**Introduction :**

In this Presentation Thomas Harms will show how bodyoriented Strengthening of the *Selfattachment* – Process of the caregivers can help to overcome vicious circles within pre-, peri- and postpartal crisis of parents with their un- and newborn children.

Video examples demonstrate how, by re-establishing a mindful and accepting relationship to their own bodily selves, parents can inaugurate a process of “contagious health” and develop spontaneous access to the bodily and expressive language of their children.

**Program meeting/lecture Selfattachment and Inner Security:**   
  
In this presentation Thomas Harms will show how bodyoriented strengthening of the Selfattachment – process of the caregivers can help to overcome vicious circles within pre-, peri- and postpartal crisis of parents with their un- and newborn children. Video examples demonstrate how, by re-establishing a mindful and accepting relationship to their own bodily selves, parents can inaugurate a process of "contagious health" and develop spontaneous access to the bodily and expressive language of their children.

**Goal of the meeting/lecture:**

Introduction into the psychological and neurovegetative basics of regulatory dysfunctions and attachment disorders in the first year of life. Presenting video Examples of his therapeutic work with families and babies! Life - demonstrations of different tools of the emotional first aid - approach.

[Thomas Harms](http://babyconference.co.uk/speaker/thomas-harms/) is lichaamsgericht psychotherapeut te Bremen, Duitsland. Zie ook: [zeppbremen.de](https://www.zeppbremen.de/)

N.B.: de aankondiging is in het Engels omdat de voertaal in deze studieavond ook Engels zal zijn.

**Schema bijeenkomst:**

18.45 uur           Inloop en registratie  
19:15 uur          Start programma theoretische deel  
20:15 uur          pauze koffie/thee  
20:40 uur          Start tweede deel met praktijkvoorbeelden  
21:45 uur          Sluiting + Borrel