

# Integrative Baby Therapy Training

WITH MATTHEW APPLETON AND TEAM



This 8 module training combines seminar style teaching, demonstrations of working with babies and families, group discussion and experiential exercises. It is intended for practitioners already working with babies and their families, who wish to deepen their understanding of how babies and infants communicate their prenatal and birth experience and to work therapeutically with early trauma.

## Course Dates

Module 1: 1st – 3rd September 2023

Module 2: 24th – 26th November 2023

Module 3: 2nd – 4th February 2024

Module 4: 10th – 12th May 2024

Module 5: 6th – 8th September 2024

Module 6: 29th November – 1st December 2024

Module 7: 7th – 9th February 2025

Module 8: 9th – 11th May 2025

**See website for full details**

It is also relevant to therapists who wish to understand the impact of the pre and perinatal period in the lives of older children, adolescents and adults. Previous participants have included midwives, doulas, craniosacral therapists, osteopaths, paediatricians, paediatric nurses, lactation consultants, massage therapists, body psychotherapists, psychologists and ante-natal yoga teachers.

The course material has a strong emphasis on practical skills related to clinical issues and to the theoretical knowledge practitioners need to help parents understand and support their babies. Participants are encouraged to find their own authentic voice with the work, by which they can integrate what they learn into their existing practices, whether it be as a midwife or therapist, doula or doctor. The theoretical material is kept as simple as possible, with the emphasis being on practical application with babies, infants and their families.

Integrative Baby Therapy draws from a number of sources including Pre and Perinatal Psychology, Body Psychotherapy and Craniosacral Therapy. It is also informed by recent research in areas such as self-regulation, neurobiology, epigenetics, biodynamic embryology, field theory, attachment theory, traumatology, consciousness research and cross-cultural studies. The course is supported by more than two decades of clinical and teaching experience.

## Venue

The Wildgoose Space,  
228 Mina Road, Bristol BS2 9YP

## Cost

£385 per module - including initial deposit of £150 (course code: IBT)

## To Apply

If you have any questions or would like to apply please contact:

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