



Emotional First Aid

Attachment Support and Parent Baby Therapy in the first time after birth

By Thomas Harms

A training for anyone who works with infants and parents such as psychologists, midwives, psychotherapists, educators, breastfeeding consultants, maternity nurses, osteopaths and physiotherapists.

Module 1: 18, 19, 20, 21 March 2020

Module 2: 25, 26, 27 May 2020

Location: ACADEM Rotterdam www.academ.nl

Costs Module 1: 550 euro (tea, coffee & water included)

Costs Module 2: 450 euro (tea, coffee & water included)

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In this training Thomas Harms explains in an understandable and well-founded way why babies cry and how parents can safely and successfully regulate the feelings of their babies while babies used to cry for hours. Today's therapists know that babies only feel safe when they are mirrored and being heard with all their emotions. The baby who weeps contains a message to the environment that needs to be deciphered. However screaming offers the parents great emotional challenges and can lead to stress and uncertainty in daily life.

Recent results of the infant- and attachment-research shows that parents can better understand and guide their babies when they stay connected with the feelings of their own bodies. In this training tools are given how the therapists/parents can learn to listen, to understand and respond to the tears and needs of babies through careful introspection and body awareness.

Content of the program:

- Attachment theory and the psychosomatic aspects of postpartum crises
- Strengthening of the bond by Belly Breathing
- Learn to use breathing as a biofeedback system
- Basics and testing of connection-strengthening during postpartum crisis work
- The use of physical contact with families and babies within the crisis intervention



Thomas Harms

Born in 1965, Thomas Harms is a psychologist, body psychotherapist and supervisor. He has been working for 25 years in the field of attachment-based body-oriented psychotherapy with adults, children and couples. In his psychotherapeutic and crisis-counseling work, he combines concepts of modern body psychotherapy with the results of research on infants and attachments. In 1993 Thomas Harms founded the first *Schreiambulanz* for parents and babies in Berlin. Since 1997 he is head of a therapy

and educational institution in Bremen with the Center for Primary Prevention and Body Psychotherapy (ZEPP). More about Thomas Harms and his work can be found here: www.thomasharms.org