

# *B . E . B . A*

*( Building and Enhancing Bonding and Attachment )*

## *A Center for Family Healing*

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### **Annual Report for 2006**

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.

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

During 2006 the BEBA Clinics provided 168 family sessions at the clinics or the families' homes and 51 phone sessions. Those served included 33 children, 26 mothers, and 17 fathers, for a total of 76 family members across 27 families.

Between January 1993, when BEBA started and Dec 31, 2006, BEBA has served 131 families: 169 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 8 people: 1 Clinical Director, 3 Facilitators, and 4 people who volunteered as videographers.

The facilitators were Tara Blasco, Ph.D., RCST®, Alison Green-Barton, RCST®, and Jean Weitensteiner, R.O.T., RCST®. The videographers were Rita Rosengren, R.N., RCST®, Karin Kushnirik, R.N., Ciena Rose William and Maritza Luz Vega, RCST®.

Raymond Castellino, D.C., RCST®, the Clinical Director, who provided supervision, continued to donate his time. The only paid clinical staff members were the three

facilitators. All the videographers volunteered their time, 147 hours in 2006.

Six 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 \$22.50 to \$150. Most in-person sessions were between one hour and an hour and 15 minutes, averaging 69 minutes. Phone support sessions were often shorter, averaging 41 minutes. The number of families paying less than \$60/hour was limited to 3 due to budget constraints.

The average charge for clinic sessions this year was \$87 (\$76/hour). The average charge for a support phone call was \$47 (\$68/hour).

### **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.

- Dr. Castellino and Mary Jackson, C.N.M., midwife and former BEBA co-facilitator, offered an experiential workshop and presented their work on newborn self-attachment a conference in Columbus, Ohio in April.
- 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.
- 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.
- Tara Blasco, RCST®, M.A. and Nancy Greenfield, RCST®, BEBA facilitators presented case studies from their work at BEBA at Santa Barbara Graduate Institute. Tara received her Ph.D. in the summer of 2006 based on BEBA work.
- Alison Green-Barton, RCST®, BEBA facilitator, presented the BEBA work at conferences in the US and abroad.

### **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. Videotape review by facilitators assists in further development and refinement of therapeutic approaches.

Two of the clinical staff members used BEBA videotapes in their doctoral theses at Santa Barbara Graduate Institute's Pre and Perinatal Psychology Program. Tara Blasco received her Ph.D. in July, 2006.

**The Santa Barbara Facility**

BEBA continued to meet at the Castellino home for a nominal rent parts of 3 days a week for session, plus evening staff meetings. The BEBA session room is filled with gym mats, comfortable seating, toys, balls, tunnels, pillows, etc.

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**

Since September 2004, BEBA has operated a second clinic in Ojai at the home of BEBA facilitator and board member Tara Blasco. Both Tara and Alison offer sessions there. This branch of BEBA is 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 28 families seen in 2006, seven of them attended the new Ojai clinic, for a total of 22 sessions at the clinic plus 3 phone support sessions.

**BEBA's Development Needs**

In 2006 the clinics 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.**

An anonymous donor offered a matching grant of \$15,000 in November of 2006. BEBA supporters donated enough money to match the full \$15,000. Some of this is reflected in the 2006 income and some in 2007.

**Family Demographics in Detail**

The following is a breakdown of families seen in 2006 by annual income:

Annual Income	Number of Families	Sessions for Families in this Income Bracket
< 10,000	2	17 (1065 minutes total)
10-20,000	3	20 (1155 minutes total)
20-30,000	2	12 (743 minutes total)
30-40,000	3	30 (1801 minutes total)
40-50,000	2	3 (147 minutes total)
50-60,000	4	28 (1858 minutes total)
60-70,000	3	20 (1212 minutes total)
70-100,000	3	30 (1963 minutes total)
≥ 100,000	5	59 (3756 minutes total)
<i>Total</i>	27	219 (13700 minutes total)