

GENTLING WAY : PELVIC OPENING/PAINLESS PREGNANCY /BONDED BIRTHING FOR EASY BABIES

Course	Module Titles	Content	Training Outcomes
<p>The weekend course that the manual WDCD was written around</p> <p>"HELPFUL DAD'S DO"</p>	<p>1 "RIPENING"</p> <p>Day 1</p>	<p>1.1 Introduction to energy concepts.</p> <p>1.2 Sensitivity exercises.</p> <p>1.3 Health/</p> <p>1.4 Wellness & factors.</p> <p>1.5 Unfolding of the pregnant body.</p> <p>1.6 Connectedness exercises.</p> <p>1.7 Acupuncture point location & use.</p> <p>1.8 Physical touching coaching.</p> <p>1.9 Pain definition/ how to manage it.</p> <p>1.10 Moxa & usage</p>	<p>To be able to reproduce a line representation of the differences Medical – energy model</p> <p>To feel inner stress & release in body.</p> <p>To list factors that influence well functioning.</p> <p>To know the pregnancy progression.</p> <p>To become observant/responsive to other</p> <p>To recognise when to intervene, with what point & technique, & how to apply safely & effectively.</p>
	<p>Day 2</p>	<p>Review of past week/sharing.</p> <p>1.11 Late pregnancy general personal & medical management strategies</p> <p>1.12 Step by step specific interventions.</p> <p>1.13 Relaxation ear massage</p> <p>1.14 Case histories - individual practice & group presentation</p> <p>1.15 Birthing -what initiates & recognition</p> <p>Questions & answers.</p>	<p>To facilitate in group bonding & reflect any course deficiencies as they occur.</p> <p>To be able to identify, intervene and manage common pregnancy occurrences.</p> <p>As Above.</p> <p>To provide a distressing distraction, both within the course, & as another practical tool.</p> <p>To practice skills & problem solving in a stressful environment, as real life will be.</p> <p>To be able to identify clearly when labour commences & appropriate actions.</p> <p>To aid clarification of above information.</p>

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"HELPFUL DAD'S DO"	2 "BIRTHING" Day 1	<p>Reflections/sharing.</p> <p>2.1 Birthing - riding the waves to the shore. (General sequence of events).</p> <p>2.2 Acupuncture points & what to do</p> <p>2.3 Practice of points. Review of previous physical touching.</p> <p>2.4 Stage by stage labour management.</p> <p>2.5 Specific birthing pain management.</p> <p>2.6 Case histories - stories of what can happen/what to do.</p> <p>2.7 Diversionary tactics Questions & answers.</p>	<p>To aid on group bonding, self validation. To be aware of the general sequence</p> <p>To be able to locate & use appropriately set of points to alleviate common situations. To provide relaxation & review. To recognise what is happening & its management. To illustrate content & link information to real life. To be able to create diversions to assist outcomes.</p>
	Day 2	<p>Reflections on past week.</p> <p>2.8 Possible variations on theme - how medical interventions alter the blueprint.</p> <p>2.9 Deep relaxation/breathing techniques</p> <p>2.10 Specific situations (12) & their correction, using techniques previously presented. Each couple given a situation, and practice what to do.).</p> <p>2.11 Foot massage demonstration & practical Questions & answers.</p>	<p>To aid group bonding, self evaluation. To place the course content in context.</p> <p>To unwind from previous content, & to review previous practical experience. To link previous content to the actual life experiences likely to present themselves.</p> <p>To allow all to combine the entire course into a simulated event. To provide a form of distraction & relaxation.</p> <p>To ensure clarity has been achieved.</p>

'Nesting' is not included in this series.
It was written