and other emotional pressures.

Get “unstuck” from unhealthy patterns – breaking old behaviors and develop new ones.

Discovering new ways to solve problems.

Improve your self-esteem and boost your self-confidence.

Develop body-based self regulation skills for mastery of symptom reduction.

PPN Psychology is a field of study that explores:

- The impacts of prenatal and perinatal experiences (from preconception through early infancy) on the biological, psychological, social, and spiritual aspects of development.
- The prenatal and perinatal influences underlying self-organization, health, and habitual life patterns.

The theoretical orientation of prenatal and perinatal psychotherapy is:

- The fundamental nature of human beings is pure consciousness: Human life is a journey of embodiment.
- By recognizing, acknowledging, and supporting the transcendent nature of each individual, it is possible for human beings to access and integrate their whole selves.
- Experiences from the prenatal and perinatal period are formative: Because they occur during the initial critical period of development and create the first “imprints” for life experiences and establish the foundations for health.
- When left unaddressed, painful or traumatic imprints recapitulate, which deepens the initial imprint and leads to constrictive and painful life patterns.

The relevance of an understanding of PPN experiences and their impacts will:

- Enable individuals’ to maintain connection to their “essential selves” from the beginning of life.
- Promote and facilitate optimal development.
- Prevent and minimize painful and traumatic experiences.
- Facilitate healing painful and traumatic experiences that have already occurred.
- Practitioners who have a working knowledge of PPN material have an increased capacity to perceive core issues and themes that lie at the heart of an individual’s problems.
- When practitioners hold the view that PPN material may underlie symptoms occurring in the present, the container is held in such a way that these issues can arise and the treatment can be expedited, more effective and more efficient because the symptoms are addressed at root.
- Adults may access PPN material through somatic experiences and integrate persistent constrictive patterns that have their origins in the imprints established during the PPN time period.