



# Celestial Mother and Psychology: Healing Childhood Developmental Trauma

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Presented by:  
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# Why We Decided This is Important

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We have mother wounds ourselves

We see the multi-generational childhood developmental trauma being passed down ad infinitum

There are many modalities that treat attachment wounds and childhood trauma

But we need to do a better job of preventing childhood trauma

We can do that by bringing back the matriarchy, the Goddess archetype, and prioritizing women's well-being.

“If I could start over, from the beginning...I would list the names of all the mothers who have known the unspeakable joy of gradually knitting life within her, of bringing life from the dark to the light. The mothers who remind us, no matter who we are, that our first country was a woman’s body, and our first element was water, and that our first reality was darkness.”

*Mary Magdalene Revealed*, Meggan Watterson, pg. 12

# Our Second Home?

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## Our Bodies

We have to be embodied to be healed. And sometimes being embodied is painful because it is the source of our implicit emotional pain

We have to look within to the Inner Mother and learn how to mother, nurture and accept ourselves.

# What is the Mother Wound?

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A child will abandon themselves or dissociate in an attempt to self-soothe or stay connected to an abusive, neglectful, or emotionally absent parent

Thus begins a life long wounding and self-abandonment known as childhood developmental trauma

The caregiver needed for safety and love is the threat they must protect themselves from and they can't

We were born to have a secure attachment that fosters interdependence in adulthood.

# Myths of Motherhood and Mothering

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- Nurturing comes naturally to all new mothers
- A mother can endure anything for the love of their child
- All mothers are loving and accepting of their child
- It's easy to love a child if it's yours
- Mothers will do whatever it takes to make their child \_\_\_\_\_(happy, a priority, safe)
- Mothers are naturally self-less
- Only a woman can mother
- Mothers can do everything - work, take care of the home, raise children.

# Secure Attachment



# What Influences Attachment?

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The environment in the womb of the grandmother

The environment of Mom's womb

The birth experience

The postnatal experience

The mother's childhood experience and relationship with her mother.



# When it goes as designed

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Human babies are wired to depend completely on mother's nurturance

Only through nurturing, a peaceful relationship with mother, and attunement can the child's brain develop neurotransmitters associated with serotonin, dopamine, and oxytocin

Right brain growth depends on predictable, sensitive attachment McDaniel, Mother

Hunger

The right hemisphere is responsible for common sense, social cues, and empathy.

# Pre-Verbal Attachment Creates Implicit Memory

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Implicit memory is a part of our innate intelligence

It maps our sense of safety and love

It is part of our original evolutionary nervous system and is immediate, reactive, and automatic

The prefrontal cortex is a part of our more recent evolution and helps us organize the information from the nervous system and make sense of reality

Brain development in early childhood depends almost entirely on the relationship with the mother.

# Pre-Verbal Attachment Creates Implicit Memory

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Healthy brain growth depends almost entirely on sound, touch and consistency in the early years

Babies are sharing the mother's brain to co-regulate and grow

As adults, our ability to self-regulate has everything to do with those early implicit memories - they are embodied, not conscious or explicit.

# Attunement

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Attunement is attention. Attunement is full-bodied. Babies can sense attunement or the lack of it

Tronick's still face experiment:

[https://youtu.be/f1Jw0-LExyc?si=5NxpLcrmmh9B\\_2tU](https://youtu.be/f1Jw0-LExyc?si=5NxpLcrmmh9B_2tU)

Without attunement, babies cannot tolerate their mother's proximity

Mothers don't have to be attuned 100% of the time, but mothers who are attuned, don't let babies struggle too long. And babies know that.

# Attunement

The back and forth between child and mother builds trust and secure attachment, thus developing the right brain.

By the third month, the baby is mimicking mother's sounds and expressions.

*By the fourth month, the baby will drop the expressions that mother does not use.*

Beebe



# Secure Attachment

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Secure attachment comes from attunement.

When a child has a secure attachment:

- They are curious and open

- They are empathetic

- They can form close, long lasting relationships

- They have a better sense of self and their relationship with others and the environment in general.

# Insecure Attachment

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Insecure attachment comes from inconsistent proximity and attunement. Or no proximity or attunement.

