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CONFERENCE. 4—7 SEP. 2024
LA FIRA. BARCELONA. SPAIN

The Road Trip from Baby to Healthy Adult

Tools for Psychotherapists to explore the Perinatal Journey and check the impact in their practice

Javier de Domingo

(Son, dad of 3, Psychologist & Perinatal Therapist and advocate)



EUROPEAN INSTITUTE PERINATAL MENTAL HEALTH

Directed by Dr. Ibone Olza

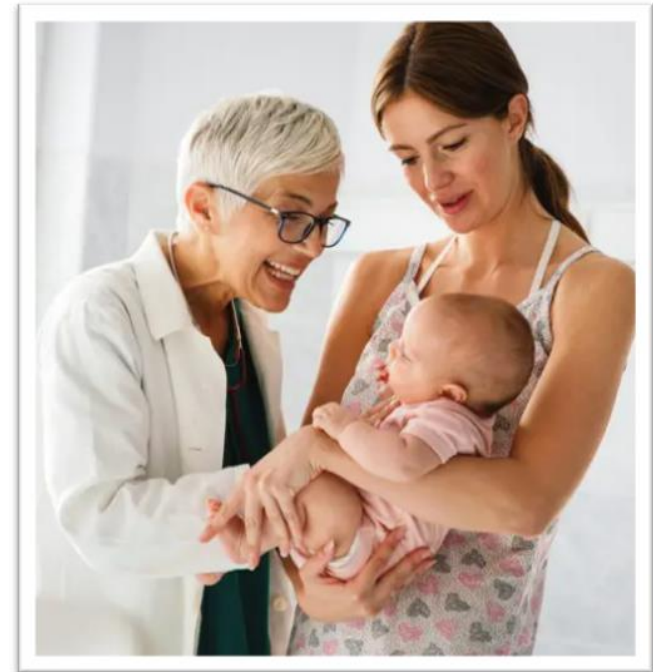
Was born in 2018 to be a space for professional education, investigation and to gather professionals who work with mothers, babies and families in the beginning of life.

Professional trainings

- Perinatal mental health fundamentals (Level I).
- Tools for perinatal psychotherapy (Level II).
- Advanced training for birth professionals.
- Perinatal perspective for social work.
- Perinatal psychiatry.
- Breast-feeding and mental health.

Monographic Courses

- The use of "rebozo" in birth.
- The parental brain: neuroscience in pregnancy and postpartum.
- How to transform physical spaces for birth attending.
- Prenatal psychology.
- The wisdom of birth by Ina May Gaskin.
- Fatherhood and perinatology: fathers of babies.
- The attachment as a biological imperative.
- Safe Birth by Beatrijs Smulders.
- Oxytocin: Neurobiology in motherhood and attachment by Kerstin Uvnas Möberg.
- Pain in birth: psychophysiology and holistic strategies for prevention and relief.
- Parental separation, custody and attachment in early childhood.
- III Conference on Clinical Cases in Perinatal Mental Health.



Premio de la International Marcé Society y White Swan Foundation



Acreditación por la comisión de Formación Continuada de las profesiones sanitarias



Acreditación por el International Board of Certified Lactation Consultants



Acreditación por el European Accreditation Council for CME (EACCME)



Acreditación de la Formación Fundamentos en Salud Mental Perinatal por la Escuela de Salud Mental de la Asociación Española de Neuropsiquiatría y Profesionales de la Salud Mental (ESMAEN)



European Institute of
Perinatal Mental Health



2018 International Awards on
Perinatal Mental Health Education

- ❑ **Coordinator of the Paternity and Perinatal Course:** parents of babies
- ❑ **Pregnancy Psychology Seminar:** How the father confronts the pregnancy of the mother
- ❑ **Postpartum Psychology Seminar:** The father in Postpartum
- ❑ **Breastfeeding and Mental Health:** The role of fathers in breastfeeding
- ❑ **Parental separation, custody and attachment in early childhood:** The role of the father
- ❑ **Psychotherapy seminar with parents:** How to face the Psychotherapy of the father



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What are we going to see?

**How therapy from
a perinatal approach
can simplify and ease
any therapeutic process**



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The idea is that
a perinatal approach
can help us to understand the
struggles of any human being

Let's get on with it...



