Dear friends and colleagues,

I am excited to announce the arrival of a cutting edge CPD course and unique practitioner certification programme that is set to revolutionise the role of midwives in perinatal mental health.

**Conscious Perinatal Resilience Method™ (CPRM)** was developed by French specialist midwife and maternal mental health expert, Ariane Seccia. Her method is rapidly being accredited and adopted around the world, including Switzerland and Belgium, because of its high impact and fast results, benefitting the health and wellbeing of patients, babies and practitioners.

This method was only available in French and Spanish until NOW and the **inaugural UK training events will take place in Surrey this September 2019**.

Be one of the first to experience this transformational CPD programme and level up with a meaningful **new career path by specialising as a Certified CPRM Practitioner**.

Ariane is in high demand and will be travelling internationally for these training events. A **minimum of 10** delegates is therefore required to launch the UK training event so please contact your team leader as soon as possible to make this possible.

Please read through the PDF attached for more details, including the **Early Bird Fees that will increase after the 31st May 2019**.

**Join our Facebook Group for updates and ongoing support:**
https://www.facebook.com/groups/CPRM.UK

I am here if you have any questions and I look forward to welcoming you into our very first UK cohort!

*Lynn Jackson-Taylor*

Course Coordinator UK
Email: support@perinatalmentalhealth.co.uk
Phone: 07983392131
www.perinatalmentalhealth.co.uk/events
CPD Training & Certification for Midwives

Conscious Perinatal Resilience Method™ is the registered intellectual property of Ariane Seccia. © copyright Année de création en France : 2007 A.S.22.11Productions Ariane Seccia

Revolutionise the way you practice when you learn Ariane’s evidence-based framework and cutting-edge techniques that disrupt the stress-pathology link and allow you to give your patients the clarity, tools and confidence to break free from the issues affecting their mental health and their baby.
Overview of All Training Programmes

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<th>Modes of Human Functioning &amp; 36 Tools to Manage Stress, Anxiety and Fears around Pregnancy and Birth.</th>
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Optional Practitioner Certification

Delegates can become certified practitioners in CPRM after completing Level 1 and Level 2 and passing a coursework-based assessment that must be submitted within two months of completing Level 2. Having passed the assessment, delegates obtain CPRM Practitioner Certification and will be listed as a certified practitioner on our website and gain access to our members’ support community.

RCM Accreditation

Level 1 has been accredited by the RCM in 2018.

Upon successful accreditation, the RCM has encouraged us to submit all the subsequent levels for accreditation as well, which we are glad to be doing. The process is long but we are entirely confident that all remaining levels will become accredited.
Training Events UK 2019

Ariane is in high demand and has to travel internationally for these training events. A minimum of 10 delegates is therefore required to launch the UK training events.

Please register now and refer your colleagues to ensure that this internationally acclaimed training and professional specialisation opportunity comes to the UK.

Benefit from the Early Bird fees by booking before 31st May 2019.

Payment Plans are available for all courses and bundles. Please visit website for details.

**VENUE:** Dakota Venue, 11 Wharf Road, Godalming, Surrey, GU7 1NN

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<td><strong>Level 1</strong></td>
<td>13-14-15 September 2019</td>
<td>£749</td>
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<tr>
<td><strong>Level 2</strong></td>
<td>20-21-22 September 2019</td>
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<td><strong>Practitioner Certification</strong></td>
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<td><strong>ALL-INCLUSIVE BUNDLE</strong></td>
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Secure your seat today:
[https://www.perinatalmentalhealth.co.uk/events](https://www.perinatalmentalhealth.co.uk/events)
**LEVEL 1**

Level 1 has been accredited by the RCM. It is the essential foundation course and is experienced as a personal transformation in mindset and outlook on perinatal self care. This is a three-day intensive course with actionable learning that you can use to improve your clinical practice (including reducing your own stress). You will learn to transform both antenatal classes and one-on-one consultations by acquiring the tools to shift the mindset of patients with lasting effect.

