

Understanding Sequencing as part of PPN Process and Imprinting

Somatic Practices for PPNE Students
Birth Psychology Month Lecture
March 26, 2018



Arrive



https://farm4.staticflickr.com/3039/3021011076_611a3780f9_b.jpg

Everything unfolds as a Sequence

Beginning



Middle

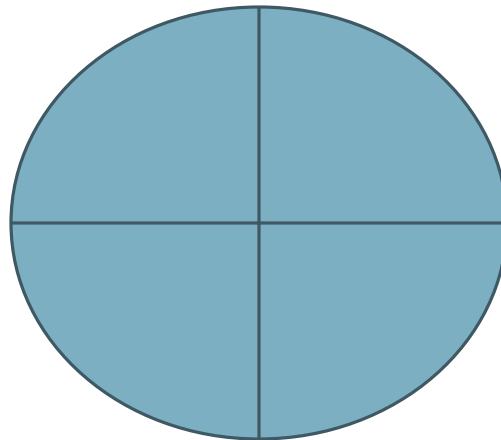


End

Sequencing

North
Midnight

West
Sunset



East
Sunrise

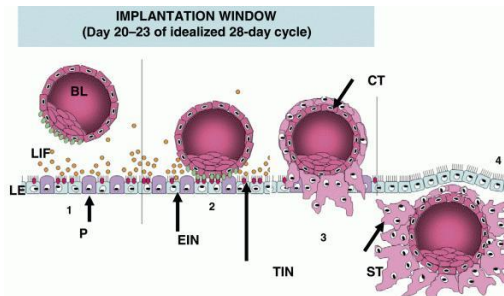
South
Noon



Sequencing

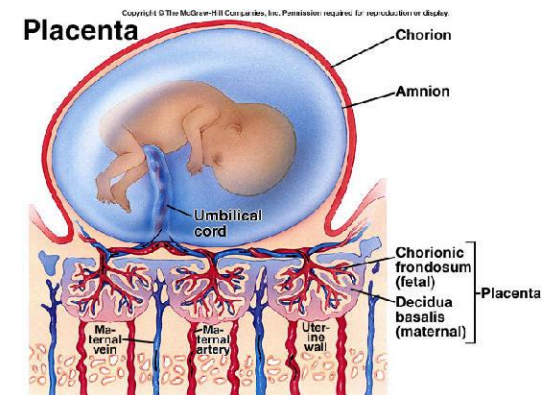


Conception



Markert U et al. Journal für Reproduktionsmedizin und Endokrinologie - Journal of Reproductive Medicine and Endocrinology 2007; 4 (6): 322-330 ©