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Therefore...

Knock... knock...

Patient at the door



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Have you ever heard?

1. Client 1 (a woman): “looks like I have 2 sons, my baby and my partner”
2. Client 2 (a man): “my partner has become my mother and I’m...”





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So a frequent scenario in therapy is:

1. **A woman (an adult) vs her partner (a boy)... or**
2. **A man (an adult feeling he is a son) vs his wife (an adult)**



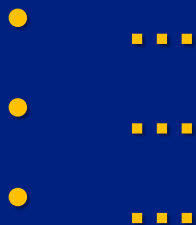
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... and, what does it mean...?

- An adult facing someone else (a kid, a teenager, another adult possibly wounded)
- Is it the same to face another adult (healthy or wounded) than to face a non adult





So... let's make 2 groups

A. For the woman: all women please take one side

B. For the man: all men please take the other side

And each group please debate for 10-15 minutes about their own scenario
(behaviour, emotions and cognitions of the claim from the woman & from the man)



The woman

The man

Actions

- ...
- ...
- ...
- ...

Emotions

- ...
- ...
- ...
- ...

Cognitions

- ...
- ...
- ...
- ...

Actions

- ...
- ...
- ...
- ...

Emotions

- ...
- ...
- ...
- ...

Cognitions

- ...
- ...
- ...
- ...

Please acknowledge and share your thoughts with the group
and deliver a simplified list of items



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Now with the whole group

For the woman (facing a boy partner)

A. What does she think?...

B. How does she feel?...

C. Whats going on in her body?...



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Now with the whole group

For the man (facing a mother partner)

A. What does he think?...

B. How does he feel?...

C. What's going on in his body?...



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Now with the whole group

Now... for all (facing the task)

A. What's going on... in your body?...

B. How do you feel?...

C. What do you think?...



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Now... for all (facing the task)

✓ Do you perceive yourself in any of these boxes (even for a moment)?

	HEALTHY	WOUNDED
ADULT (24-RIP)		
TEENAGER (11-23)		
CHILD (4-10)		
BABY (0-3)		

Perceptions

Memories

Sensations

Thoughts



How many of you recall a memory from a previous stage?, like being...

A teenager

- ...
- ...
- ...

A little girl / boy

- ...
- ...
- ...

A baby

- ...
- ...
- ...



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SINCERELY...

- Who should be the one talking & taking decisions?**
- Who is really talking? An adult or a character from my past?**
- Could it be possible that sometimes I put my healthy adult aside and I'm letting my inner teenager, the kid I was or even my inner baby to talk and express itself through me?**



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SINCERELY...

- So, is my healthy adult always driving my life?** Yes – No
- Who speaks out in a discussion?** adult – teenager – kid – baby
- If I'm not in the healthy adult... how does the character I'm in, make his / her claims? As a teenager, kid or baby?**
- Any resemblances with how I felt, think or behave in the past in such moments?**



Looks like in a 24 hours day we could be driven by any of these characters

	HEALTHY	WOUNDED
ADULT (24-RIP)		
TEENAGER (11-23)		
KID (4-10)		
BABY (0-3)		

By the way...which one enable us to take care of a baby and be a supportive parent?



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Answer?

The healthy adult



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So, it's The Healthy Adult vs the wounded adult & the teenager / kid / baby

- Is it wrong or pathological to inhabit the other characters?**
- What makes it pathological?**
- What could I learn about me (and my clients) in a road trip through the experiences and learnings I lived during those periods of time?**
- Is it worth going through the adaptations we had to go from the baby to the kid & the teenager I was in order to find some insight of the adult I am?**



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Therefore...

**If it's our healthy adult the one to drive &
guide the rest of the characters...**

“What is a healthy adult for you?”



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According to this panel the healthy adult...



Here is my contribution...



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This should be our 1st tool

A clear definition of

“exercising the healthy adult”

as a goal and destiny of the road trip



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It's the **healthy adult's** responsibility to
asses "when" and "how" the other
characters can manifest and to adapt and
look for healthy and constructive
solutions for daily issues



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In order to do it, the healthy adult needs to acknowledge...

