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The template of physical and mental health

The attachment process from birth to eighteen months of age lays down a template in our bodies for our physical and mental health lifelong. This biological communication between a newborn and developing infant and their caregivers create the relationship this baby has to themselves, to others, their ability to cope with stress, their ability to learn. This process deeply influences the development of the autonomic nervous system.

This, in turn, impacts the growing organs in a way in which the physical health of the cardiovascular system, the immune system, the glucose regulating system, and other important organs are vigorous or compromised. The Adverse Childhood Experiences research further delineates these influences.

Biography

Myrna Martin is a Family Therapist, Teacher of Pre and Perinatal Psychology, and an approved teacher of Biodynamic Craniosacral Therapy. She teaches across the USA and Canada, United Kingdom, Taiwan, New Zealand and Europe. The fields she focuses on includes pre and perinatal therapy with focus on the early developmental trauma resolution model. She has taught a two and a half year training in Pre and Perinatal Psychology (PPN) 7 times. Her next training will be in Santa Cruz, CA. beginning in Nov. 2018. Myrna has produced an 80 hour video series "Healing Early Developmental Trauma" which include hundreds of pages of notes, articles and references as well as group support calls. In July 2014 Myrna began three levels of two week intensives in PPN that includes theoretical knowledge, as well as in depth personal exploration of participant's own early history, in a residential format at her Retreat Center in Nelson, BC.

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