

# B . E . B . A

## ( Building and Enhancing Bonding and Attachment ) A Center for Family Healing

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### Annual Report for 2008

BEBA's major project over the past year, as in years past, has been the BEBA Family 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.

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

During 2008 the BEBA Clinics provided 175 family sessions at the clinics or the families' homes and 48 phone sessions. Those served included 24 children, 23 mothers, and 14 fathers, for a total of 61 family members across 20 families.

Between January 1993, when BEBA started and Dec 31, 2008, BEBA has served 138 families: 211 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 facilitator
5. Videographer

The clinical staff included 8 people: 1 Clinical Director, 3 Facilitators, 3 assistant facilitators and 3 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 assistant facilitator were Rita Rosengren, R.N., RCST®, Kenyon Taylor, CMT, RCST®, and Jody Donnolly, MA, CMT, CIMI, RCST®. The videographers were Maritza Luz Vega, C.M.T., RCST®, PPI, Kellee Clougherty, MD, and Cecily Miller, BFA, MA.

Raymond Castellino, D.C., RCST®, the Clinical Director, who provided supervision, continued to donate his time. The only paid clinical staff members were Jean and Alison; Tara and Ray both donated their time. All the videographers volunteered their time, 102 hours in 2008.

Four observers participated in clinical training, paying 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 \$30 to \$100/hour. In-person sessions were averaged 72 minutes long. Phone support sessions were often shorter, averaging 46 minutes.

The average charge for clinic sessions this year was \$73 (\$61/hour). The average charge for a support phone call was \$47 (\$62/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 at the California Association of Midwives (CAM) conference in Occidental in May and at the Ventura Breastfeeding Coalition co-sponsored by SBGI in August. Raymond Castellino presented at the Biodynamic Craniosacral Conference in Raleigh Durham, NC in September.
- Jean Weitensteiner, R.O.T., RCST®, BEBA facilitator, presented several workshops for professionals in Santa Barbara and other locations on working with children.
- Dr. Castellino, Jean Weitensteiner and Mary Jackson taught students at Santa Barbara Graduate Institute's Pre and Perinatal and Somatic Psychology programs using BEBA insights and videoclips.
- Alison Green-Barton, RCST®, BEBA facilitator, presented the BEBA work at conferences in the US and abroad and facilitated process workshops for adults in the US using BEBA principles.
- Tara Blasco, Ph.D., RCST® presented her work in her home country of Spain and facilitated process workshops there for adults using BEBA principles.

### **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 mini-DV camcorder is used to record all family

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

**The Santa Barbara Facility**

BEBA continued to meet at the Castellino home for a nominal rent parts of 2 days a week for sessions, plus evening staff meetings. The BEBA session room is filled with gym mats, comfortable seating, toys, balls, tunnels, pillows, etc.

In addition, BEBA has an 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 offered 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 16 families seen in 2008, eight of them attended the new Ojai clinic, for a total of 43 sessions at the clinic plus 6 phone support sessions.

**BEBA’s Development Needs**

In 2008 the clinics served 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 for donations from November through January. \$12,000 of donations was matched by \$12,000 from this grant. Some of this is reflected in BEBA’s 2008 income and some in BEBA’s 2009 income.

**Family Demographics in Detail**

The following is a breakdown of families seen in 2008 by annual income:

<b>Annual Income</b>	<b>Number of Families</b>	<b>Sessions for Families in this Income Bracket</b>
< 10,000	0	0 (0 hrs total)
10-20,000	5	81 (92 hrs total)
20-30,000	0	0 (0 hrs total)
30-40,000	2	15 (17 hrs total)
40-50,000	0	0 (0 hrs total)
50-60,000	1	11 (13 hrs total)
60-70,000	1	23 (26 hrs total)
70-100,000	4	56 (59 hrs total)
≥ 100,000	3	45 (55 hrs total)
<i>Total</i>	<i>16</i>	<i>231 (262 hours total)</i>