

THE PRIMAL CONTINUUM OF HUMAN DEVELOPMENT PROJECT



Let's create a world where children don't need to recover from their early adverse experiences and an unhealthy environment. Let's create a world where children are fully supported in becoming adults who can work collaboratively to solve the issues facing us and our Earth. To manifest this vision requires an understanding of the Primal Continuum of Human Development (PCHD).

"We, the People", can work together to create this new vision for humanity.

Dear Conference Attendees,

We, The Primal Continuum Alliance, bring a missing piece of the puzzle to the field of social psychology: how our early primal environments shape human development. We believe that understanding and incorporating this piece, described below, is fundamental to knowing why humans behave the way they do and to the success of the Heroic Imagination Project.

Our Goals:

- Establish a "New Story" of Human Development and Reproduction using a Parenting Certification Program to create healthier environments for children.
- Create a Public Health Awareness Campaign to educate all people about the PCHD and the importance of Child Development. Incorporated PCHD into education at all levels.
- Establish Universal Health Care based on the PCHD and Child Development, including paid maternity and paternity leave.
- Create a National Institute of Health for Birth and Child Development, establishing Birth and Child Development practices that are "evidence-based" and "trauma-informed".

What Is The Primal Continuum of Human Development?

PCHD is the early interconnected, and interdependent, social and biological processes that shape the development of every person. This Continuum affects our health, behaviors, values, and attachments throughout our lives. Human Development starts before conception, when an egg and sperm are shaped by forces beyond their genetic blueprint – a process called “epigenetics”. The activity of our genes can be either increased or decreased, altering our physical, intellectual, emotional, sexual, and social health, including our resilience to stress. Since we pass some experiences to our children epigenetically, the PCHD begins before conception, with the first three years being the most critical.

Why is PCHD so Important?

Instead of the “nature vs. nurture” debate, it is now clear that it is the INTERACTION of nature and nurture that is fundamental. Our culture is negatively affected by our primal trauma. In turn, we are having an unsustainable impact on our home - Earth. To improve our well-being, we must look at the PCHD and the way we have been wired from the beginning of our lives. We can change our neurobiology from fight, flight or freeze - to growth, attachment, and empathy. By understanding the PCHD, we will have more tools to shift our societal paradigm. We can then create an environment where human development supports wellness and peace, transforming our civilization.

What does PCHD have to do with The Heroic Imagination Project?

The Heroic Imagination Project understands that situations are determined primarily by “systems of power” (Zimbardo) - and that situations are fundamental to understanding our thoughts, feelings - and actions. The quality of your biological mother’s environment, as well as her emotions, and beliefs, all helped to shape her child - YOU. Any negative patterns that were embedded during your PCHD may still be affecting you. That's why knowledge of the PCHD is vital in empowering people to create a more heroic, empathetic society.

Understanding how the primal period AND social environments interact will increase our self-knowledge and help us to become a more compassionate - and heroic - species.

For more information

Please visit our website and subscribe to our newsletter at www.primalcontinuum.org

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