

Editorial

Dear Members of the ISPPM,

just before the summer break we want to get back to you once again with a new issue of our newsletter and to wish you all a happy and relaxing holiday season. Maybe you like to take our nice new "cesarean book" along for the journey? In our opinion we have succeeded in creating a versatile overview to a major problem, and this book constitutes a worthy monument to the impressive 2013 Stolpener annual meeting. At the end of the book you will find my working draft for a programmatic text with which we want to motivate to implement specific steps in public to reduce the caesarean section rate. This design is an attempt to summarize the impulses of our meeting - and requires broad and complementary discussion. I would like to invite you on behalf of the Board to participate in this dispute taking place under the auspices of the Working Group "Caesarean section" led by Judith Raunig. I close with best wishes for a good summer – may the holiday makers have relaxing holidays and the people working during all summer have a good time nevertheless!

With best regards

Your

Dr. Sven Hildebrandt, President of ISPPM

From the Board

From now on we intend to publish short monthly newsletters which will enable us to provide current information regularly.

End of October / early November our annual convention and the General Assembly will take place. Once every three years the Congress will take place abroad. The next convention therefore will take place in Maastricht in Holland, which is conveniently easy to reach as it is located close to the German border. The members of the group preparing the convention, coming from Holland and Belgium under the direction of Marleen Dols, have done a very good job so far. We already count about 100 pre-registrations primarily from those two countries. The theme of this years' congress is "Pregnancy and Birth shape life" and will bring together many prestigious speakers to hopefully spread information about this important and in public perception only slowly emerging topic also in our neighboring countries.

The conference language will be English. Feedback from some German members indicates that therefore people might hesitate to participating in this

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Newsletter Summer 2014

Congress. Up to now, there only have been few applications of our members, this will hopefully change in the next future. During the board meeting we had intensive discussions how to deal with the fact that the conference language is English. At our last wonderful Congress on "Caesarean section" it turned out that both translators - even Mrs Prahler as a professional interpreter - were not able to cope easily with the job of translation for the few non-German speaking members. Mrs Prahler kindly translated many lectures consecutively and in long passages, but she cannot continue like this at the next congress. Interpreting requires utmost concentration, usually a maximum of 20 minutes is translated consecutively before the interpreter gets replaced.

The translation work of the last two Congresses has cost a lot of money, and therefore we concluded these conventions with a loss of several thousand euros. That is why we have decided not to offer translation at the congress in Maastricht, as the majority of participants will be capable of listening/speaking in English. I ask you not to be put off the fact that the conference language will be English. Many speakers come from German-speaking countries and will hold their lectures easily to understand even with basic knowledge of English. We intend to distribute German manuscripts for these sessions, so that the presentations can be read in parallel. If we also get the manuscripts from the English speaking referents early enough to get them translated into German, we will provide them on the congress in German.

A discussion on how we want to deal with the issue of translation for our international society in future could be conducted at the general meeting. Not only, but also for participating at this discussion you are cordially invited to attend the forthcoming event in Maastricht.

I am looking forward to welcoming you soon in Maastricht.
Wolfgang Bott, Treasurer

New Website

We would like to have **a list with the offers of our ISPPM members**. This should not be an exclusive list of psychotherapy but also of midwives, doulas, pedagogics and consultants so that people can find the specialist they need. These lists will be with a search function so that a splitting in professionals will be possible.

Your **profile** should show:

- professional training
- offer
- contact adress, e-mail, home-page (if available)
- photo

If you can work with insurance services you should mention it.

Please send your profile to **secretary@isppm.de**.

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Poster Campaign – What personally means to me the ISPPM? Your statement is in demand!

As already announced in our last newsletter, we intend to create a poster depicting the diversity and importance of ISPPM vivid and impressive.

The aim of the poster campaign is to strengthen the cohesion inside (we recognize our diversity for a common goal), and to provide publicity to the outside (meetings, conferences and events, flyers, website, etc.).

