

ATLC POST-SUMMIT WORKSHOP DESCRIPTIONS (1-17-03)

Monday March 31, Concurrent sessions, 9am to Noon (Cost: \$60/session (\$120 for full day session):

CREATING A SUSTAINABLE LIFE AS AN AGENT OF CHANGE: BALANCING ONE'S INNER AND OUTER LIFE, PREVENTING BURNOUT, AND MAINTAINING HOPE

Suzanne Arms

This workshop will be conducted in the form of a circle, limited to 20 participants.

When working for societal change--whether at the personal, community, societal, or global level--there are many challenges besides the fact that you may not be paid well or appreciated for what you are doing.

Perhaps the greatest risks are the tendency to work beyond our physical and emotional limits, to disregard our body/mind's need for balance and even healing, and to forget our basic need for community and spiritual connection.

Suzanne Arms has been working as a fulltime independent and self-sustaining advocate and activist for societal and personal change since 1965, when she became involved in the peace movement to end the war in Vietnam. After that, she became involved in the anti-nuclear movement.

Since 1975 her focus has been the primal phase of life--from pre-conception through the first year after birth--and its long-term impact on each one of us, as well as on families, communities and society at large. She was a childcare worker, then nursery school teacher and head teacher in one of the country's first Head Start Programs. Her personal journey includes long-term therapeutic work to heal early trauma, dance, yoga, and meditation as well as seeding circles in various parts of the world.

GETTING REAL WITH CHILDREN AND TEENS (PART I—CONTINUES IN AFTERNOON)

Susan Campbell, PhD

When I meet with parents and children, the one topic that surfaces most often is the desire for respect on the part of everyone involved. Parents often feel disrespected by broken agreements, unwillingness to share responsibilities, and refusal to heed the parent's counsel. Children often feel disrespected by what they think of as parents' attempts to over-control them.

In this workshop, you will learn how to form bonds of enduring mutual respect by learning to "relate" to children and teens instead of trying to "control" them. Using role-playing, socio-drama, and state-of-the-art communication tools, you will:

- learn the difference between relating and controlling; i.e. you will become aware of when you are communicating to relate and when your communication comes from the intent to control;
- get practice dealing with difficult encounters in a way that is respectful to the other and engenders respect;
- learn specific communication tools for preventing and resolving conflicts with children and teens;
- learn how to conduct different types of family meetings;
- learn fun educational activities you can do with children and teens--activities that build self-confidence while strengthening relationships.

CAN HUMANITY SURVIVE OBSTETRICS?

Michel Odent, MD

Spend time with Dr Odent exploring the industrialization of childbirth as a symptom of a deep rooted widespread misunderstanding of birth physiology. Questions welcome.

WELCOMING OUR SPIRIT

Sobonfu Somé

This presentation we will discuss the importance of Welcoming and how not being welcomed imprints our lives and makes our gifts invisible. Using the wisdom of the indigenous people of West Africa, we will learn how to welcome and to help one another heal and come back home--home to our spirit and to one another. And through sharing our stories we will learn to recognize and affirm each other's gift.

TOWARD A MODEL OF PREVENTION: THE FIRST 18 MONTHS IN THE LIFE OF A PERSONALITY DISORDER

Stan Tatkin, SciD

There is a growing body of research pointing to the first 18 months of life as critical to the psychobiological and psychosocial development of the personality. Through an increasing use of neuroimaging technology, audio and video frame analysis, new EEG and other technologies, scientists are beginning to clarify the experience-dependent processes of human brain development and how these processes are inextricably connected to our earliest attachment relationships. In this workshop, by way of the latest research studies on attachment, psychobiology, and brain development, you will learn why mental health professionals must begin to think in terms of early prevention of psychopathology. Special attention will be paid to chronic, relational trauma and the development of personality disorders.

AFTERNOON WORKSHOPS

Concurrent sessions, 1:30pm to 4:30pm:

STRETCHING THE BOUNDS OF WHAT'S POSSIBLE: BEING WITH BABIES IN TRANSFORMATIONAL WAYS

Wendy Anne McCarty

Many people are familiar with the prenatal and perinatal psychology perspective that babies are conscious and aware from the beginning. But what does that really mean in terms of relating to babies and being with babies on a daily basis? Many have begun talking to their babies. But there is so much more. When we bring consciousness into our models and recognize the ability of babies, both in the womb and in the world, to comprehend, respond, and expressive themselves meaningfully, a level of transformation is available from the beginning of their lives.

In this workshop, participants will learn specific ways to relate to babies in transformational ways and will view videos of babies portraying their meaningful communication at complex levels. Implications of incorporating these ways of being with babies into the understanding of self-regulation and attachment theory will be addressed.

GETTING REAL WITH CHILDREN AND TEENS (PART II—CONTINUED FROM MORNING)

Susan Campbell, PhD

See description above. Part II requires Part I.

THE REBOZO WAY OF LIFE: THE VISION, INSPIRATION, PHILOSOPHY, AND HISTORY

Barbara Wishingrad

This workshop will delve into both the philosophical and practical aspects of in-arms parenting, drawing on models from ancient and present-day indigenous and mother-bonded cultures, and exploring possibilities in our own modern world. Photos, videos, collage, books, and hand woven shawls will be included in the presentation.

LESSONS FROM AROUND THE WORLD: PARENTING IN PEACEFUL CULTURES

Charlotte Peterson, PhD

My beliefs on how to parent have been continually challenged, and revised during the past thirty years, due to lessons learned from around the world. I have traveled to more than 60 countries observing mother-infant interactions and parent-child relationships. My main focus for the past 15 years has been on parenting practices in cultures that strive to be nonviolent. What type of parenting helps children become generous, compassionate, and peace-loving people?

In this workshop, I will provide information, stories, and visual representations of:

- Parenting practices throughout the world
- Infant nurturing practices that seem universal among indigenous cultures
- Traditions for welcoming newborns in the Balinese and Tibetan traditions
- An intimate look at how children are revered and cared for in a Balinese village
- Rituals throughout childhood which help children feel cherished and build self-esteem
- Extended family support which is crucial to growing healthy families and happy children
- Governmental assistance in other countries that helps support parental attachment

CEREMONIAL FAMILY BONDING

Chief Sonne Reyna

American indigenous cultures honor the bonding of family with a richly ceremonial way of life. The traditional Rites of Passage serve as living linkage to our ancestors and the Natural World around us. With these supernatural ceremonies we celebrate the natural mystery of birth, life, death, and rebirth. Through ceremony we re-enter the flow and rhythm of the cosmos. This ceremonial family bonding is the most important gift to modern humanity from global indigenous cultures.

Chief Sonne Reyna will share with workshop participants the Wiping Away Tears Ceremony, a traditional rite of passage that cleanses and heals ancestral and present life traumas. A powerful renewal and bonding with ancestors, humanity and the natural world.