

**Practitioner Skills  
Prenatal and Perinatal Dynamics**

<b>Topic</b>	<b>Category</b>	<b>Emerging</b>	<b>Proficient</b>	<b>Advanced</b>
	Tracking Sensation			
	Self and Co-regulation			
	Recognizing Health			
	Recognizing Blueprint states			
	9 Positive Imprints			
	The Principles			
	The 5 Point Sequence			
	Understanding Functional Range			
	Understanding the Leading Edge			
	Creating Coherency			
	Understanding State Change			
	Trauma Informed Practice and Recognizing Resilience			
Practitioner Skills #1: Skills of Being				
	Settling, Grounding, Centering			
	Resources			
	Orienting			
	Naming			
	Tempo and Pacing			
	Modeling			
Practitioner Skill #2:				

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Relationship				
	Finding the Sweet Spot			
	Boundary Repair			
	Feeling Protection			
	Differentiation			
Practitioner Skill #3: Listening, 5 skills				
	Reflection and Healing Story Circle			
	Contingent Communication			
	“Tell me more”			
	Talk less			
	Your body as a communication and listening tool			
	Creating Harmonic Resonance, Feeling Felt			
Practitioner Skills #4: Recognition				
	The Chitty Protocol			
Practitioner Skills #5: Conversation				
	Body Low Slow Loop			
	This not This			
	Verbal Skills for Facilitation			
	Open Inquiry			
	Silence and Presence as communication:			

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	Feeling Full, Feeling Felt, Innate Knowing			
Touch Skills				
	Negotiation of Touch and Attention			
	Deep touch: Stabilizing			
	Light touch: Regulating			
	Moving touch: Soothing			
	Tidal touch: Building coherency and fluidity			
	Touch and Relationship: Co-Regulating			
Pulling it All Together				
	Working with Families with Birth Trauma			