For this purpose a large, colorful poster will be made, which should contain a hundred short personal contributions of members, that show, what the association means to them personally - of course anonymous. The title of the poster reads: "The ISPPM is"

Karin Klein receives your contribution contribution (max. 2 short sentences, graphic or image).

E-mail address: pr@isppm.de

Thank you for your kind cooperation!

Chris Maibach, Chairman of the Executive Committee

Report Conference Bonding Analysis (BA)

The third bonding analysis conference in Cologne from 23-25th May 2014 was well attended with 80 participants. At least it attracted 23 interested people from outside ISPPM / BA.

The conference itself showed in their contributions once again how differently each BA develops out of the family structures of the expectant parents, what unexpected stumbling blocks suddenly appear within the multigenerational family that can have a problematic impact on the couple and the baby.

We were pleased that Rien Verdult had followed our invitation as a non-bonding analyst with his lecture "bonding development in the prenatal period" that could contribute important prenatal insights for all of us that settle against classical attachment theory. Unfortunately, this time we could not welcome Joanna Wilhelm with her thoughts on the earliest traumas in her familiar circle again, for her Bruni Kreutzer-Bohn provided us much material for further thought and projective identification according to Bion, together with excerpts from a problematic BA available and reminded of Winnicott's thought that the baby feels fall into a bottomless pit when it does not feel securely held.

Jenö Raffais post on the second day related to the roots of the BA and the importance of differentiation of body boundaries between mother and baby. From the complete differentiation results a stable body self of the baby, from

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which the self develops. If the body self remains fragmented, that affects the birth and the emotional development of the baby. Emotionally, it remains stuck in the mother. Here the influence of intrauterine parent representatives is essential.

Hiltrud Meyer-Fritsch submitted a completed BA-case and clarified in addition to the familial aspects of how important and helpful it can be to work with pregnant women who are in hospital due to preterm birth.

Ute Auhagen Stephanos was referring in her presentation to the language of physicians on the one hand who may put extreme limits to a woman with the wish to have children, on the other hand to the language of psychoanalysis and the excitation to the inner dialogue with the desired child.

Ursula Volz invited all BA, to involve more expectant fathers whose involvement in the BA course is very helpful and desirable. With the fathers, new aspects arise.

The two lectures of the third day dedicated to postnatal events. Ofra Lubetzky presented a difficult problem for the child and family with the treatment of a mother after a cesarean birth with. Gerhard Schroth called the statistics: One in five mothers and their baby are victims of postpartum depression. Although BA is not therapy, it is by the experience of more than 4000 applications in Europe and America the safest method for the prevention of postpartum depression. Even mothers at high risk of previous postpartum depression or existing depression who were accompanied by the BA could be preserved of a relapse.

Some of the 23 newcomers did not participate at Sunday any more, that is unfortunate, perhaps they were irritated because of the two internal meetings of the BA on Sat evening and Sun noon and saw themselves, in fact, not involved. But I could not arrange it in another way.

In the ensuing members meeting of WG bonding analysis, the members decided to want to hold a **next conference** in two years. The appointment is in agreement with St. Georg in **Cologne 10th-12th June 2016**. This strongly suggests that the WG BA wants more and more intense to move the suggestions of the meeting further and work closer together.

Helga Blazy, Vice President ISPPM

Synthetic Report on the following research:

PRENATAL EDUCATION TO THE ADOLESCENTS OF UPPER CLASSES IN PUBLIC SCHOOLS

Conducted with the patronage of the Italian Ministry of Health and Instruction of the Region Emilia Romagna, ANEP Italia and ISPPM

PREMISE

Many studies and researches have proved that the Prenatal Experience is an important imprinting for the human being and can be responsible of several health and psychological problems in later life.

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As far as we have deduced from this research with the adolescents students, we have realized that Prenatal Education at School can really represent a very important instrument of Prevention.

