

Annual Conference 2017

Science and Experience based Wisdom in the ISPPM

A (long) necessary discussion on spirituality and mindfulness

29th International Annual Conference of ISPPM

Hotel Christophorus, Berlin-Spandau, Germany

October 28/29, 2017

The program, all information on the conference and registration can be found on our website: www.isppm.de/events

Dear ISPPM-Members,

this year, according to the decision at the membership assembly 2015, we have planned a slightly different meeting format; namely an internal working conference (open also for new interested people), to which we cordially invite you to come to Berlin in autumn. As a result of the discussion in the extended board in spring 2015, we have learned about the explosiveness of the concepts of spirituality, science, acceptance, respect and empathy and have recognized the need to continue and expand this discussion. At that time, the conversations were mainly characterized by different opinions and emotions. We would like to present this to you and look forward to discussing this issue within the entire membership.

The scientific advisory council of the ISPPM has stated on this subject in its working paper as follows: „The principle of complexity is valid for both: scientific as well as humanistic and as well subjective emotional phenomena. Thus the splitting in science and hermeneutics has come to an end on a contentious theory. So the probable worth of knowledge in introspective empathic realization is per se on the same level as the scientific found data. The meaning in a special situation is decided by the context.

This is valid for prenatal and natal experiences which are not experienced by language and ratio but show themselves in moods and body experiences. Even in later life they present a needed basis for communicative and creative processes and for therapeutic processes, too” (p. 4).

Those statements we want to set ahead the conference to invite you to a discussion, which is long overdue: Science and wisdom based on experience in the ISPPM - a discussion on spirituality and mindfulness in the context of the pre- and perinatal realm. Within this context we also want to introduce another concept: The "implicit".

We look forward to learn in the context of different experiences of individual members; hearing, exchanging, discussing and valuing their positions. We hope to get some clarity about the confusing concepts and above all to support the constructive exchange among the members.

We hope for a more united ISPPM to enable more coherent appearance in social-political engagement. The individual positions and attitudes of each of us will remain unaffected.

We look forward to a lively and creative debate!

Your Board team of ISPPM e.V.

Paula Diederichs, Amara Eckert, Alin Cotiga, Johanna Schacht, Wolfgang Bott, Galina Tcyganok

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ISPPM Dates

October 28/29, 2017

Ev. Johannisstift Berlin Spandau, Germany

April 5 - 7, 2018 (ATTENTION: Thursday to Saturday!)

International Cooperation Congress with GAIMH, ISPPM Switzerland and ISPPM e.V.

Kreuzlingen, Switzerland

Theme: Touch shapes

Congress language: German

October 26/27, 2018

Conference „Single born twin“

Berlin

From the Extended Board

Report about the 4th meeting of the Working Group for Prenatal based Psychotherapy and Psychosomatic Medicine

At the 17th and 18th of April 2017 took place the 4th meeting of the AG for Prenatal based Psychotherapy and Psychosomatic Medicine with 23 participants in Stuttgart, organized by Constanze Weigle. In the last years we have developed a stable structure with case reports and free discussions to the methodological questions of the prenatal aspects of psychotherapy and psychosomatic medicine. Basic points of reference are the observations from psychotherapeutic situations and self-experience that neurotic and psychosomatic symptoms mostly have pre- or perinatal roots. The meeting this year was enriched by a lecture and a case report of Renate Hochauf, who has elaborated the pre- and perinatal backgrounds of psychic and psychosomatic disorders and has showed the connections to the empirical research (see her contribution in the „Lehrbuch der Pränatalen Psychologie“ (Textbook of Prenatal Psychology). A weekend with her will be planned.

The WG is led by Marita Klippel-Heidekrüger and Ludwig Janus in a cooperative way.

Ludwig Janus

WG Cultural Psychology

The cultural psychology working group wants to follow the historical references of matriarchal social forms and prenatal psychology. We would therefore like to open the working group and invite interested members of the ISPPM to participate in the cultural psychology group.

