

# *B . E . B . A*

*( Building and Enhancing Bonding and Attachment)*

## *A Center for Family Healing*

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### **Annual Report for 2004**

BEBA's major project over the past year, as in years past, has been the BEBA Family Clinic (now clinics), where facilitators see families about once a week in sessions of approximately one hour. Families come for as long as it takes to resolve issues and traumatic imprinting and until they have effective parenting skills so that they can continue on their own with occasional support. Several families who brought their children in as babies have returned as the need arose for anywhere from one to a dozen sessions. In 2004, BEBA also offered three 1-day parenting workshops for parents and professionals and two process workshops for parents / professionals.

#### **Family Sessions at the BEBA Clinics**

During 2004, the BEBA Clinics provided 405 family sessions at the clinics or the families' homes and 169 phone sessions. Those served included 77 children, 50 mothers, 34 fathers, for a total of 161 family members across 50 families.

Between January 1993, when BEBA started and Dec 31, 2004, BEBA has served 110 families: 149 children and their parents.

#### **Clinical Staff**

The BEBA internship program continues to expand. The roles of the internship program for the Family Clinics are:

1. Facilitator who works with and trains assistants.
2. Facilitator
3. Co-facilitator
4. Assistant
5. Videographer

The clinical staff included 17 people: 5 facilitators, 3 assistants/co-facilitators, and 14 people who volunteered as videographers. Some staff members participated in more than one role during the year. Some of the facilitators offer workshops through BEBA.

The facilitators were Raymond Castellino, D.C., RCST®, Tara Blasco, M.A., RCST®, Nancy Greenfield, RCST®, Jean Weitensteiner, R.O.T., RCST®, and starting in December 2004, Mary Jackson, R.N., C.N.M., RCST®.

Dr. Castellino, the Clinical Director, who provided supervision and facilitated sessions, continued to donate his time, 683 hours in 2004. The only paid clinical staff members were the other facilitators.

Three staff members who had been videotaping began assuming the role of assistant facilitator starting in the spring of 2004. They had all graduated from the Castellino Foundation Training and a biodynamic craniosacral training, prerequisites to becoming assistant facilitators. They were Mary Jackson, C.N.M., RCST®, Alison Greene-Barton, RCST® and Cherionna Menzam, Ph.D., O.T.R./L., L.M.T., RCST®. They volunteered their time for a total of 282 hours in 2004.

All the videographers volunteered their time, 595 hours in 2004.

Nine observers participated in clinical training. The observers paid BEBA \$15/20 a session for this educational experience.

### Demographics of Families in the Family Clinic

BEBA operated on a sliding scale based on income with a per hour charge varying from \$0 to \$150. Most in-person sessions were between one hour and an hour and 15 minutes averaging 67 minutes. Phone support sessions were often shorter, averaging 40 minutes.

In mid 2004 BEBA raised the minimum hourly rate for new families and for those returning after a long time from \$0 to \$60 per hour. This was done because of a shortage of funds. So many low income families were being served that BEBA's income from families was not enough to cover its share of the costs (approximately half, the other half coming from donations/grants).

BEBA families who were already coming in regularly continued at their original charge. Families new to BEBA started at minimum of \$60/hour. BEBA had to turn away several low-income families. The average charge for clinic sessions this year was \$69 (\$61/hour). The average charge for a support phone call was \$50 (\$73/hour).

The following is a breakdown of families seen in 2004 by annual income.

Annual Income	Number of Families	Sessions for Families in this Income Bracket
< 10,000	5	77
10-20,000	7	133
20-30,000	5	98
30-40,000	5	95
40-50,000	7	34
50-60,000	3	29
60-70,000	4	14
70-100,000	1	16
≥ 100,000	13	136
<i>Total</i>	<i>50</i>	<i>632</i>

## **BEBA-Sponsored Parenting Workshops**

In 2004 Dr. Castellino began offering a series of experiential parenting workshops in Santa Barbara in for parents and professionals.

- "How to be with Children During Challenging Emotions: Anger, fear, sadness, jealousy, grief..." (April)
- "Effective Responses to Your Children's Anger and Opposition" (July)
- "Cooperative Parenting: Getting on the Same Page with Your Parenting Partner" (October)

## **Process Workshops for Parents and Professionals**

In 2004, BEBA facilitators Tara Blasco and Nancy Greenfield offered two 'Womb Surround' Process Workshops for adults: one as a 5-evening workshop for young mothers and another as a 2-day workshop, both in Santa Barbara at the BEBA Clinic facility. Process Workshops offer an opportunity for the parents/professionals to explore an aspect of their prenatal life/birth/early childhood in a safe, supportive environment, an adult version of the work BEBA offers to families and children.

