

# *B . E . B . A*

*( Building and Enhancing Bonding and Attachment )*

## *A Center for Family Healing*

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### **Annual Report for 2005**

BEBA's major project over the past year, as in years past, has been the BEBA Family Clinic (now clinics, plural), 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 2005, BEBA also offered two 1-day parenting workshops for parents and professionals and two process workshops for parents / professionals.

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

During 2005, the BEBA Clinics provided 234 family sessions at the clinics or the families' homes and 64 phone sessions. Those served included 48 children, 33 mothers, and 24 fathers, for a total of 105 family members across 33 families.

Between January 1993, when BEBA started and Dec 31, 2005, BEBA has served 119 families: 153 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 13 people: 5 facilitators, 2 assistants/co-facilitators, and 6 people who volunteered as videographers. Some staff members participated in more than one role during the year. Some of the facilitators offered workshops through BEBA.

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

Dr. Castellino, the Clinical Director, who provided supervision and facilitated sessions, continued to donate his time. The only paid clinical staff members were the other facilitators. About mid-year Dr. Castellino stopped taking on new families in order to concentrate on another project. He continued to see families with whom he was already working as well as families he had seen when their children were younger who returned with a new sibling or their now older children for occasional visits.

One staff member, Cherionna Menzam, assisted with several families in early 2005.

Two staff members, Mary Jackson, C.N.M., RCST® and Alison Greene-Barton, RCST®, continue to work as assistant facilitators with some families and worked as co-facilitators with others. They volunteered their time. By the end of 2005 Alison was co-facilitating several families and was getting ready to take on her own families. Mary, who had co-facilitated several families, stopped working at BEBA in November to pursue her own private practice.

All the videographers volunteered their time, 275 hours in 2005.

Five observers participated in clinical training. Some of the observers paid BEBA \$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 \$60 to \$150. Most in-person sessions were between one hour and an hour and 15 minutes averaging 71 minutes. Phone support sessions were often shorter, averaging 43 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). As a result of BEBA not accepting any new families if they were unable to pay \$60/hour, BEBA provided about one half the services it had the year before. As of the fall we received donations toward supporting lower-income families and accepted two families into the program who were paying less than \$60/hour.

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 \$105 (\$90/hour). The average charge for a support phone call was \$60 (\$85/hour).

### **BEBA-Sponsored Parenting Workshops**

In 2005 Dr. Castellino offered two (April & December) one-day experiential parenting workshops in Santa Barbara for parents and professionals. The topic was "How to be with Children During Challenging Emotions: Anger, fear, sadness, jealousy, grief..."

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

In 2005, BEBA facilitators Tara Blasco and Nancy Greenfield offered two 'Womb Surround' Process Workshops for adults. 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®<sup>®</sup>, 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.N.M., midwife and BEBA assistant facilitator, offered an experiential workshop and presented their work on newborn self-attachment at the APPPAH conference in San Diego in November.
- Jean Weitensteiner, R.O.T., RCST®<sup>®</sup>, BEBA facilitator, presented several workshops for professionals in Santa Barbara and other parts of California on working with children.
- Both Dr. Castellino and Jean Weitensteiner taught students at Santa Barbara Graduate Institute's Pre and Perinatal and Somatic Psychology programs using BEBA insights and videoclips.
- Dr. Castellino was on one panel and Mary Jackson on several panels at showings of "What Babies Want", a professional film about babies' consciousness in which they both appeared.
- Tara Blasco, RCST®<sup>®</sup>, M.A. and Nancy Greenfield, RCST®<sup>®</sup>, BEBA facilitators presented case studies from their work at BEBA at Santa Barbara Graduate Institute.
- Alison Green-Barton, RCST®<sup>®</sup> presented the BEBA work at a Pathwork conference.

## **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 are using BEBA videotapes in the research necessary for their doctoral theses.

## **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 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 33 families seen in 2005, four of them attended the new Ojai clinic, for a total of 44 sessions at the clinic plus 20 phone support sessions.

**BEBA’s Development Needs**

In 2005 the clinic served up to 2-6 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 capable of serving more families. More funding is needed to be able to allow them to provide services, especially to lower-income families.

**Fundraising Events**

Toward the end of 2005, BEBA began collecting donations for a fundraising event held in January 2006. Tara Blasco, one of BEBA’s facilitators, and Maggie Rauen, BEBA board member and BEBA mom, funded their own expedition to Africa to climb Mount Meru in Tanzania (Tara’s 2<sup>nd</sup> climb in 13 months) in order to raise funds for BEBA. A matching donation of up to \$15,000 was offered. In 2005, \$5508 of this was raised. Another \$4235 was raised in 2006, totaling \$9743. So this amount will be matched.

**Family Demographics in Detail**

The following is a breakdown of families seen in 2005 by annual income:

<b>Annual Income</b>	<b>Number of Families</b>	<b>Sessions for Families in this Income Bracket</b>
< 10,000	1	2 (155 minutes total)
10-20,000	4	29 (1658 minutes total)
20-30,000	1	45 (2972 minutes total)
30-40,000	4	18 (1226 minutes total)
40-50,000	4	26 (1680 minutes total)
50-60,000	4	25 (1686 minutes total)
60-70,000	3	24 (1631 minutes total)
70-100,000	4	43 (2959 minutes total)
≥ 100,000	8	85 (5479 minutes total)
<i>Total</i>	<i>33</i>	<i>297 (19446 minutes total)</i>