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The next meeting of the WG will be held within the next annual conference of ISPPM on 28./29. October 2017 in Berlin, on Saturday morning.

The speaker of the WG is Dr. Ludwig Janus. Interested people please send an e-mail to: janus.ludwig@gmail.com

From the Network

APPPAH

Upcoming Congress

“The Conscious Baby Emerges: Science, Medical, Psycho-Social and Somatic Discoveries”, from Nov. 30 - Dec. 3, will be held in San Diego.

Keynote Speakers:

- **John and Anna Chitty**: Overview of Polyvagal Theory
- **Ann Diamond Weinstein**, PhD: The Impacts of Past Trauma on Experience During the Preconception, Prenatal and Early Parenting Periods: Implications for Parents-to-Be, Developing Babies, and Practitioners
- **Ray Castellino**, DC, and **Mary Jackson**: Harmonic Resonance and the Blueprint-Imprint of Somatics
- **Catherine Monk**, PhD: A Dyad During Pregnancy: The Mother Infant Relationship before Birth and Why It Matters
- **Barbara Morrison**, PhD: From Breastfeeding to Body-Feeding: Clinical Implications
- **Darcia Narvaez**, PhD: The Evolved Nest: What Children Need To Thrive
- **Thomas Verny**, MD: Advances in Neuroscience, Relevance to Pre and Perinatal Psychology

Information, Registration: <https://birthpsychology.com/2017-conference/welcome>

We are still looking for volunteers for the Congress. In case you are concerned about volunteering, you will not miss any of the events of the weekend. At the same time, you will give your personal pocket-book some relief with the lowered conference rate for volunteers. To find out more about this service opportunity, please contact Peg Bledsoe, conference chairperson at pegbledsoe@icloud.net.

CEPPs

CHILDHOOD AND EARLY PARENTING PRINCIPLES

CEPPS in Stockholm!

Queen Silvia presented the Stockholm Prize in Criminology

Valerie Unite, Co-Founder and Executive Director of CEPPs Global Initiative was invited to come to Stockholm where Prof Richard Tremblay was awarded this prestigious prize for his work showing that adversity during pregnancy and early childhood is an important contributing factor to violence and criminal behavior. It was interesting to note that 12 out of 42 presentations (28%) from the leading

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universities around the world included the aspects of pregnancy as a key intervention point in preventing crime.

Theme of her presentation: **Breaking the inter-generational cycle of violence - All roads lead to Early Childhood.**

The Stockholm Prize in Criminology is the world's largest and most prestigious prize in the field of criminology. In 2017, the prize is awarded to Professor Richard E. Tremblay, based in Dublin, Montreal and Paris.

Professor Richard E. Tremblay is rewarded for the discovery of fundamental, scientific links between biology and social factors in human development. A particularly important role is attributed to parenthood, and the critical period of pregnancy. Prof. Tremblay has combined this research with careful testing of policies that may alter some of these factors and lead to reduced violence and other crime.

"Richard E. Tremblay is rewarded for his research on why some children run a significantly greater risk than the average to turn into criminals. Tremblay's research has greatly contributed to the development of effective methods of preventing violence and other serious crime," says Jerzy Sarnecki, Professor of Criminology at Stockholm University and one of two chairmen of the prize jury.



Richard Tremblay is the Founder of the [Center of Excellence for Early Childhood Development](#) and he is also the Founder of the [Encyclopaedia on Early Childhood Development](#).

These two organisations are now Partner of CEPPs and will collaborate in our Global Initiative, collecting and sharing knowledge & best practice with professionals around the world.

Contributions from ISPPM will be welcome!