The RESULTS WITH 1091 STUDENTS (age between 15 to 20, from May 2010 to December 2012) see on our website: <http://www.9mesiedoltre.it>

Those students followed a Prenatal Education lesson of about 1 hour, followed by a PPT presentation, showing the various stages of the fetus development and by the video projection of the DVD video "The first interactions" which shows how the baby can interact with both parents, has capacities of imitating and thus has learning abilities.

This video has been made as a result of a scientific experimental research that I have conducted with Prof. Pierfrancesco Ferrari on behalf of the Neuroscience Department of the University of Parma.

The students were very impressed and moved with the images and the information that were transmitted to them.

Many students were very excited and moved. In prevention of possible emotional crisis, in addition to our team, at each meeting there was always present also a Psychologist, specialized in group communication, who promoted dialogue and the release of emotions. Three other collaborators attended each meeting, mainly for helping in the distribution and the withdrawal of the questionnaires after the students had filled them out at the end of each meeting.

It often happened that before we left the classrooms several students warmly thanked us.

CONCLUSION: we have realized that in young people there is a huge ignorance about this topic. The vast majority of the adolescent students knew almost nothing about the prenatal experience and its importance for later life.

They thought that the fetus neither was sensible and emotional, nor that he had capacities of learning and interacting with its parents.

In general we noticed that on the side of the majority of the boys there were some resistances to accept this new knowledge while all the girls were enthusiastic and moved.

In this era of violence and crime, FOR A BETTER FUTURE WORLD PREVENTION TODAY SEEMS TO BE MORE URGENT THAN EVER BEFORE

Prevention starts from pre conception through the diffusion of the scientific information and the principles of Prenatal Education TO FUTURE PARENTS:

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WHERE?

a) TO ALL YOUNG STUDENTS OF PUBLIC SCHOOLS firstly because they will be the next expectant parents and then because, later on, they might become Gynecologists, Obstetricians, Midwives, Neonatologists, Pediatricians, Psychologists, Educators and therefore transmit this new knowledge for the welfare and health of future generations.

b) TO EXPECTANT PARENTS in Hospitals and pre birth Advice Bureau.

We don't think there are any other equally effective ways to make prevention before conception. Reviews, books, TV broadcasts can be instruments of diffusion of the information about the Prenatal matrix, but the info will be limited only to those persons who will read those specific publications or will watch those specific television programs.

Public Schools are attended by most of young people. Besides this, nothing impede that the transmission of this new knowledge might start from children of primary classes and accordingly it is strongly possible that over time this knowledge might become a common heritage all over the world.

The UN, through Dr. Slawomir Redo, have caught the importance of the prenatal experience for later life and have shown a great interest for such instrument of prevention in Schools: indeed he has shown our video during the 2013 Vienna World Congress on "Prevention of Violence and Crime" and the audience was enthusiastic.

We are convinced that if in future there will be more awareness during the preconception lifetime and more loving care to the child in the womb during the 9 months of the prenatal experience, there will be many more chances that the new born babies will be psychologically more balanced and then we will finally be in the desired condition to hope for a better world.

In 2015 we will organize in Parma an International Congress on PREVENTION of physical and mental disorders since the prenatal life, through Prenatal Education lessons to the students in Public Schools and to expectant parents in Hospitals and pre-birth Advice Bureau.

Dr. Gabriella A. Ferrari, Vice President of ISPPM, President of "9mesi ed oltre"

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From the Extended Board

Report of the 4th World WAIMH Congress (14th-18th June 2014)

BABIES: THEIR CONTRIBUTION, OUR RESPONSABILITIES

I have become a member of the World Association of Infant Mental Health (WAIMH) because I think that this cross membership could be a ground for inspiration, dialogue and collaboration. My aim is to contribute to strengthen the bridge between Prenatal and Perinatal within a world association having currently 57 affiliates spanning six continents.

