**BEBA - A Center for Family Healing**

**(Building and Enhancing Bonding and Attachment)**

**945 Oso Rd., Ojai, Ca 93023**

# BEBA Guidelines and Program Outline

**What is BEBA?**

BEBA is a child centered, family clinic that is dedicated to helping babies, children and families heal early restrictive patterns originating from prenatal and perinatal trauma, as well as bonding and attachment issues. These early experiences can have long term effects on one’s emotional, psychological and physical health and wellbeing. BEBA is a non-profit research and teaching clinic with branches in Santa Barbara and Ojai, CA.

**BEBA’s Goal:**

BEBA’s goal is to expand our understanding of the nature of early stress and trauma from conception through the first years of life and it’s effects on human development. It is dedicated to researching these issues and educating the professional and public sectors about its findings.

Early trauma can occur anytime during conception, gestation, birth, the events following birth and the bonding and attachment phases. It can leave restrictive imprints in the nervous system and affect future behaviors, emotions, belief systems, psychological orientations and physical health and wellbeing.

BEBA supports the development of successful strategies and interventions to help babies, children and families heal and release negative and/or restrictive imprints from those early periods.

**BEBA’s Research and Teaching**

BEBA is a research and teaching clinic. Its educational programs outreach to parents, communities and the public at large. It teaches classes about conception, pregnancy, birth, family dynamics, sleep issues, nursing and parenting issues for children of all ages. It trains facilitators, professionals in related fields and students of the Castellino Foundation Training, the Santa Barbara Graduate Institute and other related institutions. Closed circuit T.V. is sometimes used as a teaching tool.

**The BEBA Archive and Video Tapes**

BEBA seeks to gather as much research data as possible. To this end, sessions are video taped and the tapes are part of the data archive that is used for research. Notes are taken and occasionally a few photographs. Video clips, still photographs and information from sessions, chart notes, hospital records and/or intake forms also are part of the BEBA archive and may be used in teaching videos and/or training materials.

**BEBA’s Scope of Practice**

BEBA facilitators use a variety of facilitation skills and coaching modalities including but not limited to:

 Holding therapeutic presence;

 Craniosacral therapy –

 resolving cranial molding, tracking the autonomic nervous system, fluid tide

 systems, pacing, physical movement patterns, autonomic responses and states

 of consciousness;

 Polarity therapy;

 Trauma tracking and facilitation skills;

 Listening and accurate reflection skills;

 Empathic skills and verbal skills;

 Somatic tracking skills;

 Facilitation skills of differentiation, boundary setting, resourcing and self

 exploration;

 Group and family dynamic skills;

 Coaching families in parenting skills.

**Privacy versus Confidentiality**

BEBA, its staff, and participating students and researchers aspire to maintain as much privacy for the participants and their families as possible. However, because of BEBA’s research and teaching structure, **it is not possible to provide confidentiality**.

**Benefits and Risks**

BEBA clients are supported to explore their pre- and perinatal and post birth imprints. The BEBA philosophy asserts that if these issues can be expressed, integrated, re-patterned and/or released, the individual will be freer to live a more expressive and fulfilling life. BEBA facilitators use their skills to support this process.

**Benefits** – As Babies and children release stress and trauma imprints, they become more expressive, empowered and capable of relating.

Parents often report improved relationship with their children that are more joyous, attuned and connected. They also describe their children as being more cooperative, more coordinated, having greater concentration, sleeping better, having improved health, enhanced learning abilities and the ability to relate more fully and give and receive love more directly.

As parents also explore their early imprinting issues they often report being able to access new levels of congruency with themselves, their family members and others. They are more empowered, creative, free to make choices and able to maintain supportive and fulfilling relationships.

 **Risks –** As babies, children and parents explore their issues and imprinting, strong

 feelings and/or memories may arise. If this happens, participants can experience

 some emotions and sensations that may be uncomfortable or challenging to

 experience.

**More About The BEBA Focus**

BEBA seeks to work with families in which there is no physical abuse, substance or drug use. It is also important that parents are committed to using non-violent methods of discipline.

**How to Join BEBA**

Please call the BEBA main line and you will be put in touch with a BEBA facilitator who will call you back and speak with you about your needs and the BEBA program. Then, once you decide that you would like to go forward, simply fill out the forms and send them in. You are welcome to scan and send the forms by email to us, or to mail them to our main office at 945 Oso Rd., Ojai, Ca 93023.

**Phone Intakes**: Once your forms are received, your BEBA facilitator will speak with you again on the phone in order to clarify your intentions, answer any additional questions and/or ask any questions regarding the information you filled in on the forms. This Phone Intake usually takes 30-75 minutes and is billed as a session (see **Sessions** below).

**Sessions:** Sessions usually last for 60-90 minutes and are billed by the minute. One or both parents is always present in every session. Some families come weekly, some bi-weekly and some once a month. Sessions are video taped as stated above.

