

Quoted shortly

JOPPPAH (Journal of Prenatal and Perinatal Psychology and Health)
Summer 2015 issue (29-4) of JOPPPAH is available here:
<https://birthpsychology.com/journals/volume-29-issue-4>

New electronic newspaper launched by APPPAH: **The Conscious Baby**
It is a monthly online publication and free to the public. Subscribers can sign up for a newsletter version of the newspaper to be delivered to their email accounts, but a subscription is not necessary to visit the [The Conscious Baby](#)

Interview with Elena Tonetti-Vladimirova: How to heal your own birth trauma
https://www.youtube.com/watch?feature=player_embedded&v=VTMGqgBYsOo

Free online interview series: Better Birth 360° summit
<http://www.betterbirth360.com/>

Documentary **IN UTERO**

A cinematic exploration of the sciences supporting birth psychology and humanity's potential for personal and planetary healing, the film features also features interviews with ISPPM member Dr. Ursula Volz-Boers and APPPAH co-founder, Thomas Verny, MD.

Read press release [here](#).

More Information and trailer: http://www.inuterofilm.com/?page_id=94

More news you will find on our [Facebook-page](#).

Introducing the speakers at the annual ISPPM conference



Simone Vogel

Mother of two children (born 2010, 2014), qualified day nanny, occupational therapist. During her six years of professional experience in an occupational therapy practice, she worked in the Department of Pediatrics and treated children aged 3-14 years with a variety of developmental delays, learning disabilities and behavioral problems. Co-founder and board member of the Parents' Association Happy Birthday eV - Together for a self-determined birth culture.

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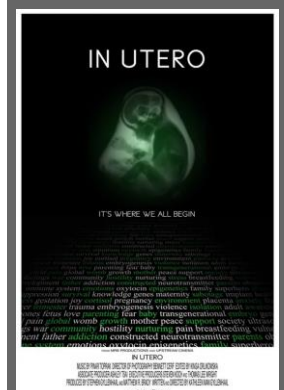
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In her lecture "becoming mother today", Simone Vogel will illustrate with field reports on how women are hindered by the current prevention praxis to experience essential aspects of being pregnant and to prepare for a natural birth. The medical technical support directs attention outward, based on facts and figures, thereby forcing expectant parents to make responsible decisions without being fully informed and without being aware of the consequences. Gradually, the "good hope" becomes uncertainty, overwork and fear. This path leads to birth courses that are dominated by established standards and routines, questionable interventions and manipulation. Primipara who confidently go into the hands of the obstetric staff, realize with horror that birth has become a business in which the main aim is to free the unborn child from the mother's womb. This reality means that the vast majority of women will be assisted to passively discharge, instead of giving birth due to their own efforts. Becoming a mother therefore will be a drastic experience full of mental and physical injuries for innumerable women.

Programme, more information and registration:

Events Diary

Dates isppm e.V.

23 - 25 October 2015: Annual Conference in Berlin
"I feel - so I am"

Needs of antenatal children and their parents in the area of tension between birth-cultural developments, health-politics, basic rights, ethics, and economy

Friday, Oct. 23, 14.00 – 18.00 h

Pre-Congress-Workshops, parallel extended board meeting

Friday, Oct. 23, 18.00 – 21.00 h

Members Assembly, parallel film Presentation

Saturday, Oct. 24, 9.00 h – Sunday, Oct.25, 12.30 h

Main program

Sunday, Oct. 25, 14.00 – 18.00 h

Post-Congress-Workshops

The conference language will be German with English power point presentations and abstract manual.

Program, more information and registration:

<http://www.isppm.de/en/>

Attention: Use early bird discount until the end of August!

10 - 12 June 2016

Bonding Analysis Conference in Cologne

Contact: Helga Blazy nc-blazyhe@netcologne.de

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Safe the date 2016:

October 21 – 23, 2016: Annual Conference in Stolpen near Dresden

Working title:

Integration and coherence

Prenatal Psychology in established science, research, education and practice of obstetrics, pediatrics and psychotherapy

Dates Conferences and Congresses

Wednesday 16th September

AIMH 2015 Conference, 10am-4pm

Antenatal Mental Health: Keeping the Baby in Mind

Keynote speakers include: Sir Al Aynsley Green, Professor Vivette Glover, Professor Jane Barlow, Professor Susan Ayers, Dr Trudi Seneviratne, Dr Susan Pawlby, Dr Nadja Reissland and more.

University of Northampton, UK

info@aimh.org.uk

19 September 2015

6th Birthlight Womb to World day conference

Addenbrookes, Cambridge UK

<http://www.wombtoworld.org/>

3-4 October 2015

Convegno Nazionale di Epigenetica

Urbino, Italien

www.biosalusfestival.it/2015-04-27-10-55-40/convegno-di-epigenetica.html

10 October 2015, 9.00-17.30 h

COLLOQUE INTERNATIONAL DE LA PRENATALITÉ

« L'Education Prénatale, une urgence pour notre société »

CPCV, 7 Rue Du Château De La Chasse, 95390, St. Prix, France



OMAEP

Organisation Mondiale des Associations
pour l'Education Prénatale

Statut Consultatif Spécial auprès de l'ECOSOC

17th/ 18th October 2015

Womb Twin Conference – Dublin, Ireland 2015

The Twinless Twin – Understanding and Recovery

The Lantern Centre, Dublin

<http://www.wombtwin.com/conference-2015>

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Newsletter July 2015

December 3 – 6, 2015

APPPAH's 19th International Congress

Birth and Society: How Birth Impacts Society and how Society Impacts Birth.