It is particularly timely that WAIMH was holding its congress this year in the UK as the momentum of the 1001 Critical Days – from Conception to 2 years – campaign continues to raise aspirations for the wellbeing of infants and their families. It is with a focus on the importance of the earliest relationships that a group of cross party MPs came together last years to launch the 1001 Critical Days Manifesto. The Manifesto, officially introduced at the congress, focuses on enabling secure parent infant relationships, from conception onwards, that will, in turn, promote the healthy development of infants. Their aim is to see the manifesto adopted by each political party in their 2015 General Election Manifestos.

It is within this congress' extraordinary multidisciplinary atmosphere and political momentum that I wish the beginning of a grounding of the ISPPM in UK take place.

The very location of the congress in Edinburgh, the famous city full of tradition, and the work of the Local Committee under Jane Barlow's leadership, have already given birth to a productive dialogue between infant mental health clinicians and researchers from Britain, Scotland and Ireland. It is within this dialogue that I aim to gradually introduce the ISPPM. There is a crucial momentum for everything, and ten years ago, even three, there wasn't enough academic, political and thus cultural receptiveness to such a dialogue.

WAIMH congresses have an impact, not only at the international level but also at the local one. The theme of the congress was under the sign of rights, duties and responsibilities: infants' rights and contributions, parents and clinicians' duties and responsibilities beyond the variety of cultural and geo-political contexts that are represented by their Affiliates. The congress had a high-level and well-balanced program that brought together research and clinical expertise. I had never been to a congress with 1.700 delegates before!

Edinburgh is also home of one of the foremost researchers in infant mental health, Professor Colwyn Trevarthen. The theme of this year's congress holds on Trevarthen's seminal acknowledgement of the infant's ability to initiate a

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dialogic relationship with an adult, and then to build this relationship through eye contact, smiling, and other integrated body functions rhythmically and cooperatively. We in ISPPM know that new cutting-edge research and clinical observations are revolutionising our understanding of the unborn baby and his/her communication and social abilities and the roots of our health in prenatal experience.

I had the pleasure to meet Trevarthen at the congress, who was attentively listening when I argued that if newborn babies show a drive for social engagement, their relatedness and intersubjectivity must develop prenatally through the relationship with their mothers and other significant figures. Many researchers in infant mental health end up to understanding this. Unfortunately he is retired to take PhDs on board, but one of his fellow researchers and doctor was very interested in developing and supervising my research project on the psychoneurology of mother-fetal communication and its impact on child development. Proposing such a research project in London years ago would have encountered thick walls. Interestingly, I was offered a PhD from two other universities out of busy, competitive London – perhaps, it is where there is more time for reflection on the roots of our health in prenatal life. Let's cross our fingers for enough funding for me to carry out this important project.

Although you could sense a growing cultural sensitiveness to prenatal influences at the congress, the emphasis of the program was still very much on 'It starts after birth'. It was interesting to hear about the infant's rights statement through the lens of the history of WAIMH at the Presidential Symposium and Closing Plenary. This is the beginning of the rationale, 'As professionals in the World Association for Infant Mental Health who work with infants and parents within different cultures and societies, we feel there is a need for specifying Infants' rights, beyond what has been already included in the United Nations Convention on the Rights of the Child (CRC), entered into force in 1990'. The rationale highlighted that the CRC does not focus on what is unique about needs during the 'first three years', nor does it incorporate contemporary knowledge that underscores the impact of early experience on the development of the infant brain. Then it proceeds with this title: 'Basic Principles of Infant Rights (Birth to Three Years of Age). Although it was quite rich and thoughtfully prepared, there was no mentioning of the rights of the unborn baby – at least his/her right for a warm welcoming birth environment as secure transition from prenatal into perinatal life. The Declaration is divided into two parts: the infant's basis rights, that should be endorsed everywhere, regardless of society and cultural norms, and the principles for health policy that are more sociocultural context-dependent.