## **Community Outreach**

Community and professional outreach continued. Dr. Raymond Castellino, D.C., RCST®, the Clinical Director, and other facilitators have given talks about the BEBA work to parents and professionals in the Santa Barbara community at international conferences. A professional film was released containing clips of BEBA children.

- Dr. Castellino and Mary Jackson, C.M.N., midwife and BEBA assistant facilitator, offered an experiential workshop and presented their work on newborn self-attachment at the California Association of Midwives (CAM) in Saucilto, CA in June.
- Dr. Castellino and Mary Jackson, C.N.M. participated at Esalen in Big Sur in September at a conference for local midwives, presenting their work with newborns.
- Jean Weitensteiner, R.O.T., RCST®, BEBA facilitator, presented several workshops for professionals in Santa Barbara and other parts of California on working with children.
- Tara Blasco, RCST®, MA and Nancy Greenfield, RCST®, BEBA facilitators presented case studies from their work at BEBA at Santa Barbara Graduate Institute.
- "What Babies Want," a professional film by Debby Takikawa, former BEBA facilitator, was released in November. It contained a few clips of BEBA babies / children and interviews with Dr Castellino, Mary Jackson, C.N.M., RCST® and Wendy McCarty, R.N., Ph.D., M.F.T, co-founder of BEBA.

## **Education / Research / Videotape Archiving**

A major part of BEBA is providing clinical experience for professionals. Observers, who are all health care professionals trained by Dr. Castellino, come from all over the U.S., Canada, and Europe to see BEBA sessions, then return home to serve families in their areas.

BEBA's videotapes are used by all the facilitators, to develop educational presentations for local parents and professionals. A Sony mini-DV camcorder is used to record all

family sessions. BEBA owns a DVD burner that is used to make backup copies of session tapes. Videotape review by facilitators assists in further development and refinement of therapeutic approaches.

Two of the clinical staff members are doctoral students at Santa Barbara Graduate Institute's Pre and Perinatal Psychology Program. They plan to use BEBA videotapes in the research necessary for their doctoral theses.

In December of 2003 BEBA received a grant from a private foundation for copying its tapes from hi-8 or mini-DV format to DVDs. This is important because the earlier tapes were beginning to degrade and because DVD format will preserve the videos and make them more accessible for researchers. The process was begun in 2004 with help from several volunteers from the community.

### **The Santa Barbara Facility**

BEBA continued to meet at the Castellino home for a nominal rent two to two and a half days a week, plus occasional other sessions. The BEBA session room is filled with gym mats, comfortable seating, toys, balls, tunnels, pillows, etc. In 2004, a second, larger room was constructed, to allow simultaneous use of the area by two BEBA families, or simultaneous use by the Castellinos and BEBA, where previously the two organizations needed to schedule around the use of the single session room.

In addition, BEBA has its own office room where facilitators met with videographers, assistants and observers before and after sessions, and write and review chart notes. Tapes of sessions are reviewed, stored, and copied there, and observers watch via closed circuit television there. There is also a separate waiting room/reception area.

### **The New Ojai Facility**

In September 2004, BEBA Facilitators Tara Blasco and Nancy Greenfield opened a new branch of the BEBA clinic at Tara's home in Ojai. The establishment of this new branch was funded entirely by Tara herself at no cost to the BEBA organization. It consists of a playroom complete with gym mats, a tunnel, toys, pillows, etc and a room for debriefing, writing chart notes, and storing tapes and equipment. Of the 50 families seen in 2004, three of them attended the new Ojai clinic, for a total of ten sessions at the clinic plus two phone support sessions.

### **BEBA's Development Needs**

In 2004 the clinic served up to 12 families a week with profound life changing effects for the families involved. The staff members who work at BEBA under Dr. Castellino's supervision are all deepening their capabilities to do the work. They are taking on more and more responsibility and are now ready to serve more families. By the year 2005, BEBA expects to have 7 trained facilitators. More funding is needed to be able to allow them to provide services. An executive director with fund raising and grant writing skills is a goal identified by the Board.

### **Fundraising Events**

Toward the end of 2004, BEBA began collecting donations for a fundraising event held in January 2005. Tara Blasco, one of BEBA's facilitators, and Erica Longton, a friend and supporter of BEBA from the UK, funded their own expedition to Africa to climb Mount Kilimanjaro in Tanzania in order to raise funds for BEBA. A \$15,000 matching donation was offered, due in January 2005. \$12,825 dollars were collected for this event by the end of 2004, with enough coming in 2005 to match the \$15,000 offer. In addition, donors contributed around \$24,000 in 2004 not connected to the Kilimanjaro climb.