H. M. Queen Silvia of Sweden presents the Stockholm Prize in Criminology to Richard E. Tremblay. Photo: Johan Jeppsson/IBL

Finally, after Stockholm, Valerie Unite went to Opatiya in Croatia, to attend the 69th World OMEP International Conference. She presented the CEPPs Global



Initiative to a very appreciative audience from Africa, Asia, Europe and the Americas. Ms. Rima Salah, Former Deputy for UNICEF, and Chair of the Early Childhood and Peace Consortium (ECPC) was part of the panel of speakers, as well as Mr. Nektarios Stellakis, Vice-President Europe for OMEP. ECPC and OMEP support

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CEPPs Global Initiative.

Nurturing care during very early childhood (0-3 years) was shown to be an important contributing factor to completing school and future employment. Theme of her presentation: "**Strong Evidence for Advocacy for Ensuring Health, Family Support and Early Childhood Education.**"

CEPPs is inviting professionals and organisations working in the field of maternal health and early childhood care to join the initiative and spread this message more widely in the community.

Website:

Follow us on Facebook: <https://www.facebook.com/CEPPPrinciples>

Follow us on Twitter: @CEPPPrinciples
<https://twitter.com/CEPPPrinciples>

Innovation Award Submissions Due July 31

Do you have or know of an innovative maternal mental health (MMH) care, community based solutions or policy and advocacy? The Innovation Awards seek to recognize programs with proven outcomes that should be considered for broader adoption across the country. Winners will receive cash awards to further their MMH work, and be recognized at the Perinatal Mental Health Society's conference in Chicago this November. [Learn more](#)

International Journal of Prenatal & Life Science



Dear Colleagues,

I would like to take the opportunity to introduce ourselves and thank you as co-Editors-in Chief of the International Journal of Prenatal & Life Sciences for all the wonderful contribution you have done and are still doing in the field of Prenatal Psychology so far. We are very happy that today, almost 100 years after the first insights into the Trauma of Birth by Otto Rank, we have come to the point to realize how important our primal

experiences are.

In this direction and in order to honor the pioneers in the field, our IJPLS has announced the publication of the Centenary Anthology as described below. The response to it is developing very well. However, this work can't be complete without your own insights and light. Thus, we take the opportunity to address this call to each one of you and invite you to contribute a chapter within the scope of interest of this publication and within the scope of your expertise.

Your contribution is invaluable and highly appreciated.

We look forward to your gentle co-operation.

Much Peace & Much Love! JRG& Troya GN Turner

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Co-Editors-in-Chief

Olga Gouni, cosmoanelixis, Journal owner

CALL TO WRITERS

100 YEARS PRENATAL PSYCHOLOGY: VITAL KEYS TO UNDERSTANDING THE MEANING IN LIFE

Background: Otto Rank began his study of the possible effect of birth experiences in 1904 finally publishing *The Trauma of Birth* in 1923. With these two dates marking Rank's evolutionary hypothesis in mind, it can be said that Prenatal and Perinatal Psychology is approximately a Century or 100 years of age. The present era of its maturity dates from 1980s when Dr. Thomas R. Verny established the Pre- & Perinatal Psychology Association of North America (now APPPAH - the Association for Pre- and Perinatal Psychology & Health) and Prof. Peter G. Fedor-Freybergh established ISPPM - the International Society of Prenatal and Perinatal Psychology and Medicine.

An Invitation: Marking Rank's evolutionary research, *The International Journal of Prenatal & Life Sciences* will publish a Centenary Anthology with a tentative working title 100 YEARS PRENATAL PSYCHOLOGY: VITAL KEYS TO UNDERSTANDING THE MEANING IN LIFE. The Editors are pleased to extend an Invitation to you as a Pioneer in Prenatal and Perinatal Psychology to submit a Chapter proposal to make this book a landmark Reference Volume. Date for submission of the complete paper will be in 2017 (end of October). Use the submissions button online.