- The particularities of each character**
- The triggers of the characters**
- The need to ask for help when burn out or lack of tools and resources**
- How the story began and how it developed through life**



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Every book begins with the 1st chapter... and for us that is:

- ❑ **Defining**: inner and outer needs (physical, emotional and mental)
- ❑ **Diagnosis of**: defaults, adaptations and possible consequences
- ❑ **Acknowledge**: the exponential summatory effects of giving inadequate care to a...

1. Baby

2. Child

3. Teenager

4. Adult



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So the 1st chapter is:

Birth Script



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This should be our 2nd tool

To build a time machine to revisit the **baby's**
birth story and find out what happened and
why, so we can face the origin of the road trip



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Because in our first steps in life, things happen

Changing the natural route of the path, **our path**

So, ask the questions and seek the story, **our story**

To own it and decide the:

Meaning

Consequences

Changes

Restoration

& The new path



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Therefore, which questions about birth should we ask?

- ✓ To ourselves
- ✓ To our patients



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Please share your thoughts...



And let's have a chat about them...



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I.E.

- Did we suffer any complications, interventions & alterations?
- Did it affect the body, it's response or it's development?
- The natural behaviour took an alternative road?
- What happened with the bonding?
- Did the mother have the right information, preparation & adaptation?
- Were the baby's needs prioritized or delegated on others?



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Let's recap for a moment...

If a patient, that knocks our door, is a wounded adult that sometimes manifests him or herself as a teenager, child or baby (healthy or wounded), we should be capable of grabbing some insight from the particularities of each state of our patient's life.

So, starting from the beginning should be a good plan and that is...



The five phases of the Birth Script:

1. Preconception
2. Conception
3. Gestation
4. Delivery
5. Postpartum

So checking the big five of the **Birth Script** we should have a better picture of the beginning of the story of the patient
(and ours)



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Which questions would you feel are relevant in each stage of the birth script? *(Share your thoughts)*

Preconception

...

...

Conception

...

...

Gestation

...

...

Birth

...

...

Postpartum

...

...

Here is my contribution...



So, once we clear out:

- ❑ The origin: birth script &
- ❑ The Destiny: healthy adult

How would be adequate for the Perinatal Therapy
to assist any adult in our practice?



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The Perinatal Therapist would follow the path from the wounded baby and his^(her) adjustments while evolving in life to the child, teenager and adult, but with the knowledge of what's missing from the beginning and how to deal with it

That's why the Perinatal Therapist *(as an advocate of the baby)*
would be an appropriate match to asses any adult



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When a Therapist masters the world of the **baby**,
is frequently better prepared to understand the child

Once the **child's** universe is mastered, we can face the **teenager** with
a different and more constructive perspective of her ^(his) quarrels

For sure that will define a wider way of encountering the **adult**



In sum, the idea is:

- ❑ To have a clear picture of the healthy part of each stage
- ❑ To find out in therapy how the patient solved the wounds of each stage

	HEALTHY	WOUNDED
ADULT (24-RIP)	<i>action</i>	
TEENAGER (11-23)	<i>exploration</i>	
KID (4-10)	<i>gaming</i>	
BABY (0-3)	<i>bonding</i>	

Without forgetting:

- ✓ The idiosyncrasy of each stage
- ✓ The summatory effect through stages



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Now, would you be so kind to share...

- What did you dream about when you were a teenager?
- Which were your “yeah... but...”?
- What’s in between you and your old dreams and goals?
- What’s unhealthy in your life? (in body, emotion or thought)

Does any answer take you to a previous stage of your life?



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The Therapist Sudoku:

	HEALTHY	WOUNDED
ADULT	3	4
TEENAGER		
KID		
BABY	1	2

- ❑ As Perinatals WE know about the Healthy Baby
- ❑ Birth Script will give as the Wounded Baby
- ❑ Presenting a model of adulthood will give as the Healthy Adult
- ❑ To deepen in the motives of the consultation reveals the Wounded Adult
- ❑ That's 4 out of 8 to master the Perinatal Sudoku of life

The rest it's up to you to drive through your belief & therapeutical system



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**The Road Trip from
the Healthy Baby to the Healthy Adult,
following each step and it's peculiarities
appears to be a reasonable map to assist
and help any human being**

Don't you think?...



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Hence working on the idea of unravelling the

Birth Script & the Healthy Adult,

of each suffering patient appears to be a good plan

Thank you so much for your patients patience