



**ISPPM** e.V.

INTERNATIONAL SOCIETY FOR PRE- AND PERINATAL  
PSYCHOLOGY AND MEDICINE e.V.

December 2010

## **Newsletter No. 1**

### **Editorial**

„Times of Transition: Sense of Belonging and Individuality“ - This was the title-subject of the annual meeting of ISPPM in Alfter near Bonn/Germany. And this also was the process of changing the old ISPPM into an international society with a modern structure, based on German law of association. The above-average engagement of many ISPPM members, their creativity and personal commitment, did mark the significance of this process, which lasted two years. We always respected that essential structural reforms have to be consistent with the ideals and visions of the old ISPPM's tradition. We do not conceal that there were also critical moments and personal hurts in the transition period. But together we have demonstrated our declared intention of being integrated, and positive attitude to the future did triumph over personal mental states. We accomplished a new beginning, which was supported by three attendant past-presidents (Prof. Peter Fedor-Freybergh, Dr. Ludwig Janus and Dr. Rupert Linder) and many other committed members of ISPPM.

As the new president of ISPPM I thank all persons, who achieved the process of transition. The first working weeks of the new board explicitly demonstrated the new structure's effectiveness, with the working enjoyment of the officials. And the new created structure of the Extended Board provides an opportunity of involvement for motivated ISPPM members. Furthermore I thank all members, who spontaneously joined the new ISPPM. By that they have demonstrated the continuity of our project.

I want to invite all members of the old ISPPM, who for various reasons have delayed joining the new society, still to support us. As the new president I espouse for a continuance of our impact as an international society. We still want to assemble many professions to explore the importance of the pre- and perinatal experiences, based on all authentic and scientific methodologies, and to implement these in the fields of childbearing and therapy.

Dr. Sven Hildebrandt, President of ISPPM e.V.

## The board introduces itself

Dear members of the newly founded ISPPM e.V. and dear (jet-to-join) old ISPPM-members,

The team of the newly elected Executive Board on the meeting at 30. and 31. of oktober 2010 in Alfter is happy about the succeeded generation change in our great society with such a long tradition. The society is founded anew as a non-profit association according to German company law - thats the meaning of "e.V."



Heiner Alberti, Helga Blazy, Sven Hildebrand, Gabriella Ferrari, Wolfgang Bott, Johanna Schacht

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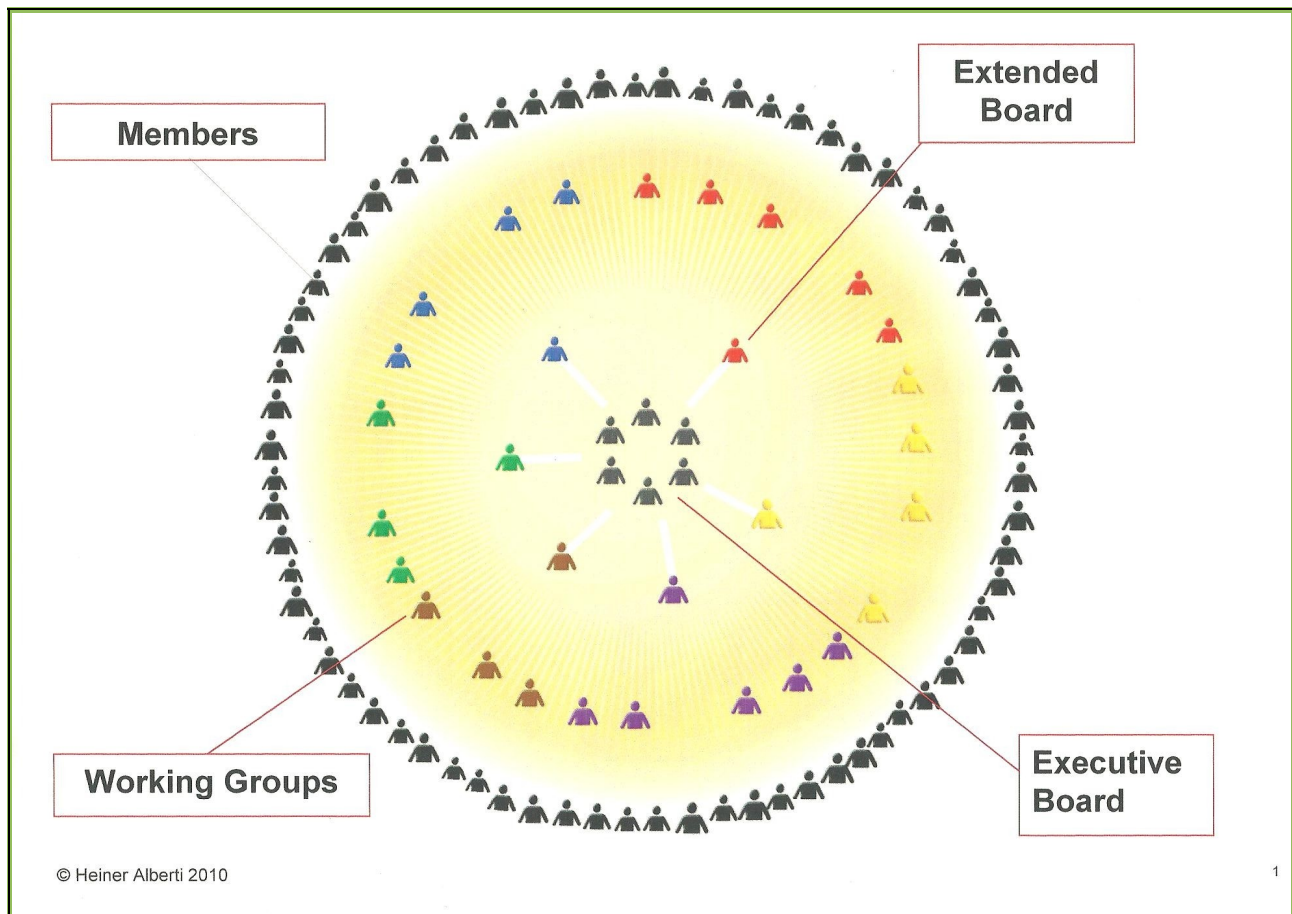
Heiner Alberti