I made remarks during the discussion of most sessions I attended always as a representative of the ISPPM. In regard to the Declaration of Infant Rights I remarked that in my view the rights of the unborn baby should be added. But the president Miri Keren, a child and adolescent psychiatrists from Israel, pointed out that they had done it in the past but that induced an emotional opposing reaction on the part of Abortion associations etc., especially in USA.

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However, she did say that the content of the WAIMH includes awareness of prenatal influences on infant mental health, but they have to be prudent when it comes to declaration of rights, at least for now. Abortion is always a hot issue - often associated with women's personal experiences and unresolved defences - and we have to consider this and find ways to cross these defences creatively.

Finally, I believe and hope there is now an intellectual and cultural momentum for UK, as well as globally, to host a congress which would truly bridge Prenatal and Perinatal, not just in infant mental health, but in the health of our societies and humanities. How about engaging both the Association of Infant Mental Health (UK) and ISPPM with the development of a congress program? And why not the 1001 Critical Days Manifesto as well?

Meanwhile I announce the theme **of next WAIMH congress in Tel Aviv, Israel, 29th May 2nd -June 2016 'Supporting Babies and their Families in the Electronic Era'**. And perhaps I can start thinking of a paper.

Antonella Sansone Southwood, Speaker of Country group UK

ISPPM booth at the Child and Youth Welfare in Berlin



From 3 to 5 June 2014, the 15th German Child and Youth Welfare took place in Berlin. Approximately 50 000 visitors went for the congress, the trade fair and the special program. Our association was represented at the trade fair with a stand, organized by Paula Diederichs, who is spokeswoman for the AG "parenting skills" and hosted

with Gerd Poerschke and Silke Nixdorff. Thanks a lot for this great job!

According to the review from Paula Diederichs, the responses were very interesting and became polarized to the sensitive issue of abortion. Overall, the attending colleagues had the impression that the issues of pregnancy and child- and youth welfare are still far apart. Much more publicity needs to be made so that these topics will get more associated with each other in public perception.

This calls for policies in our organization to advise how to deal with this subject well in public relations.

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WG Prenatal Psychotherapy and Psychosomatics

The working meeting of the working group prenatal Psychotherapy and Psychosomatics took place in Berlin from 2 to 4 May 2014 on the subject "What is prenatal Psychotherapy and Psychosomatics".

A detailed protocol of this meeting dealing with this topic was created, to which a text by Ludwig Janus dealing with "frame notions of Prenatal based psychotherapy (PfP)" was attached as an appendix.

The letter was sent to all group members.

Members of the ISPPM can order these documents from us in case of interest. Furthermore, anyone who would like to join our study group, is cordially invited to do so.

The next business meeting is Planned for 09/10 May 2015 in Tübingen - Martina Gellert takes over the organization.

Marita Klippel-Heidekrüger and Ludwig Janus

WG Cesarean Section

Judit Raunig is currently revising the draft of the "Stolpener program," which was elaborated by Sven Hildebrandt on the basis of the conference papers 2013. She asks any members who might be interested in working in the WG cesarean to contact her: judithraunig@hotmail.com

Dates isppm e.V.

November 01 – 02, 2014

Annual ISPPM Conference in Maastricht, Hotel L'Empereur
Pregnancy and Birth shape life. Integration of pre- and perinatal psychology in (mental) health care

The second **meeting of the Extended Board** this year will be held on **Friday, Oct. 31, 14:00 -18:00 h** before the annual meeting place in Maastricht.

The **annual general assembly** is held on the same **Friday night before the conference, 19:00 - 21.00 h.**

The conference itself begins Saturday morning at 9:00 clock.

Information, program, registration here: isppm-conference.com/

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October 23 - 25, 2015

Annual conference 2015 in Berlin, Johannesstift,

Working title: I feel so I am – Prenatal life and societal dimensions. A difficult way between ethics, politics, law, and economy

Organizational team: Irene Behrmann, Paula Diederichs, Eva-Maria Müller-Markfort, Annette Schepper, Amara Eckert.

