

Critical Thinking Paper

Mutual Caring: A Manual of Depth Pastoral Care

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30/04/2023

### Abstract

In today's world, everyday is full of stress. Everyone would experience some amount of stress daily. What happens if a pregnant mother face with stressful events, especially when still she is not aware of her pregnancy? What if a mother can not cope with the amount of stress properly and allow it to affect her fetus. The fetus is the most vulnerable to stresses that the mother bear, especially in the first trimester. A stressful mother would not be able to give love and affection to her fetus and to make sure that the fetus is feeling wanted and loved. Frank Lake wrote a book that provide a deeper understanding of the first trimester of the pregnancy from both the psychological perspective and theological perspective. With this book Dr. Frank is trying to provide a very accurate source for the counselors to provide ease for those who suffer from a traumatic first trimester stage.

Keywords: Fetus, first trimester, empathy, suffer, re-living.

### Critical thinking

The book is named Mutual Caring with the subtitle of A Manual of Depth Pastoral Care. Mutual Caring is a book very different than the other books in psychology and counselling. This book provides a very profound knowledge about human being and how the very beginning of the live has impacted their later life. This book provides counselors a deep knowledge of counselling with the clients who have suffered in their fetus stage of their lives, and they still suffer from that stress.

Frank Lake talked about the book that mutual caring is not because both recovery and integration are working at the same time, but the important is the one who today is being cared for tomorrow or the next day will provide care. In this book the technique is more dependent on mutual caring not training. It means that therapist and the client both can do the same and they switched their roles during the experience. Frank Lake attempted to cambion the theological perspectives with psychological perspective in this book to provide a deeper knowledge for the counselor.

What is the purpose for the book?

The overall purpose of the book is that the first trimester of pregnancy is the most important time for a child. In this period human being personality will be shaped, the first trimester is a period that will last live long with the person. Also, the first trimester of pregnancy can be very traumatic for mother and the fetus would suffer from the situation. In this book the purpose is to recognize the catastrophe of the first trimester and to provide a true and a very accurate empathy resource to those who suffer. There are hundreds of evidence, that show the fetus is being invaded through the umbilical cord by the black or green distress issuing from the mother's circulation. All will happen in the first trimester of pregnancy, but it can also resist throughout the pregnancy.

2: What is the author trying to accomplish?

The author is trying to provide a very accurate resource of empathy that is the center of a counselor's effectiveness in the purpose of boosting the counselor's ability. For this purpose, the Autor is trying to show that the root of all neurotic fixation can happen in the first trimester. An experience was done, and the study was a re-living kind, from the trimester to the birth.

Every session was starting with prayers and relaxation after that the experience was starting and the feelings of the mother and father was studied even before the conception, during and after the conception. The experiences and the data were understood well by those who were experiencing the pregnancy from the conception time to the first trimester. But this experience and sources were not understandable by those who never had experienced. Some people in the middle of the workshop had left because this experience and workshop was difficult for them, but some new people were entered.

Dr. Frank believed that the counselor should behave more wiser than ever after being provided by the new source. The counselor should offer a great care for those who suffer from maternal-fetal distress syndrome. Dr. Lake in this book wanted to show that if a counselor wanted to open the issue of the fetal distress, he should have a very deep knowledge about it. The therapist should have more skills in the purpose of working about fetal traumatic experiences with the client. And this book would provide a great knowledge about the curing of the fetal traumatic experiences.

### 3: What issues or problems are raised?

The issues that were raised, can a six-to-twelve-week organism cope with the complex tasks that were supposed to be done. Can a single organism code the experiences and store them as a primitive experience? Another issue that was raised how to study the re-living from the science perspective? The workshop that was taken for the purpose of the re-living was much different than a scientific training or even it was not comparable with a scientific workshop.