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**Organisation structure:**

Our old and new board member Heiner Alberti has worked out an innovative organisation structure for the ISPPM e.V. consisting of the Executive Board and the Extended Board.



The extended board consists of the speakers of the newly founded working groups, with the executive board, and in future also the speakers of the institutions which join the ISPPM e.V.






In this way the hierarchy is more level and offers all members many opportunities to contribute.

Moreover the internationality and interdisciplinarity of our society is now established structurally in a better way.

So far we have established 17 working groups. Each speaker, who is elected by the member assembly, functions as a link to the executive board, which is legally responsible. The members of the executive board negotiate the areas of authority with the speakers of the extended board. Their job is to coordinate the working group's activities and tasks. Networking between the working groups is very important as well. The information flow should be transparent, so that the working groups can create effective team work. Groups can be founded by members with same interests and aims. They should communicate with each other and co-operate to create win-win situations - for example, if one group needs help and advice in PR-issues, they may ask the PR-group.

These big challenges that we are facing to translate our aims into action need a strong spirit of solidarity and tolerance - there is no lack of engagement in our society, that has been shown very clear in Alfer as a strong impulse toward the future. So let's go for it together!

<b>Working Group</b>	<b>Working Group-Speaker</b>	
Website	Christof Plothe phone: +49 6731 496925 plothe@yahoo.com	
Relations/Dynamics in the Society (Supervision)	Simon H. House phone: +44 2392 838592 shhouse@ntlworld.com	
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Natural Science Foundation	Dr. O. Linderkamp phone: +49 1577 1849611 olinderkamp@yahoo.de	
Genetification	Anna-Margarita Schepper phone: +49 541 76089591 annaschepper9@gmx.net	
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Becoming Parents	Irene Behrmann phone: +49 5145 284289 irene.behrmann@t-online.de	
Relation-orientated Birthing Culture	Dr. Sven Hildebrand phone: +49 351 26998 0 info@dr-sven-hildebrand.de	

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Pre- and Perinatale Psychotraumatology	Bettina Alberti phone: +49 176 62143014 alberti@t-online.de	
Psychotherapy and Psychosomatics	Dr. Ludwig Janus phone: +49 6221 801650 lujanus@aol.com	
Babytherapy	Cornelia Gudden phone: +49 913 155862 cornelia.gudden@gmx.de	

You are warmly invited to join a working group for reaching our goals effectively. So please directly contact the working group speakers.

If you want to found an own working group please contact Heiner Alberti, who is the chairman of the extended board.

Probably in spring 2011 a first meeting of the whole board will take place.

