

Eva Reich's Good Beginnings: Gentle Bio-Energetics

During Pregnancy and Birth

A Gentle Bio-Energetics training program for professional birth practitioners and birth participants, therapists, moms, dads and peers.

A peaceful world requires healthy, happier humans. Healthier babies result in a healthier world. A good start in life should be the highest priority. The baby has a birth right to a pink, rosy beginning. The important thing in human kind is to prevent neurosis from birth on.

Eva Reich

One of Eva Reich's specialties was applying the principles and tools of Gentle Bio-Energetics to establish a healthy environment for mother and for the development of the baby. The goal is to prevent unnecessary stress that can produce trauma for the baby and to keep the energy flow expanded and mobile. Any negative stimulus can cause a contraction.

The beginning of life has always been a very important focus for Eva Reich. Beginning with her work with her father observing his very gentle touch with babies and children, her work with premature babies in Harlem Hospital in the early 1950s, her experience with home births in her rural Maine practice, and her travels around the world observing prenatal, birthing, and postnatal practices, she has worked to bring about changes for healthier babies and mothers. She believed that, as we discover the root causes of armoring and dysfunction, we should work to change those sources. Seeing that the beginnings of life were major causes in the armoring, she worked diligently to bring changes to the way we bring children into the world.

My unique way was to integrate Gentle Bio-Energetics work into prenatal visits and regular checkups. I was amazed at how easily the work went during pregnancy because of the flexibility. I really wanted to train midwives in using the techniques as a way to prepare for birth. I think this is vital. One of my last workshops in Germany was with 80 midwives. I wanted to do more but it did not happen.

Eva Reich

Eva Reich observed many birth practices around the world ranging from: her training as a medical doctor in the US where she said she learned to fear birth; her first encounters in natural birth in her rural Maine medical practice where people told her to leave that she was turning a natural process into a medical process; her Harlem hospital internship where value of BTM and of singing spiritalis of Hatiian women and birth easiest in the world with sound opening pelvis and babies emerging easy as Eva said popping out; from her observation of various practices in European countries, Asian countries, South American countries along with US; from exposure to Michele ODnent's work as well as others who recreated the natural birth movement. As a result Eva learned and adapted many techniques to make them gentle to worked with pregnancy to help mother and baby have a better beginning. Combining her medical background, natural birth practices from around the world and her knowledge of Gentle Bio-Energetic she taught birth practitioners to make a positive birth experience. Father significance of

body memory and unconscious behaviors as a result and the armoring that developed. How to dissolve that in time of pregnancy to make easier. Discovered Baby Structure in all of us so very important time

Learn the impact of Mothers own trauma on the birth process. How to dissolve segmental armor in a very gentle way to make the birth easier.

Purpose to teach theory and application to create help for good beginnings

Who it can help. Midwives, doulas, nurse practitioners, ob, moms dads peers

Participants will learn theory and techniques that can be immediately applied to their practice or their pregnancy. When Gentle Bio-Energetics tools are used properly, you get wonderful results to help pregnancy, birth, and early development after birth.

Trauma Life-Line can discover the events in mom's history that could impede her connection to her baby or the birth.

Gentle Bio-Energetics Balance is used to get the energy flowing across all the segments of the body so that the mother is fully connected to her body. The tool is appropriate when there is a history of anesthetic, operation, broken bones, previous Caesarean birth, miscarriage, stillbirth, or a sense of disconnection from the body perhaps from abuse.

Metamorphosis is the primary tool used when the pelvic segment, lower part of the body, is cold or lacking energy evidenced by cold legs, feet, etc. Getting this part of the body warm can help the health of the baby, help prevent miscarriage, and for mom to connect to her lower body to help in the delivery. It may also help those who are having difficulty getting pregnant. Some practitioners have found that a breech baby will turn during this tool and present in a natural way.

Psycho-Phonic Breath is a way mother can learn to allow her entire body to remain open during the birthing process instead of constricting her muscles from memory. Similar to the singing Haitian mothers who gave easy birth.

Butterfly Touch Massage can help develop the bond between mother, father, and baby. When mother and baby are separated after birth, BTM can help to restore her natural stroking of the baby. The massage can help to get the babies energy flowing and self sustaining during 4th trimester. Butterfly Touch Massage and other tools can help to restore the energetic flow and relieve the tension in the baby. In places where there is a deep contraction in a difficult birth BTM can restore the expansion.

Baby Massage is a valuable tool for expansion in a person who is contracted. I see such changes happening, sometimes in one minute, in a baby that's so touched or treated. I know we can reverse the whole process at any point.

Eva Reich

BTM done regularly on mother can help keep her energy flowing before and after birth. Father or helpers can use BTM strokes on mother to help her relax and function during labor and delivery.

Gestalt Dialogue with mother and baby talking to each other can help create a connection or bond especially when the baby is unwanted.

Orgone Blanket can help maintain or replenish mother's energy to prevent exhaustion before birth, during birth and after birth.

Bach Flowers are a gentle way to balance energy when the mother is weak, collapsing, or in shock before, during or after birth.

Cranial Balance can open flow of energy to the pelvis, legs, and feet.

How to be present with mother, Michele Odent, Eva Reich

Understanding how past experiences in life can interfere with the ease of the natural process of birth.

Own birth experience

Traumatic experiences, unconscious, trance, early beginnings

Segmental armor, presence, tightening muscles,

Both for natural birth and to overcome the interventions of necessary life.

Length of course and schedule 4 days

Applying Gentle Bio-Energetics for prenatal care can free the mother from her body tension and the baby from the mother's problems by intentionally helping the baby begin life feeling the flow of life energy. Then the mother will not have to worry so about problems after the birth when the baby will require her full attention. Gentle Bio-Energetics frees the path for better mothering.

Richard Overly experience. Learned from Eva Reich 1985 to 1990 and conducted training in US and private practice in Asheville, NC. Since 2007 he has been training world wide. Learned uses of techniques for pregnancy etc from Eva and systematized the theory and techniques into a specific program for professionals and helpers. On some occasions has worked with individuals and others not as a birth practitioner but as an adjunct to the process. Doing the GBE in addition to the mother having good support. His students have continually reported good results. Natalies mom, and others.

Trainings conducted. Has taught this program in Greece and Poland and Latvia specifically for midwives, doulas and professional practitioners over the last 4 years. Prior to that he has integrated the material in the 8 day program for over 20 years teaching specific uses for how to use differently in pregnancy versus as regular treatment.

Dr. Michel Odent found something interesting, that if the woman is not disturbed and she stays in her pleasure state with the birth, a dreamy state, she produces endorphins out of her own hypo-thalamus, and these make a pleasurable state. Otherwise, as Dr. Grantly Dick-Read discovered, the moment you stress her and disturb her, she goes into what we would call a bioenergetic contraction, the endorphin production stops, adrenaline is released, and a vicious cycle of pain, fear, and tension is set up.
Eva Reich