<http://www.journalprenatalife.com/index.php/prenatal/about/submissions>

Information about the P&LS Centenary Anthology:

<http://www.journalprenatalife.com/index.php/prenatal/about>

Briefly

Study: Biological Mechanisms of Transgenerational Transmission of Early Life Stress (MecTranGen)

Project Coordinator: Prof. Claudia Buss, Charité Universitätsmedizin Berlin, Berlin, Germany.

Project Partners: Prof. Elisabeth Binder, Max-Planck Institute of Psychiatry, Munich, Germany, Prof. Katri Räikkönen, University of Helsinki, Helsinki, Finland, Prof. Michael Meaney, McGill University, Montreal, Canada, Prof. Pathik Wadhwa University of California, Irvine, USA.

Summary: MecTranGen deals with early life stress (ELS) in children. ELS represent a major social problem because of its unacceptably high prevalence and its harsh impact on mental and physical health. Growing evidence suggests that the consequences of exposure to abuse or neglect in childhood may be transmitted to a woman's offspring later on in life. Children of mothers exposed to ELS have a significantly higher risk of developing neurodevelopmental and psychiatric disorders. We do not adequately understand the pathways of the

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trans-generational transmission of ELS at this time. MecTranGen is comprised of studies critical for identifying targets for intervention(s) which can break the cycle of trans-generational transmission. The focus will be on ELS-associated alterations in stress biology during pregnancy, changes in maternal, placental and infant genes (i.e., epigenetic changes) and their association with maternal postpartum mental health, maternal parenting behavior and fetal and infant brain development. An understanding of these underlying biological pathways is critical for elucidating the cause of mental health problems in children of mothers exposed to ELS. It constitutes the first step in risk identification and in developing timely interventions, prior to the biological embedding of the adverse maternal experience in the child.

http://www.neuron-eranet.eu/_media/NL_20_MecTranGen.pdf

Film project „The Safe Birth“

The film premieres took place in Munich, Berlin and Cologne. The cinemas were full and there were panel discussions on which the ISPPM was represented by Ludwig Janus, Paula Diederichs and Johanna Schacht.



Podium participants from left to right:

Filmmaker: Carola Hauck; Verena Schmid: midwife, midwifery; Sabine Striebich, midwife, board member of the "Round table for women's health in Medicine, Psychotherapy und society eV", Paula Diederichs, President of the ISPPM eV, and "Cry baby ambulance", Katharina Deserey, Motherhood eV, parenting initiative for a self-determined birth, Dr. Christine Bruhn, "Campaign for normal birth" and "Network of obstetrics" Prof. Dr. Michael Abou-Dakn, Chief Physician Department for Gynecology and Obstetrics, St. Joseph Hospital, Berlin, Prof. Dr. Rainhild Schäfers, Midwifery Scientist, University of Health, Bochum; Moderator: Actress Monika Wojtyllo

Several valuable contacts were made, which also led to further meetings, for example between Paula Diederichs and Dr. Christine Bruhn. We have discussed the current lack of midwives to care for becoming parents in Germany and what our institutions can help to bring this debacle to the public. We'll meet intermittently, in order to remain in direct networking. Only through strong networks, we'll gain more political power.

The filmmaker Carola Hauck is very glad about the donations running through ISPPM and many more people have learned about the ISPPM and our work. She mentions ISPPM and Bonding analysis in each discussion after the film. Since 20,000 € less were reached in Crowdfunding than financing needs, further donations for the DVD production and the cinema tour are highly welcome (simply via the ISPPM account with subject: film project safe birth). We will show our members the film at one of the next ISPPM events.

Here is a film critique by Paula Diederichs:

Watching the film, a statement by the psychoanalyst Arno Gruen (2000) has been presented to me very clearly: The more a society emphasizes external security, the higher is the inner feeling of insecurity. Michel Odent speaks of the importance of not stimulating the neocortex of the childbearing, leaving her in peace and security. Unfortunately, this approach is hardly or not all practiced.