Once again we would like to invite all former ISPPM-members to join the new society for becoming a great international social power.

At this point we would ask you to forgive any mistakes in the membership administration that appeared during this restructuring phase. The updated member list you will likely get with the next newsletter.

Enclosed please find an acceding form including an application form for reduced yearly member's subscription for the ISPPM e.V.. Accession confirmations will be given. For simplifying the procedure, international members don't have to join the society every new year again as in the past.

## **Accession order**

At the founding meeting was decided the following three levels of subscription:

- standard yearly member fee: 96,- €
- students and low income earners: 60,- €
- institutions with a member in the extended board: 250,- €



We are asking all members for giving a collection autorisation to the ISPPM e.V. to reduce the administration work.

## **Publications**

A so called "Jahrbuch" (yearbook) shall become the official organ of the society ISPPM e.V., who will be the editor. It will be published in German with english abstracts and is available for 25,- €. If you order it in the accession form and pay for it with the yearly fee you will get it automatically.

The Journal of the old ISPPM now is the official organ of Peter Fedor-Freybergh's professorship in Bratislava. It is published four times a year in English.

Articles have to be submitted in english.

For members of the ISPPM e.V. the yearly four journals are available for the special price of 80,- €, the double edition 2/2010 (published in December) you can get for only 30,- €. You can order the journal from Prof. Peter Fedor-Freybergh under email: editor@nel.edu.

Old numbers of the journal since 1992 can be ordered to a very reduced price of only 5,- € plus forwarding expences at Mattes Verlag (old publisher). On his homepage you can find the tables of contents of every number:

[www.mattes.de/buecher/praeinatale\\_psychologie](http://www.mattes.de/buecher/praeinatale_psychologie)

This newsletter shall develop litle by litle into a member journal. Therefor we should also build a new working group. Anyone interested in this work please inform Johanna Schacht. It will contain a column "reports from the working groups" that continously informs on progress.

## **Graber-Library**

Prof. Alfons Reiter did hold a chair at the University in Salzburg, where he accommodated this library that G. H. Graber (1893 -1982) consigned to the ISPPM. Now he is retired a new place must be found.

A working group "Library" was proposed but no leader elected. Meanwhile the board will contact Alfons Reiter to deliberate what shall happen with the books until a working group is constituted.

## **Congress 2011**

The first congress of the new ISPPM e.V. will take place from 21.-23.10.2011. We are searching for a beautiful new meeting place, which should be centrally located with airport near by and low priced board and lodging. An educational establishment near Frankfurt a.M. is going to be investigated.

A working group for preparing the yearly meeting is going to be founded. Who is interested in this please inform Helga Blazy.

In this spirit we hope to have motivated you to play a part in the new ISPPM e.V. with fruitful cooperation!

Warm regards

Johanna Schacht in the name of the ISPPM e.V. board

**We wish you a merry christmas and a happy new year!**

Enclosed please find the minutes of the second part of the foundation meeting of the new ISPPM e.V. and an acceding form including an application form for reduced yearly member's subscription. If you want to join us, please send it back to:

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23554 Lübeck  
Germany

or scan per e-mail: [w.bott@arcor.de](mailto:w.bott@arcor.de)



## Reports from the Working Groups

### Working Group "Relations/Dynamics"

A fresh beginning and new structure surely promises a new surge in our vital work, especially since Heiner has clearly studied modern experience in organic group work in designing our new Society's structure. This I am sure will provide opportunity for quality listening, which also helps in the reduction of anxieties. A wide observation of some of the commonest factors that can make creative work difficult also helps us to avoid them. In a 'checkered career' I have come across polarizations and processes in a variety of organizations, academic, commercial, church, and charitable societies.

In England, in the last few decades, the ordination of women as priests caused powerful polarization and conflict. After study and deliberation, a Church of England commission assured our church that there were no fundamental theological objections to ordaining women. Yet even as sexual discrimination became illegal, heated objections and prohibition continued. Reasons seemed to be psychologically deep-seated. The women who felt called to ordination naturally felt rejected and oppressed. Not surprisingly some became strident, whereupon their opposition commented "Listen to them. We could not bear to have such strident people as priests!" Well, some of the women's 'bow-wave' were strident, but with less emotion would they ever have been heard? "The first wave of women claiming ordination has to be strident", we said, "but not subsequent 'waves'." Nor were they. Nor has there been notable stridency among women wanting to be appointed bishop.