**Trial Period:** We support families to try BEBA for two sessions and if, for some reason they do not feel that BEBA is a match for them, the tapes of their sessions do not become part of the BEBA archive.

**Sessions for Parents:** It is common for parents to get in touch with their own material as they participate in the sessions. When this happens, we suggest that they come and do some of their own work. Sometimes both parents come together and sometimes they come individually. These sessions are not required but we find that when a parent does his/her work, this helps very much the progress of their child/children.

**Phone Support**: Periodically parents may need to have extra time to speak with their facilitator. This happens when they have questions about something that occurred in the sessions or when they need support with a challenging situation at home. Also, sometimes a facilitator will think it is important to educate them or explain concepts and strategies. These phone calls are billed as sessions.

 **How Long Do Families Come to BEBA**

Every family is individual. Some come for 6 months, some for a year. We find that the BEBA process naturally comes to closure as key issues get resolved. Some families will come back periodically for support after they complete the process. We ask that families return for a follow-up session at one or two year intervals, if possible. This enables us to follow and support your child(ren) and his/her development.

**Fee Schedule**

BEBA’S fees are set on a sliding scale. The fee is tied to one’s **gross income** and is set for a 60 minute session. Sessions are charged by the minute. Please honestly check the fee schedule that applies to you.

$75 with an annual income of $75,000 or less \_\_\_\_\_

$80 with an annual income of $80,000. \_\_\_\_\_

$90 with an annual income of $90,000. \_\_\_\_\_

$100 with an annual income of $100,000. \_\_\_\_\_

$120 with an annual income of $120,000. \_\_\_\_\_

$140 with an annual income of $140,000. \_\_\_\_\_

$150 with an annual income of $150,000. \_\_\_\_\_

$160 with an annual income of $160,000 or more \_\_\_\_\_

I/we have fully read and understand the above ‘BEBA Guidelines and Program Outline’.

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Print child(ren)’s name (first, middle & last)

**(If a parent has sole legal custody, only that parent needs to sign)**

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Mother’s Name (Please Print) Legal guardian if different

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Mother’s signature Legal guardian if different Date

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Father’s Full Name (Please Print) Legal guardian if different

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Father’s signature Legal guardian if different Date

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**Release of Records, Documents, Videos and Other**

**Material To The BEBA Research Clinic**

I/we understand that the BEBA clinic is a teaching and research facility that is

1. dedicated to expanding our understanding of human development during the pre-and perinatal, birth and post birth attachment phases. The BEBA clinic is committed to helping families resolve prenatal and perinatal issues and to using its research and findings to educate the public and professional sectors about the importance of these early times, and their impact on human growth.

Towards this end, BEBA may use the data in the BEBA research archive in the following ways:

 To offer classes, lectures, trainings, professional seminars, articles, books, videos

and/or audio tapes (in any medium of reproduction whether such technology exists now or hereafter) to professionals, students and the public.

 To collaborate with professionals in related fields.

 To fundraise for the BEBA clinic.

The records, videos, chart notes and other materials resulting from and concerning the BEBA sessions are part of the BEBA research archive and may be used for the purpose described above**. Though the BEBA clinic strives to provide privacy, its staff and associates cannot provide confidentiality.**

BEBA retains all compensation that it receives, now or in the future, from any of the above and I/we have no rights to any compensation.

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Print child’s name, mother’s name father’s name

**(If a parent has sole legal custody, only that parent needs to sign)**

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Parent’s signature Legal guardian if different Date

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Parent’s signature Legal guardian if different Date

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**Authorization To Facilitate Sessions** **And Release of Liability**

I/we understand that:

a. The BEBA clinic supports babies, children and parents to explore their prenatal and perinatal history and to release and/or repattern restrictive gestational, birth, post birth and bonding & attachment experiences.

b. the BEBA facilitators have all been trained by Dr. Raymond Castellino; they bring a wide variety of collective skills; they are not licensed mental health practitioners, M.F.T.s, M.S.W.s, nurses or Physicians.

c. sessions are videotaped and conducted with one or both parents present.

I/we, understand the ‘Risks and Benefits’ of this work (as described on page 2) and hereby release the BEBA clinic and it’s staff from any and all liability, present or future, concerning, but not limited to the failure to achieve benefits or the experience of the risks; and to hold the BEBA clinic and staff harmless of same.

I/we give authorization to the BEBA clinic, its facilitators and supervised assistants and

trainees to facilitate our child and family through an exploration into our prenatal, birth,

post-birth, bonding and attachment experiences and other related issues.

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Print child’s name, mother’s name father’s name

 **(If a parent has sole legal custody, only that parent needs to sign)**

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Parent’s signature Legal guardian if different Date

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Parent’s signature Legal guardian if different Date