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This is exactly what the film shows and the consequences that result from it: namely, the inner uncertainty of the expectant mothers. This is shown in various examples. Despite this precarious topic, I find that the film does not polarize. It affects and though it takes more than two hours it is not long-winded. The issue of women's rights, dignity and violation of dignity are very perceptible. I hope and wish for Mrs. Hauck and the film that it will have an awakening effect in this election year in Germany, and hopefully encourages the discussion among the politicians to commit themselves fundamentally to a structural and human change in obstetrics.

Paula Diederichs

Tailer [here](#)

Donations are accepted by the ISPPM e.V.:

GLS Bank

BIC: GENODEM1GLS

IBAN: DE33430609671133475100

Purpose: film "the safe birth"

[Paypal](#) also possible

Conscious Parenting News

CPN provides the latest headlines, research, features and insights of the Conscious Parenting Movement through its e-newsletter and web e-newspaper. CPN is an alternative media and nonprofit initiative of Families for Conscious Living.

<http://consciousparentingnews.com/>

You can visit FCL and discover more initiatives to support your conscious parenting choices at www.FamiliesforConsciousLiving.org.

Please share Conscious Parenting News with your friends and family. And thank you for your support!

Sincerely,

The Conscious Parenting News Team

Contact Us: info@familiesforconsciousliving.org

More interesting news from our field you can read on the **ISPPM Facebook site**:

<https://www.facebook.com/ISPPM-eV-124066644364106/?ref=bookmarks>

We have also set up an **ISPPM members forum on FB** for networking and sharing. If you are a member of the ISPPM (e.V. or Switzerland), you are welcome to join the group!

<https://www.facebook.com/groups/1524322761189091/requests/>

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Events Diary

Congresses and conferences

August 23 – 25, 2017

LCICD Conference

Lancaster Conference on Infant and Child Development Conference

Lancaster University, U.K.

<http://wp.lancs.ac.uk/lcid/>

September 19 – 22, 2017

VI International Congress

Young Generation of the XXI Century: Actual Problems of Social-Psychological Health

Ministry of Health of the Russian Federation, St. Petersburg State Pediatric Medical University, Association of Child Psychiatrists and Psychologists
St. Petersburg

ABSTRACTS of presentations in Russian (or English) should be sent via E-Mail to 2 addresses: acpp@inbox.ru and igra-msk@mail.ru

September 22 – 24, 2017

International Stillbirth Alliance Conference

University College Cork, Ireland

isacork2017.com

October 8 – 10, 2017

VIIIth RECENT ADVANCES IN NEONATAL MEDICINE

Würzburg, Germany

www.recent-advances.com

Deadline for poster presentation is June 1, 2017

November 11/12, 2017

PCS World Conference of Reproductive Health (WCRH-2017)

Bridging Basic Research and Clinical Practice

Athens, Greece

<http://www.pcscongress.com/wcrh2017/>

November 29 – December 4, 2017

20th APPPAH International Congress

The Conscious Baby Emerges: Scientific, Medical, Psycho-Social, and Somatic Discoveries

San Diego

<https://birthpsychology.com/2017-conference/welcome>

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Further Education

In Germany:

BA-Training

with Dr. med. Gerhard Schroth, co-director: Anne Görtz-Schroth
017/18: 1.Block: 25.-28. May 2017 - 2.Block: 30. Sept. - 3. Oct. 2017
3rd block: 28 April - 1 May 2018. - Other dates 2018/2019
Are fixed in the course, a total of 17 days.
Information: Dr. med. Gerhard Schroth, 76835 Gleisweiler, Im Hintermorgen 27
Tel.: 0049 6345 942285, Mail: ba@schroth-apv.com
<http://www.schroth-apv.com>

Foundation Course

With Max Peschek and Team in Parin (at the Baltic sea):
21 - 28 April 2017 (to 2020)
More Information: www.ippe.info/courses/intermediate_course.html
Information and registration: Max Peschek, peschek.max@t-online.de,
+49 (0)421 7 3210

In England:

Integrative Baby Therapy Training

With Matthew Appleton & Jenni Meyer
An in-depth training designed for people already working with babies and children. Previous participants have included midwives, doulas, craniosacral therapists, osteopaths, paediatricians, paediatric nurses, lactation consultants, massage therapists, body psychotherapists, psychologists and ante-natal yoga teachers. The course consists of 6 modules, each 3 days long, and spread over 18 months. It is grounded in the practicalities of working with parents and their babies and aimed at developing the confidence and skills to identify and help resolve prenatal and birth trauma.