Beyond developing your skill set, this course has been a transformational journey in itself for many attendees. Understand the human psyche, and practice the mindset tools for you own self care to avoid burnout and overwhelm. Enhance your own sense of worth and capacity in all dimensions of your own personal and professional life as well as helping your patients.

**Learning Outcomes:**

1. Understand the major modes of human functioning and the processes of:
   - Fear
   - Mental wellness
   - The construction of the psyche of the foetus
   - The ultimate goal being to empower the patient to reclaim their confidence and autonomy.

2. Be able to teach patients a logical framework and 36 targeted tools to so that they can manage stress, fear and anxieties, thereby:
   - Patients are empowered to reclaim their autonomy
   - Patients improve their own mental wellness
   - Patients open up to their full parenting potential

3. Be able to apply these tools across all life stages, for prevention care, rehabilitation and reducing the risk of relapse.

4. Gain confidence in how to apply these tools in clinical practice to break the stress-pathology link and improve birth outcomes for mother and baby, i.e., facilitate more serene pregnancies, faster more harmonious births, and minimise the risk of postnatal mental health problems.

5. Become familiar with the most frequently encountered fears, anxieties and emotional needs of pregnant women and learn how to apply the appropriate targeted tools.

6. Gain confidence in how to apply these tools to protect the unborn child from false-identifications that can lead to a “mode of non-liberated functioning”.
LEVEL 2

Prerequisite: Level 1 completion. It is recommended to attend Level 2 within three months of completing Level 1.

Level 2 teaches you a unique memory regression technique that you can perform during extended one-on-one sessions with your patients. This safe and deeply effective method is completely hands-off and does not require the use of hypnosis.

Certification Option

Delegates can become certified CPRM practitioners after completing Level 1 and Level 2 and passing a coursework-based assessment that must be submitted within two months of completing Level 2.

Having passed the assessment, delegates obtain CPRM Practitioner Certification and will be listed as a certified practitioner on our website and gain access to our Certified Members’ Support Community.

Meeting NHS Urgent CPD Needs:

There is a national priority to improve perinatal mental health and the tools taught on this course empower midwives to take immediate action to enhance their clinical practice and deliver effective patient-centred care.

This course helps midwives to meet professional standards and develop professionally with direct relevance to current national guidelines:

- The Code of professional standards, practice and behaviour set by the Nursing and Midwifery Council
- NHS Five Year Forward View for Mental Health (2016)
- NICE Antenatal and postnatal mental health Quality standard (2016)
- NICE Antenatal and postnatal mental health: clinical management and service guidance
LEVEL 1 Reviews from Midwives:

“Thank you so much for this training. Thank you for this gift, which is perhaps the best gift I have ever received. From Monday morning I used these tools, not without some apprehension, but with the certainty that these tools are all gems. I can say that at each transition where the person becomes aware of what was painful to them, we feel all the strength of these tools. And just being there to feel that is a great wealth to me. Thank you” - C

“I am finishing reading your book; it is fascinating because there are many notions that I was already pondering without daring to really believe! It comforts and reassures me in what I was already doing empirically. I thank you for everything you have already given me: it's beautiful!” - L

“Your work method is explosive and allows me to practice with humility and with love for others. Thank you again and congratulations for the development of these tools.” - A

“Thank you again for your training. It is truly an extraordinarily powerful tool, giving great security. Your method is genius. I recommend it to everyone I meet who could come to train.” - A

“Thank you for this beautiful course. I have already on these first 2 days used some tools ... with much joy; and on 2 occasions I even used one tool that I did not think was beneficial/applicable to myself: "Little Rabbit”. I immersed myself in the book to revive the memory of all that you tried to transmit to us; I can’t wait for level 2 !!!” - F

LEVEL 2 Reviews from Midwives:

“I just started applying the work on the subtones and can already say that it’s great, just from the few experiences I already have! This and the tools are really fantastic support for mums, it's a power that I did not expect. Truly amazing! And it gives us, as a midwife, a strong shield against the anxiety that can destabilise us, it supports us enormously, it assures and reassures us.” - N

“Jade was born at home. After working on the undertones for fears related to the feeling of “abandonment” of the first child and the fear of expulsion (...) we decided on a home birth. Despite a small relapse of fear about labour, my actual labour only lasted 4 hours, I gave birth in the water, without any damage to the perineum, even though I was scared of a big baby, forceps and bursting my perineum!!!! We are delighted. Thank you for giving us all this. It did me so much good and I hope to see you again for level 3.” - Testimony from a midwife who followed the course whilst she was pregnant and was cared for by another midwife who had also followed the curriculum.