Contact: Irene.Behrmann@t-online.de

June 10 - 12, 2016

Conference Bonding Analysis in Cologne

Contact: Helga Blazy nc-blazyhe@netcologne.de

For the annual **conferences 2016 and 2017** we are looking for organisation teams. If you are interested please send us a note with your ideas and **a short concept**.

Dates Conferences und Congresses

July 17 - 19, 2014

The 2014 twinless twins Conference in Baltimore

Surrounded by the comfort and support of other twinless twins, you will discover new tools and new twin friends to help you on your healing journey. You will leave feeling renewed in spirit and more informed about twinloss and grief. You will finally feel that you are not alone. Members of TTSGI and their supporters (spouses, significant others, family, and friends) are all welcome.

More information and registration: <http://www.twinlesstwins.org/events/>

September 8 - 21, 2014

Annual Conference and ISA-ISPID Conference, Amsterdam

International Society for the Study and Prevention of Perinatal and Infant Death

Please visit <http://www.babysurvival2014.nl>

Contact: Jan Jaap Erwich, Chair ISA, ISA-ISPID Conference Chair

September 13 - 14, 2014

22. international conference of neuromotor delay in children with learning and behaviour problems

“Child development and stress”

at Hotel Savoyen, Rennweg 16 in A-1030 Vienna, Austria

<http://www.inpp.info/konferenz2014/>

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September 19 – 21, 2014

CONGRESSO ATTACCAMENTO E TRAUMA
Roma

[Information \(in Italian\) here](#)

October 10 -12, 2014

2. International Conference

Healthy Relationships: what are they and how do we achieve them?

Munich: Kolpinghaus München-Zentral

<http://gesunde-autonomie.de/index.php/en/>

News

[APPPAH-Summer-Newsletter](#)

Petitioning:

Put the first 1001 days at the heart of the public policy making process to ensure that all babies have the best possible start in life.

[Sign here](#)

Althea Hayton, founder of the **Wombtwin Survivor Project**, has written a therapist manual for the treatment of single-born twins and presents it as an e-book available for free.

“Ripples from the womb”, Download here: <http://wren-publications.moonfruit.com/ripples-from-the-womb-ebook/4584944796>

Hayton: "Click this link to download your copy and feel free to share it for free, wherever you wish! "

Thank you, dear Althea!

More News from our fields can be found as usual on our

[Facebook-page](#)

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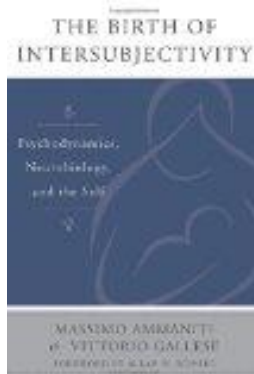
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Novelty



Massimo Ammaniti and Vittorio Gallese:

The Birth of Intersubjectivity: Psychodynamics, Neurobiology, and the Self
W.W. Norton & Co., 2014

Book description from the publisher:

This book, the exciting collaboration of a developmental psychoanalyst at the forefront of functional magnetic resonance attachment research and a leading neurobiological researcher on mirror neurons, presents a fresh and innovative look at intersubjectivity from a neurobiological and developmental perspective. Grounding their analysis of intersubjectivity in the newest advances from developmental neuroscience, modern attachment theory, and relational psychoanalysis, Massimo Ammaniti and Vittorio Gallese illustrate how brain development changes simultaneously with relationally induced alterations in the subjectivities of both mother and infant.

Ammaniti and Gallese combine extensive current interdisciplinary research with in-depth clinical interviews that highlight the expectant mother's changing subjective states and the various typologies of maternal representations. Building on Gallese's seminal work with mirror neurons and embodied simulation theory, the authors construct a model of intersubjectivity that stresses not symbolic representations but intercorporeality from a second-person perspective. Charting the prenatal and perinatal events that serve as the neurobiological foundation for postnatal reciprocal affective communications, they conclude with direct clinical applications of early assessments and interventions, including interventions with pregnant mothers.