#### 4: What data, experiences, and evidence are given?

Then data and evidence were given about how a single organism can store information and it can use those information's as the primary experiences, in this book. For instance, Richard Dryden was an embryologist wrote about containing information by a single organism, in *Before Birth* (1978), that the possibilities are the zygote contains information beside what is stored in nucleus. Moreover, the evidence shows that the cytoplasm of the fertilized egg contains information that is essential for the primary development stage. Another evidence was provided that "when one cell start dividing into two and goes on dividing, as the genetic nucleus does, to reproduce that same coded information in all successive generation as a permanent record, does the cytoplasm do the same? Why? In here again what Dryden said is correct the coded information should be open to receive new experiences (Lake 2008)." The other issue was about memory and how a single organism can make memory at each stage?

#### 5: What concepts are used to organize this data and experiences?

The third chapter gives us information about the concepts used to organize this data and experiences. Twelve hundred people were participating in the workshop to do the experiment. In the experience the psychological pain had to be discovered totally for the aim to reduce the negative effects because of that each participant were given a 3-hours session also there were time for the participants to share their feedbacks. And the four level of fetal response were taken out from these experiments. Three levels are the ideal situation, the coping and response, the opposition, and the trans marginal stress.

The first level was the "ideal" that the mother would be in a peaceful situation, she felt love by the family and God, and was in a situation to accept the fetus. The second level was the coping level in which mother can not meet the essential need of the fetus and the fetus loss hope of the

ideal situation. The third level was total opposition in which when the fetus feels unwanted, and the mother is so stressed the fetus enter into total opposition and to invasive maternal distress. When the fetus enters in the level of trans marginal or over stress level it would wish more for death than living. And the fourth level, trans marginal, can reawaken during the birth and this time it would be less tolerable. In here the “isomorphic resonance” means breaking of the repressed emotions into consciousness, will happen.

6: How is the author thinking about the world?

The author thinks about this world very sympathetic and wanted to ease the pain of human being who would start suffering from the time they are very tiny and 4 to 12 weeks old. He is trying to show healing ways both psychologically and theologically. He also thinks about this world that every human being is being loved by God and His son is a symbol of his love experiencing of the first trimester. He also sees to the world as a modern world that there should be some changes in the matter of pregnancy. He believes no one is thinking that serious about the first trimester of the pregnancy though it is the most important part of a person's life.

7: Is her thinking justified as far as we can see from your perspective?

And I think the author has justified her perspective by talking of who are the victims of the maternal fetal distress syndrome. And then he asks if a human being start suffering the 4 weeks, is it the will of God? Is He made us in this way to suffer or He will help us and ease our suffers. And then he answers that God's response is remedial, not diagnostic.

8: And how does she justify it from her perspective?

Dr. Frank Lake justifies his perspective by mentioning the writings of Rowan William about the accurate meaning of the resurrection to Christians. He writes about the memory and exposing it to recovery through the acceptance of the psychotherapeutic approach even if these memories

are from the childhood. Dr. Frank gives an example of the writing of Simone Weli as he wrote that for recognizing of the maternal foetal distress syndrome that happens in the first trimester there is no need to search about it in fetus, but we can see to ourselves. We live as an adult and push the badness into the legs and feet. If the fetus does not receive love, it would feel empty during the rest of its life. So, the exchange of both human and Christ like love can bring difference. Dr. Lake sees the passion and death of Christ as the highest act of love.

9: How can we enter her perspective to appreciate what she has to say?

By reading the bible and reading about the life of blessed Mother Mary and the development of her fetus within her. The mother Mary had made a secure environment for her fetus and was providing the sense of love and security.

In the end of the chapter five the author gives examples of the eastern countries that how mothers and families take responsibility to make the best situation for the pregnant mother. Also, he says that western world compared to eastern is a place that ideal stage is very rare, and stress is becoming a norm that will affect the next generations' lives. Today we are witnessed of some problems in the family and by enduring them the mother impact the fetus in her womb. When the child is born, fetus distress can be hidden for some times, but it can be resurfaced more severe.

By understanding of the importance of the first trimester of the pregnancy and of course the importance of all pregnancy a mother can affect the generation later. Mothers should teach by the mutual caring. They should learn about mutual caring, they should accept their fetus, send love to it, and provide a secure environment for her fetus.

References

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