More information:

<http://www.conscious-embodiment.co.uk/courses/integrative-baby-therapy-training>

Workshops/Seminars

In Germany:

Healing of Early Trauma – Deeper Intimacy in Relationship

Workshop with Dr. William Emerson
September 5 -10, 2017 in Lienen/Germany
Registration and wire to:
Margret Overdick, Nuenningweg 52, 48161 Muenster, Germany
Tel.: 0049/251/260225
Mob.: 0049/1754080470
Email: m.overdick@web.de

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Early Imprints

With [Charisse Basquin](#)

Max. Number of participants: 6

September 27-30, 2017 in Erlangen

Further information: Charisse Basquin, Anstruther, Scotland, Tel. 0044 (0) 7531 863160, E-mail: EarlyimprintsUK@gmail.com

Praxis Susanne von der Emde, Leithenstrasse 4a, 91080 Marloffstein, Tel. 0049 9131 – 5300191, E-mail: Susanne.vonderemde@t-online.de
<https://cbasquin.wordpress.com/contact-me/>

In Austria:

Discovery - 29. october – 3. november 2017

Umbilical Affect - 20. – 25. march 2018

With Karlton Terry, Claudia Versluis, Max Peschek & team

These courses are open to all students who have finished an IPPE-
foundationcourse

Seminarhouse Die Lichtung: www.die-lichtung.at

Travel: close to Krems; flight to Vienna, then train and/or travel with other
participants

Information and registration: Claudia Versluis, claudia.versluis@aon.at, Mobil 00
43 664 5517235

More: www.ippe.at

In Slovenia:

Self-Experiential Workshop "Journey to one's own pregnancy, childbirth and early childhood"

(Body psychotherapy according to Franz Renggli)

with Michaela Mardonovic and Michael Josef Egarter

Location: Horus Center Ljubljana

Contact: Michaela Mardonovic, info@horus-center.com, mobil +386 51 747 545

In England:



Workshop mit Antonella Sansone

Gems of Ancient Wisdom

Before Conception throughout Pregnancy, Birth and Parenting

A visit to the Himba, a tribe of Namibia, with images of their
social life and allomothering

For further details please contact: antonellasansone8@gmail.com

Online:

Professional Seminars with APPPAH:

You can see about the complete Education Department offerings at

birthpsychology.com

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Book Review

IN SEARCH OF THE MOTHER

Review by Antonella Sansone-Southwood

In Search of the Mother is the fourth of Lucio Zichella's novels. After a life dedicated to scientific research and care of pregnant and new mothers as an obstetrician and gynecologist, Lucio Zichella embarked on the field of literature. He felt that the cool rigor of scientific language was unable to deeply express what he had learned from his professional and human experience with mothers. Over time, he also understood the value of novel in catching the complexity of reality and spreading the scientific and humane message among lay people. During his professional life, Zichella has witnessed the astounding power of the mother's speechless marvel at her baby just been born, and has learnt the richness and truthfulness of nonverbal language. In this novel, the author guides the reader to discovering the subtle power of musical language to penetrate the depth of psyche and heal, especially when it is accompanied by wisdom practice and love. To validate the scientific foundations of his insights he places an eminent figure among his imaginary characters: Prof Ludwig Janus, featured in the novel as a pioneer of Pre and Perinatal Medicine, a discipline particularly focused on foetus' life and the protective and adverse factors influencing his/her development. Among the protective influences, Zichella highlights the role of music, documented through individuals' memories of musical pieces they were exposed to during gestation.