This volume is essential for clinicians specializing in attachment disorders and relational trauma, child psychotherapists, infant mental health workers, pediatricians, psychoanalysts, and developmental researchers. It combines fascinating new information and illustrative clinical experience to illustrate the early intersubjective origins of our own and our patients' internal worlds.



Franz Ruppert: Frühes Trauma
Schwangerschaft, Geburt und erste Lebensjahre
(In German language)
(Early Trauma. Pregnancy, Birth and First Years of Life)
Klett-Cotta, ISBN: 978-3-608-89150-8
Not yet available, release date 23.09.2014

The soul might already be harmed by prenatal and perinatal influences or experiences such as efforts to abort, intrauterine death of a twin, difficult birth, operation of

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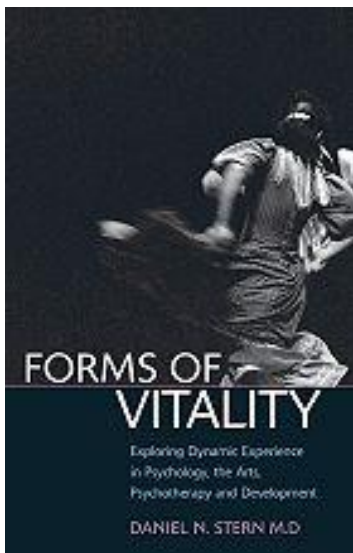
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newborn and depression of the mother. Normally, our capacity to remember such early disturbances in this formative period is not accessible to us. Franz Ruppert developed a method "Setting up the Concern" which allows us to reconstruct and in so doing unwind such early trauma. There are 20 articles, each of them addressing a specific subject from the pre-and perinatal period that demonstrate in a practical relevant way the range of earliest risks of development as well as the potential for healing. Franz Ruppert introduces us to the method in detail and gives an overview of how it can be applied.

Reading Tipp



Forms of Vitality

Exploring Dynamic Experience in Psychology, the Arts, Psychotherapy, and Development
Daniel N. Stern
192 pages | 978-0-19-958606-6 |
Oxford University Press 2010

- A major new work from a seminal figure in psychotherapy - breaks new ground in our understanding of what it means to be 'alive'
- Like Stern's other works, tackles one of those problems hitherto thought impenetrable to scientific study, making the book completely unique.
- Draws on work from neuroscience, psychotherapy, and arts to explore the topic

In his new book, eminent psychologist - Daniel Stern, author of the classic 'The interpersonal world of the infant', explores the hitherto neglected topic of 'vitality' - that is, the force or power manifested by all living things.

Vitality takes on many dynamic forms and permeates daily life, psychology, psychotherapy and the arts, yet what is vitality? We know that it is a manifestation of life, of being alive. We are very alert to its feel in ourselves and its expression in others. Life shows itself in so many different forms of vitality. But just how can we study this phenomenon? Till now, this has been a topic considered impervious to any kind of scientific study, but according to the Stern, it is possible to trace vitality to real physical and mental operations - including movement, time, perception of force - as well as spatial aspects of the movement and its underlying intention. Within this fascinating book he shows how an understanding of vitality can help the psychotherapeutic process (including a look at the developmental origins of forms of vitality) and looks at how these theories of vitality might fit with our current knowledge of the workings of the brain.

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Newsletter Summer 2014

Truly a tour de force from a brilliant clinician and scientist, *Forms of Vitality* is a profound and groundbreaking book - one that will be essential reading for psychologists, psychotherapists, and those in the creative arts.

Readership: Psychologists, psychotherapists, psychiatrists, artists, musicians



Foto by Yvonne Welling

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