“The young woman whom I finished treating gave me a present at our last appointment ... it moved me a lot because I did not expect it ... I use the tools almost daily in the intensive monitoring of pregnancy, in the antenatal appointments .and in the birthing room of course.” - L
About The Course Trainers

Ariane Seccia

Author and creator of Conscious Perinatal Resilience Method™ International Member of the RCM

Acclaimed French midwife, Ariane Seccia, is the course creator and director of the CPD programme. Ariane initiated the first stages of her original work "Accompaniment of the Psyche at Birth" in 2007. Over time she implemented her wider-scope of knowledge into her midwifery clinical practice. Her innovative Conscious Perinatal Resilience Method™ is evidence-based, supported by a bank of scientific research and data that she collected over the years.

Ariane’s significant success with patient outcomes led her to develop a complete teaching program of four levels for other midwives, doctors and healthcare professional working across perinatal care. Ariane has since been invited to present CPRM across the world and asked to open up her training programme internationally.

National medical institutions have requested access to her programme and even asked for tailored courses for different healthcare professionals to be made available to improve their services throughout the multidisciplinary team. This course, which originated in France, is now also firmly established in Belgium, Mexico, New Caledonia, Reunion and Switzerland, with more countries pending. The first UK event will launch in September 2019.

Ariane shares her wealth of knowledge gained through a life-long career in healthcare and specialisms including her Inter-University Diploma in Perinatal Psychology. Ariane has over 33 years of experience in midwifery, 19 years practicing perinatal psychology and 9 years as a trainer in the field. She has also occasionally been able to intervene for the CRIM (Reference Centre for Unexpected Death of Infants) and has created specific accredited courses at the request of the Order of Midwives in France.

Ariane teaches mainly in French (with all written teaching materials in English) and through bilingual course trainers delivers high-quality focused training internationally.

Ariane is also the author of several articles published in the Obstetrics Files and she has two published books. These are currently only available in French and Spanish, however an English edition will be available next year:

- Message From A Midwife For A Freed Birth - The Fears Of Pregnancy And Birth (2008)
- Death, Mourning, Life - A Message And Tools For Overcoming Loss (2016)
Lynn Jackson-Taylor

BSc (Hons) Physiotherapy, BA (Hons) Business Studies & Psychology, Cert (APPI), Dip (SpM), Cert (CPRM), MCSP, HCPC, RCM Associate Member

English-French bilingual physiotherapist and hypnobirthing practitioner, Lynn Jackson-Taylor translates and adapts Ariane’s CPD and certification courses to meet the needs of NHS priorities in perinatal mental health and the needs of perinatal healthcare professionals working in Britain today. Lynn’s work was instrumental in the course Level1 gaining RCM Accredited Status from the Royal College Of Midwives early last year (2018). She will head the repeated process for accreditation of all levels of the Conscious Perinatal Resilience Method™

Lynn is a public speaker and advocate for maternal mental health. She has presented two poster presentations on CPRM at the RCM Annual Conference and the RCM Education Conference and has featured in Midwives Magazine.

Lynn has worked across NHS Clinical Governance, public and private sector clinics and currently teaches hypnobirthing courses and provides perinatal coaching classes through her online school.

Lynn is the first English-speaking certified CPRM practitioner. She leads the CPRM training in the UK and across all English-speaking countries and provides ongoing support for delegates. Her experience in providing other forms of training across the multidisciplinary team, as well as coaching anxious parents-to-be, make her a highly approachable CPD trainer and attentive course facilitator.

Lynn hosts the Facebook groups and is your first contact for all CPRM enquiries.