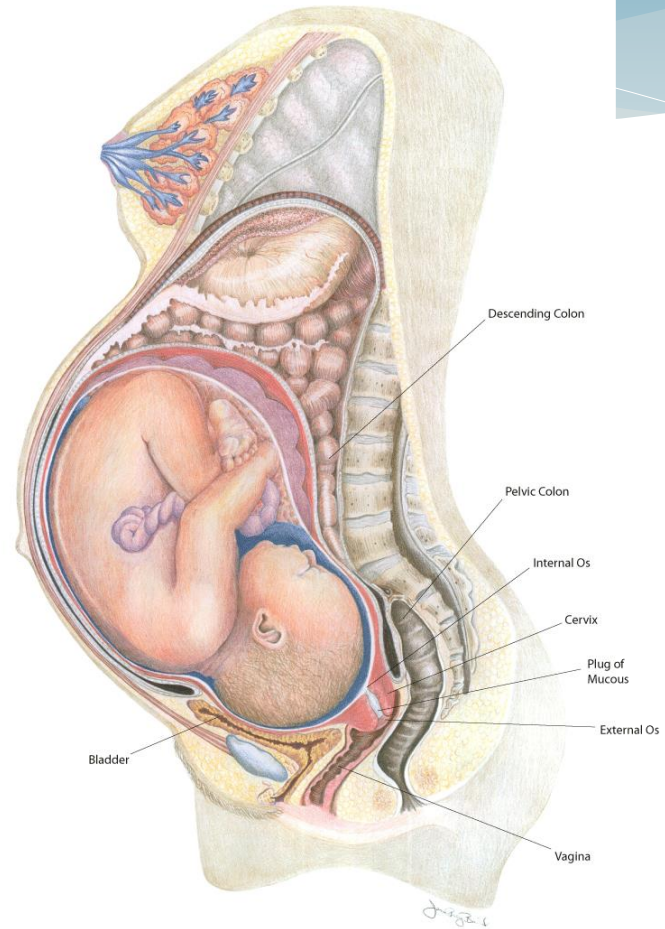
Implantation



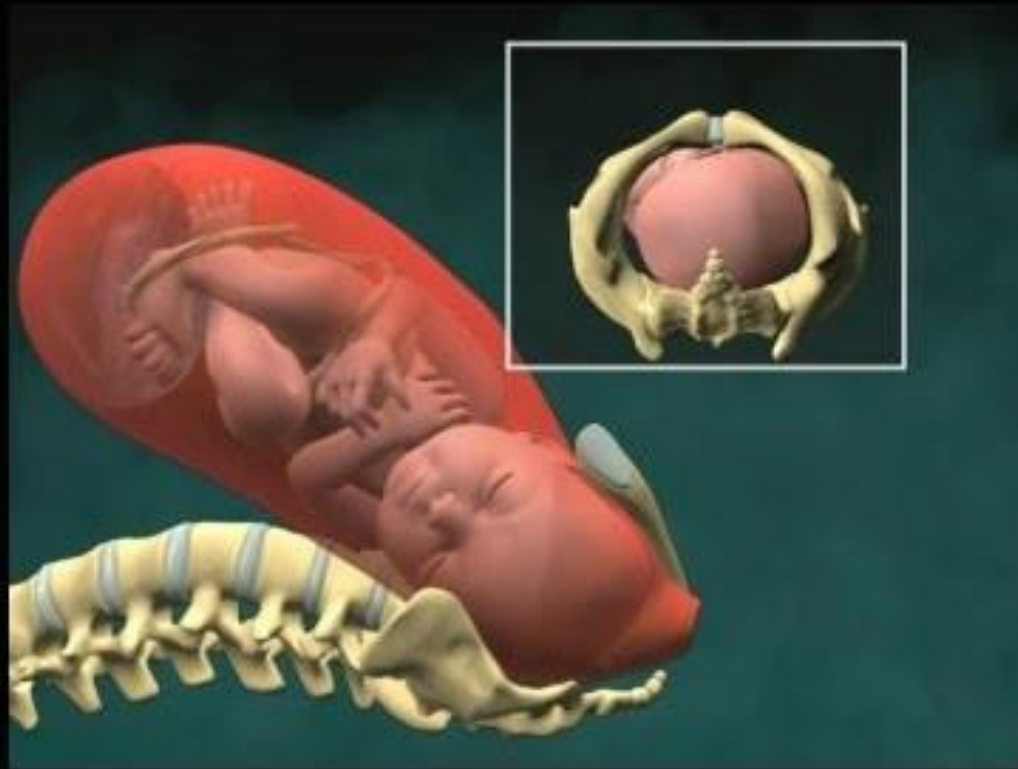
Embryo

Birth as a Sequence

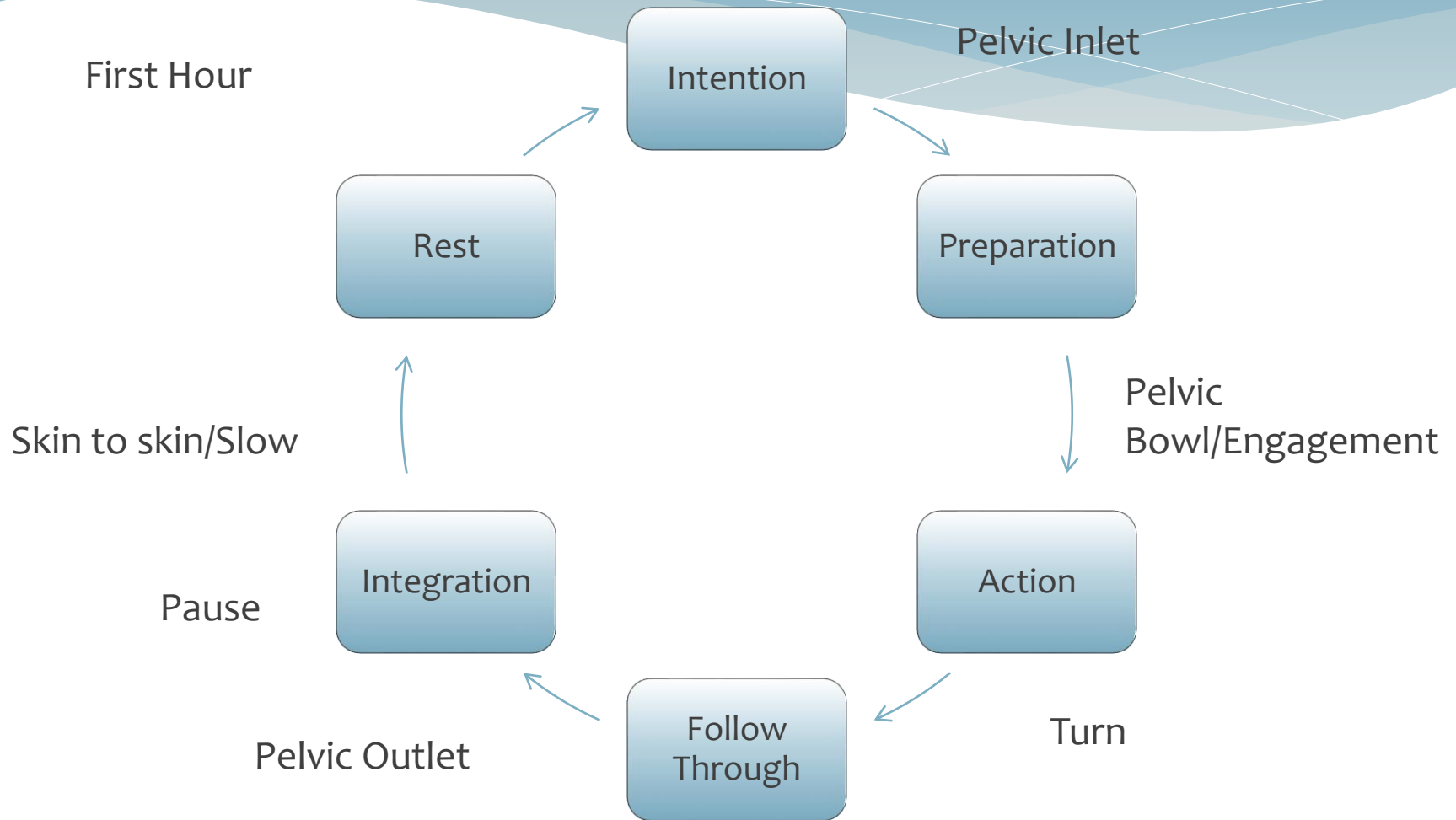
- * Pelvic Inlet
 - * Pelvic Bowl/Engagement
 - * Turn
 - * Pelvic Outlet
 - * Birth Pause
 - * Skin-to-skin/Slow
-
- * Youtube of Sequence



Birth Sequence



Sequence: Cycle of Satisfaction



Birth Sequence as a pattern

- * Intention
 - * Preparation
 - * Action/Engagement/Doing
 - * Follow through
 - * Integration/Pause
 - * Rest
- * Decide to go on a trip
 - * Research and pack
 - * Travel to destination
 - * Unpack/reorient
 - * Rest

Sequences

- * Can be interrupted



- * One part can be skipped

- * Can be renegotiated



Steps

- * Recognize the sequence
 - * Are there places where you skip a stage?
 - * Are there places where you rush?
 - * Are there places where you get stuck?
 - * What happens on the inside when you notice?
-
- * Making repairs: Getting a professional to help you with the pattern and its renegotiation

Repairs

- * Somatic Experiencing®
 - * Understanding protective responses
- * PPN Professionals
 - * Sensitive, highly trained professionals who understand PPN imprints and how to repattern them