The author quietly introduces another element intrinsic to music and transcending verbal communication: faith, spirituality; faith that creeps into music making the way towards the protagonist's healing. Through his sharp and deep sight, Zichella makes us discover a realm where it is possible to recover from the most ingrained obsessions, when science marries art and faith and we are guided by love. The novel's title tells a lot: it refers to the search of the quintessence of archetypes: the Mother. If the title is not coincidental, it is not coincidental either that the novel ends with the birth of a new life, a baby whose emblematic name is Francesco.

The most striking evidence showing through the novel is the foetus as a person: the prenatal imprinting shaping every individual's identity. Through this imaginary story, we learn about the new interdisciplinary science of Epigenetics. A human foetus, during maturational processes leading to and preparing for birth and life outside the womb, has already a psychological identity, influenced by the stimuli of the internal environment (maternal psychosociobiology – her emotions and behaviors also conditioned by her external environment and culture), which contribute to forming his implicit (visceral) memory and nervous system regulation. The genetic imprinting (DNA) passed down by parents during fertilization, which marks the genetic identity of every individual, would have been over the gestational period already influenced by life inside the mother's body, and shaped the individual's psychobehavioural predispositions. It is an existential protocol modulated also by the environment and culture in which the mother

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lives, and resonating with Edgar Morin's thinking about the "Paradigm of Complexity", who foresees in his book on human identity a second prehistory determined by an awaking consciousness of the necessity of a new model of knowing reality. An aspect of this model could be the definition of characteristics of foetal physical experiences, in particular through his organs of perception (hearing and sight), also depending on their gradual maturational stage. But this is not all, since the prenatal reconstruction comes to be an introduction to life through those maternal behaviors and interpretations recalled in psychoanalysis.

The novel is a fascinating, imaginative and original story, combining scientific knowledge with wisdom, in a lyrical romantic style. It reflects a current increasing awareness of the necessity for science to embrace subjective experience and intersubjective engagement as the essence of human development. The lyrical tone provides a sense of the depth of the unborn baby's life as well as maternal experience during pregnancy.

In his novel, Zichella writes about a musician, Luca, who had lost his mother during birth, and whose mother lived in his remembrance of the music she had enjoyed playing on the piano during pregnancy. The embodied memory of musical sounds influenced his predisposition to music and art appreciation, his love of music, and opened him to perceiving its energy and catching its potential. Throughout his life, Luca felt an intimate need for performing on piano the musical pieces the mother had played (and he had heard) during gestation, for instance those by Schumann and Brahms. These pieces seemed to be vividly present in his visceral memory. He wanted to search in all his memories, sensory experiences, for instance even the physical contacts with the amniotic liquid and parts of his own body, which may have belonged to a primordial consciousness.

This prenatal connection between mother and child through music is also supported by my experience of listening to my favourite piano music during pregnancy and my daughter's predispositions. I was revealed the fine power of melodic vibrations to travel through the body and depth of the psyche and induce energy movement having healing and communicative effects, especially if combined with wisdom/mindfulness practice. Regularly listening to my favourite music shaped my child's sense of rhythm, love of playing piano and composing music as well as her mindful personality. I recall her rhythmically dancing without music on (rocking side to side) while sitting up at 4 months. It is as if she was performing the pieces memorized in her body during gestation and to which she had been regularly exposed. A possibility strongly supported by Alfred Tomatis in his book on the effects of sounds on prenatal development (1991). The memory of sounds is also memory of physical contact and energy in the womb, as sounds emit vibrations in the form of energy fields, especially if they have an emotional content.

