

ANCESTRAL HEALING AND PERINATAL TRAUMA

A five-weekend immersive course designed for somatic therapists and practitioners who want to deepen their capacity to work safely and effectively with trauma rooted in early development, conception, birth and transgenerational experience.

This training explores how trauma can originate not only from personal conscious life events, but also from conception, pregnancy, birth and ancestral history. These early and inherited experiences can shape nervous system functioning, identity, relational patterns, and one's sense of belonging and purpose. Through this course, you will learn to recognise how these imprints live in the body and develop the clinical skills to work with them safely and effectively.



Dates:

Weekend 1: 19-20/09/26. Life line and conception memories.

Weekend 2: 14-15/11.26. Pregnancy and birth memories.

Weekend 3: 16-17/01.27. Project and life meaning.

Weekend 4: 20-21/03.27. Transgenerational memories, working with the family tree.

Weekend 5 15-16/05.27. Introduction to family constellations and healing sentences.

Times: 10:00 – 17:00 (with one hour lunch break between 13:00 – 14:00)

Location: Calmer Being at 21a Walker St, Edinburgh EH3 7HX

Price: £1,500

Between each weekend, there will be a **1-hour group supervision session** to support integration, answer questions, and provide guidance as you begin applying the work in practice.

Dates: 15/10, 10/12, 11/02, 15/04, 10/06

Times: 5.30 pm

Training content and focus

Trauma is not only the result of overwhelming events, but also of unmet biological needs and early developmental experiences. Experiences during conception, pregnancy, birth, and early relational environments can profoundly shape nervous system regulation, identity formation, and behavioural patterns. In addition, transgenerational trauma and inherited nervous system patterns can influence present-day experience.

This training will explore how trauma forms across developmental and ancestral timelines, how it manifests somatically, and how it can be safely accessed and resolved through somatic and systemic approaches.

Structure of the training

Each weekend includes both theoretical and experiential components.

- Mornings focus on theory, demonstrations, and discussion, providing a clear framework.
- Afternoons focus on experiential learning, including live demonstrations and supervised practice in small groups, allowing you to develop practical skills in a safe and supported environment.

Weekend 1 – Lifeline and Conception

- Biological needs and how unmet needs remain in the body
- Exploring core biological needs: safety, protection, value and belonging
- Triggers, automatic reactions and behavioural patterns
- Introduction to the lifeline and how trauma can affect us beyond our own life
- Influence of conception, pregnancy, birth, project and meaning, and transgenerational information
- Lifeline protocol
- Understanding types of conception and conception wounds
- Exploring how to work with conception memories

Weekend 2 – Pregnancy and Birth

- Understanding the importance of pregnancy in trauma development
- Exploring the first weeks of life and early imprinting
- Pregnancy timeline protocol demonstration
- Working with sensations and resourcing during pregnancy stages
- Pregnancy healing protocol practice

Weekend 3 – Project and meaning of life

- Understanding the concept of project and meaning
- How unconscious life projects influence identity and life direction
- Exploring personal life purpose and inherited family expectations
- Project and meaning protocol

Weekend 4 – Transgenerational Trauma

- Understanding transgenerational trauma and inherited patterns
- Introduction to family tree work
- Epigenetics and behavioural patterns across generations
- Demonstration of accessing the family tree
- Protocol for identifying the root of inherited trauma
- Creating and exploring your own family tree

Weekend 5 – Introduction to Family Constellations

- Introduction to family constellations and systemic work
- Understanding the family as a system
- The laws of order and systemic balance
- Introduction to the knowing field
- Demonstration of systemic family mapping
- Family constellation exercises

Who this training is for?

This training is designed for somatic therapists and practitioners who want to deepen their understanding of developmental, perinatal, and transgenerational trauma, and strengthen their ability to work safely and effectively with these layers in clinical practice.

It is suitable for practitioners already working somatically who wish to expand their clinical skills, work with earlier and deeper trauma imprints, and develop greater confidence in addressing trauma beyond personal life events.

Participants should have prior experience working with clients in a somatic or therapeutic context. No prior specialist training in perinatal or ancestral trauma is required.

CPD accreditation and certificate of attendance

This training counts as 100 CPD (Continuing Professional Development) hours and is designed to support the ongoing professional development of somatic therapists and practitioners. Participants will receive a certificate of attendance upon completion of the course.

In order to qualify for the certificate and CPD credits, participants are required to attend at least 90% of the training, including supervision sessions between modules and complete 3 case studies after each weekend applying the different protocols practised in the class.

How to register

If you would like to attend, or would like further information, you can reply to this email or contact me at: contact@anaisabelpiris.com

Places are limited to 8 participants in order to maintain a small group and ensure individual support.

Interested but unavailable?

If you are interested in this training but the current dates do not work for you, please feel free to get in touch to express your interest. I will be offering this workshop again in the future, and I would be happy to notify you of upcoming dates and opportunities to attend.