Early last century, English opposition to the women's vote caused women to resort to demonstrations that included suffering. One 'suffragette' even went to the Derby races, threw herself in front of the King's horse and was killed. Looking back, deprivation of the vote by gender or race seems an appalling inequity.

I spent some time in group dynamics and counseling education, invaluable in parish life. In one group, I remember, most of us thought it was one man who was 'always the trouble'. When we analyzed it, we realized that our prejudice had blocked our ears to his helpful comments. The way we had been blaming him is commonly called 'scapegoating,' after the Jewish rite for dealing with sin. A goat, symbolizing the people's sin, is out into the wilderness. Often a group will pin blame on one person or subgroup, perhaps to help the main group feel innocent or successful. Blame is often misplaced, not that it helps anyway.

These are just examples of hazards that frequently cause problems in groups. They are both based in fixed attitudes towards those who seem different. Can we distinguish our difference of opinion from any feelings of hostility? My feelings of hostility are not 'their' problem but my own problem. By mutual respect and listening we can reconcile our views

to achieve the best integrative approach. For this we need to find a safe space to trust and listen to each other, so that together we can progress the Society's work for children coming into the world. We can distinguish the role of each person, each group, and recognize the best way for work to be shared harmoniously. This is exactly how the designers of our new structure have laid it out, so that communication can work as equitably and creatively as possible.

Simon H. House, Clerk-in Holy-Orders, retired; scientific writer

## **Working Group "Genetics ethics"**

### **Critique of tendencies in genetical diagnostic methods and their growing acceptance**

Ab initio pre- and perinatal psychology is concerned with the epigenetics of embryogenesis, and fetal and postnatal development. Environmental factors integrate with ontogeny to permanent effects. They are part of the individuation, affecting its direction at every moment. Recent results of neurobiological researchers also detect epigenetic phenomena, confirming the epigenetic principle. But public consciousness is more occupied by theories coming out of genetic laboratory research, claiming to improve health by modifying gene-sequence rather than gene-settings.

Health technology restricted to genetic sequence, while ignoring genetic settings, exceeds its research territory. It can be a pressure on public awareness and an undue influence on health policy. Diagnostic tests are being simplified to extend them more easily, without clarifying the value of their application (cf.: Büro für Technikfolgenabschätzung beim Deutschen Bundestag. Probleme der Anwendung der genetischen Diagnostik).

Preimplantation genetic diagnosis in Germany was forbidden, but since a judgment in July 2010 exceptions are legalized, and the Family Minister proclaimed a review of strict legal practice. Big "Genetic Engineering" companies are promoting stem cell therapy or "therapeutic cloning", though the insert is considered to be uncontrollable. The lobby for gene technology uses the media to put over everyday-life-theories that diseases and other dispositions are caused purely genetically. We recognise a narrow tendency to establish genetic analyses instead of broad research into the variety of causes. The narrow approach can block out an awareness of essential social, psychological and nutritional factors. The complexity of socio-psycho-somatal coherences is being reduced to the catch-phrase of the genes.

In this respect, Prenatal Psychology is able to accomplish expedient enlightenment. Furthermore, for a more humane handling of pregnancy, the impacts of genetic diagnostical treatments on the unborn child should be assessed.

If we accept the epigenetic paradigm, that environmental factors play a role in

development and basically influence the inner formation process, we cannot exclude that prenatal diagnostical tests mean painful invasions that could psychologically injure the child, or permanently disturb it's maturation process. In the face of these considerable doubts of their harmlessness, it is a serious challenge to explore these questions scientifically and be sensitive to the problem of genetical diagnosis of unborn children.

Anna-Margarita Schepper, Social scientist; instructor in adult education  
Simon H. House, who prepared the english text

### **Working Group „Becoming Parents“**

Preparation for parenting, through information and self experience, may be introduced for pupils aged 15./16. and also with young adults.

We plan to implement this in education in Germany, and to offer training courses for teachers within the established continuing education institutes for teachers.

The curriculum is under way and the relevant aspects of prenatal psychology will be applied at the appropriate level.

We'd like to enlist people who are motivated to work out a didactic concept and to realize training courses for teachers and other educators.

Irene Behrmann, Educationalist; founder of "Ambulant Regression Therapy"

### **Invitation for your summaries of new publications**

Anyone who has published a book may send a summary or an introduction to Johanna Schacht. Of course even summaries of interesting other new books are welcome.  
Thank you!

### **Symposia and Congresses**

Informations about relevant events are welcome as well...