



Colleen Larkin:

**Alienation of the Body in Birth: An Epidemic. Coming Deeper Into Connection With the Body
and Our Internal Guidance System Throughout Pregnancy.**



Colleen is an expert in the field of sexual and reproductive health. She is a birth educator and a trained DONA doula. She approaches birth work and education from a holistic, somatic, mind-body perspective. Come into alignment with your own innate wisdom, discover how to resolve trauma through the felt sense of the body.

TOP EMBODIMENT TIP: Tune into yourself, feel and sense your own rhythm. This wisdom has been uniquely curated for you.

Alienation From the Body: The Lost Body.

- In *Creole* the word for “house” is *kay* and the word for “body” is *kay mwen* which translates as “my house”.
- Trauma means we are leaving our home.
- This is happening on a very large scale in the birth world. It’s just too painful.

Trauma: Unnecessary Interventions Lead to Negative Outcomes at Birth.

- In spite of the evidence, more and more women are choosing elective epidurals and C-Sections. Here’s this most miraculous moment and they don’t wanna feel it.
- Interventions can trigger a protective survival response, which may lead to trauma and disease.

Shame and Fear Around Sexual and Reproductive Health: Birth As A Foreign Country.

- We’ve been fed sensationally negative subconscious associations with birth, ignoring the natural intelligence of the body.
- Women’s bodies have been historically shamed, their sexuality degraded. Their intuitive wisdom has been dismissed.

Wild and Undomesticated: Trust and Sensuality as Gateways.

- Birth is primal, sensual and animalistic. In order for any mammal to birth, she needs to feel safe, relaxed, uninhibited, wet, open and in her sensory world.
- There’s an invitation to “speak” the language of the body -sensuality- and enter a non-rational space of trust.

Birthing in Safety: Awakening the Inner Wisdom.

- A traumatized or flooded nervous system isn’t able to take-in too much activation. It would be overwhelming.
- Small titrated ways to tune-in to the inner wisdom of the body can be the alchemy that leads to birthing from a place of safety.

Resources

- ❖ **Website:** <https://embodience.squarespace.com/>
- ❖ **Social:** [Fb/Colleen.Larkin.520](https://www.facebook.com/Colleen.Larkin.520)



All Trauma & Social Change Presentations are Proudly Sponsored by

Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

OI's Trauma Safe™ Trajectory features a carefully sequenced set of trainings, including the experiential 10-Week End of Trauma™ Course, the HEART@Home™ Coaching Certification, and the OI in-depth overview, PTSD: Post-Trauma System Development course. All courses are available online.



PTSD: Post-Trauma System Development emphasizes skills and theory relevant to personal resilience, as well as for professional therapeutic understanding and intervention. This course also includes demonstration sessions, debriefed by Steve Hoskinson, and monthly online group meetings with Steve through 2021.

As an Embodiment Conference registrant, receive 50% off Post-Trauma System Development with this Conference's Exclusive Offer. Use coupon code ENJOY when you register. [organicintelligence.org](https://www.organicintelligence.org)

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now