Approximately 50% of Americans have an insecure attachment. Levine and Heller,

Attached

Insecurely attached people:

- It is more difficult to tolerate all emotions, especially distress

- Tend to withdraw when afraid, rather than connect with others

# Three Kinds of Insecure Attachment

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## Avoidant Attachment

Difficulty discussing emotions or naming their own experience of emotions

Could come from under-mothering - not having enough proximity to a warm, loving presence or attunement

Over-mothering - the mother is suffocating and needy; the parentification of the child

## Anxious attachment

The child and later the adult, is seen as needy, clingy, dependent

The parent is not attuned in a predictable way

The parent could be rigid, uncompromising and anxious themselves



# Three Kinds of Attachment

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## Disorganized Attachment

The child and later adult is unpredictable in relationships - can greet their person with warmth, avoidance, or crying

The caregiver has been a source of fear for the child and has themselves been unpredictable

The relationship with the caregiver has been erratic or incoherent to the child

# Insecure Attachment

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Insecurely attached people:

Can be more dependent on others

Can be less patient and flexible

Tend to have less capacity for memory

Find themselves alone more often than they would like

Experience loneliness more often, even when in relationships

# Insecure Attachment

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Insecurely attached people:

Don't know how to connect to themselves or others

Tend to be dissociative

Can be more aggressive or passive/aggressive in trying to get their needs met.

# Healing Attachment Wounds in Adulthood

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As adults, our ability to self-regulate has everything to do with those early implicit memories - they are embodied, not conscious or explicit

This is why it is easier to pass onto our children

The work of healing attachment wounds is NOT a quick, solution focused approach

Clients will come to therapy because of a particular pain point: anxiety, depression, relationship issues. All of which are connected to that original wounding.

# What We Need for Healing the Wound

## Self Regulation

Can be taught using psycho-education, emotion regulation skills, modeling, and somatic work

## Attunement/Connection with others

Attunement with the therapist can be foundational for attunement with others

Meditation/mindfulness increases the empathy centers of the brain

Interpersonal skills can help clients with communication, and validation of self and others

## Inner witness

Guided meditations and experiential work helps with this.

# The Inner Mother

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The inner mother is accessed through work with the therapist using experiential techniques and guided meditations.

The inner mother is already there in the body, in the prefrontal cortex, waiting to be consulted and aligned.

Looking out toward a benevolent being that is bigger than us, bigger than our pains, kinder to us, helps foster the inner mother.

# The Cultural and Systemic Mother Wound

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The evolution of our spiritual practice has everything to do with our damaged system/culture

In the beginning...woman was honored and the deities were representative of the female's ability to reproduce and raise up children

In many cultures on every continent there were female Goddesses who represented power, creation, nurturance, wisdom, love, peace, and collaboration.

20,000 years ago the Venus of Wilendorf was representative of the values and spiritual practices of humankind.

She is an icon of fertility and reproduction. She is also an icon of embodiment.





# The Minoan Snake Goddess



# Innana and Hathor



# Goddess as Manifest Deity

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We don't "believe" in the goddess, we connect with her, we come to know her, we see her as life, beauty, the rocks, the elements, the moon, the earth

Carl Jung, Joseph Campbell, Marion Woodman, Clarissa Pinkola Estes, et. al... describe the history, the validity, and the value of the Goddess archetype

Jung saw archetypes as "images of instincts."

# Joseph Campbell

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Joseph Campbell said, “This is one of the glorious things about the mother-goddess religions, where the world is the body of the Goddess, divine in itself, and divinity isn’t something ruling over and above a fallen nature.”

# Patriarchy Took Over

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The result of living for so long in patriarchy is epigenetics - passing down trauma in our DNA and bodies

We are dealing with systemic trauma from living in a world where women who give birth are not receiving the care and attention they need to prevent childhood developmental trauma

Historically, the patriarchy has been interested in the class system, keeping races separated, and keeping women constrained to particular roles with no real power or control.

# Patriarchy Took Over

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The last 5-6,000 years represent the rise and rule of patriarchy in most cultures

No longer is the matriarchy the foundation of society, or considered in decision making, culture, government, or religion

Patriarchy represents “power over,” colonization, imperialism, war, consumerism, and the class system.

# Our Culture has a Mother Wound

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“Lack of nurturance damages brain circuits meant for connection and strengthens circuits designed for preservation.” Kelly McDaniel

Not only do individuals suffer from lack of attunement, our whole system, our culture is preservation mode, not connection mode

When we make connection and healing the goal, all will heal: men, women, non-binary folx, the system, and the earth will all benefit from this work.

# There is Hope

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We have a hope that change is possible

Science shows us we can repair the heart and mind with attunement, connection, and self-regulation can reverse the damage caused by lack of attachment/attunement

Divine Feminine shows us we can heal our system, our culture with a focus on connection and healing.



# For More Training...

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Join us for a day long to look at this topic in more detail.

August 10th 10:00 a.m. - 5:00 p.m. CST, 11:00 a.m. - 6:00 p.m. EST

6 CEU's will be provided

It is virtual

The fee is \$155

Go to: <https://jennalongmire.com/ceu>

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