Luca's constant search for his mother manifested in an obsessive body narrative, driven by the violent tearing apart of the mother-child psychobiological continuum due to her death. It generated anxieties that only music could soothe, almost inducing a psychophysiological regulation. Music almost re-established that

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missed continuum. The documentation of the role of music in pregnancy through individuals' memories of it is in line with ancient wisdom. Music is an essential component of primal wisdom and wellbeing among all cultures, as it celebrates rhythm, fine nonverbal sensory communication, movement of energy and spirituality. Among all indigenous cultures, throughout their childhood detailed knowledge of their beginnings is passed on, including the same song the child was exposed to in the womb. For millennia, our indigenous cousins have been aware of the power of music and maternal voice to be stored in the body and maintain the safe continuum, or recreate it, when it was broken.

Lucio Zichella's book is available in Italian. I think it should be translated in English, since it would be an important addition to Pre and Perinatal Psychology and Medicine. I would be very interested in venturing in this journey.

Reading Tips



Karlton Terry

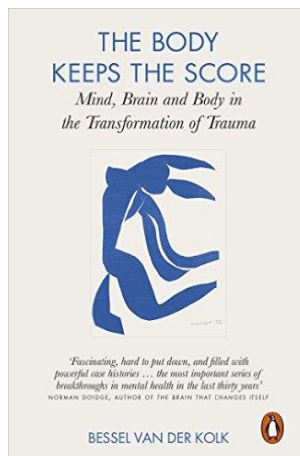
The Cure for Colic

Understanding and Healing Our Babies

*Text is in German

The longtime baby therapist Karlton Terry provides an informative insight into the lives of babies and their way from conception to birth. It describes in a loving and intelligent way his deep insights into this amazing journey of our embodiment and the associated challenges.

This book is aimed at parents, grandparents, therapists alike: it is a thorough guide for dealing with birth trauma, colic, mirroring the needs of babies, memory crying and needs crying (Emerson) and other challenges of the birth journey—a journey that we are deeply touched by and one that shapes our soul and our life. Anyone who spends time with babies or is considering doing so will benefit significantly from this book.



Bessel van der Kolk

The Body Keeps the Score

Mind, Brain and Body in the Transformation of Trauma

Penguin 2015

What causes people to continually relive what they most want to forget, and what treatments could help restore them to a life with purpose and joy? Here, Dr Bessel van der Kolk offers a new paradigm for effectively treating traumatic stress.

Neither talking nor drug therapies have proven entirely

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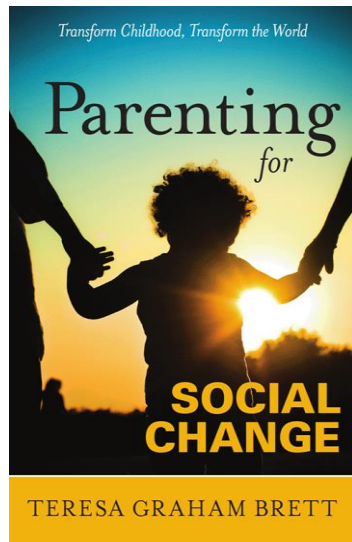
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satisfactory. With stories of his own work and those of specialists around the globe, *The Body Keeps the Score* sheds new light on the routes away from trauma - which lie in the regulation and syncing of body and mind, using sport, drama, yoga, mindfulness, meditation and other routes to equilibrium.



Teresa Graham Brett

Parenting for Social Change

Social Change Pr 2001

Parenting for Social Change is a powerful parenting book that is not about children, but about the harmful cultural messages adults perpetuate in their relationships with children. In this compelling call for change, Teresa Graham Brett addresses the work parents must do to free themselves, the children who share their lives, and the world from these harmful messages. Using current research, she debunks the myth that controlling children is

necessary to ensure that they grow into healthy and responsible adults. She also shares her own parenting journey away from controlling and dominating children and provides strategies for letting go of harmful control. Through her experiences as a social justice educator, she demonstrates how changing our parent-child relationships plays a critical role in creating social change.

Imprint

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