Keynote Speakers: Thomas Verny, MD, DPsych., DHL, FRCPC, FAPA, Barbara Findeisen, Dr. Jaak Panksepp, Dr. Gerlinde A. S. Metz, Robbie E. Davis-Floyd, PhD, Michael Mendizza, Karen Strange, CPM, Jeanne Ohm, D.C., and Peter Prontzos, PhD

[Registration here](#)

Save the dates 2016:

January, 2016

Human Rights in Childbirth: India Conference

Bangalore, India

humanrightsinchildbirth.com/india-conference/

January 14-17, 2016

The World Congress on Recurrent Pregnancy Loss (WCRPL 2016)

Cannes, France



www.wcrpl.com

February 12-13, 2016

The 13th National Congress of the HSPPM

Budapest

May 29 - June 2, 2016

15th WAIMH World Congress

Infant Mental Health in a rapidly changing world: Conflict, adversity, and resilience

Hosted by Israeli and Palestinian Infant Mental Health Associations, Prague



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Further Education/Workshops

Birth Into Being

With Elena Tonetti –Vladimirova

Elena will be teaching a once-a-year 16 day Birth Into Being Method Workshop, Facilitator Training, and Advanced Facilitator Training

July 15 - 30, 2015

in Kisslegg, Germany

Information and registration: www.birthintobeing.international/

Advanced Embodiment Course

With Karlton und Kathryn Terry and Peter Schindler

Lessons from the hourglass: 5 - 10 November 2015

The Art of the Tryptic: 12 - 17 November 2016

Seminarhotel Wasserfallen bei Basel (Schweiz)

http://www.ippe.info/courses/embodiment_hourglass_classes.html

Registration: Max Peschek, peschek.max@t-online.de,
+49 (0)421 7 3210

Workshops with William Emerson:

Trauma, Shock, Twins and Doubles. The Discovery and Revival of Relational Intimacy

22 - 27 September 2015 in Sternenbergr, Switzerland

Kontakt: Claudia Isler, Secretary SIRT, Bahnhofstrasse 16, 8344 Bäretswil,

Telefon: 043 / 833 68 45, email: info@sirt.ch

www.sirt.ch

Trauma, Shock & Relational Intimacy

6 - 11 October 2015 in Lienen, Germany

Kontakt: Margret Overdick, E-Mail m.overdick@web.de, Tel +49 251 260 255

NEW Professional Seminars with APPPAH:

You can see about the complete Education Department offerings at

birthpsychology.com

How children handle stress and trauma

One-day Workshop with Dr. Aletha Solter (USA)

So, 11 Oct. 2015, 9.00 bis 17.00 h

In English with German translation

Edith-Stein-Schule für soziale Berufe Rottweil, Germany

registration: Tel.: +49 741 - 17 41 28 – 0, graf@schulenuersozialeberufe.de

More information: Anke Eyrich +49 7454 923 29

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Safe the dates 2016:

Karlton Terry will be in Basel twice for Baby Clinic:

23/24 April 2016

19/20 November 2016

Foundation course

2017-2020, with Max Peschek und Team in Parin, Germany:

Information and registration: Max Peschek, peschek.max@t-online.de

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Workshop Report

Dan Siegel

Trauma Healing Theory and Practice: An Interpersonal Neurobiological Approach Transforming Developmental Trauma into Integration and Resilience
By Antonella Sansone

I attended this inspiring workshop on 26th April in London. Eminent psychiatrist Dr. Dan Siegel, through sincerity and authenticity, animatedly educates us on his ground-breaking discoveries regarding where mind, brain and relationships meet. This life changing one-day workshop explains how unresolved developmental trauma can impact not only our relationship with ourselves, but our relationship with those we love the most. Most importantly, his workshop provides insights about the profound journey moving toward healing, wholeness and relational intimacy.

The workshop begins by describing the relationship between developmental trauma and attachment. The development of human brain depends enormously on parents-child interactions, thus upon attachment. In DT (physical and/or psychological abuse, parents' abuse against each other, sexual abuse, emotional neglect) the foundations of attachment have been violated.

Dan gives an evolutionary interpretation of human capacity for mindsight, which begun as a cooperative process through alloparenting or shared childcare. That moment of evolution made us mindful people, able to read the mind of others - their feelings, intentions and meanings. This ability is crucial for mental health and healing. Dan noticed that his patients got better when applying mindsight, connection, compassion. The way we are living is very different from how we are meant to. This generates anxiety, isolation, stress, depression rather than cooperation and empathy, which has huge implication for parenting and baby's attachment. Therefore post-traumatic disorders and the related disorganised attachment have nothing to do with the individual but the relationship thus is not genetic but experiential.

While wellbeing is characterised by harmony, linkage, differentiation and integration, in post-traumatic disorders there is poor regulation, rigidity and disintegration. A revolutionary concept is that the brain is state-dependent, in that it goes through different states and it is fine for an individual to experience them.

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We can use our own mind to work through them to re-establish linkage and integration. This view is wide-opening to healing, as it frees from labelling and offers many possibilities. So attachment experiences, trauma in particular, damages certain brain areas, create chaos and rigidity, alters integrity. But neuroplasticity allows for repairing those brain circuits or grow new ones from the old ones, a process having the function to integrate the brain. Therefore secure attachment supports the growth of brain integration. For Dan integration of relationship cultivates neural integration.

Specialising in trauma, Dan came to believe that 1 hour psychotherapy a week was not enough for healing and that for patients the practice of mindfulness at home every day could dramatically bring to positive outcomes. Mindfulness training leads to integration of consciousness and stronger self-regulation, since in any disorder integration is impaired. Dan describes awareness as a sense of knowing, a sense of known, which is enhanced by practising the Wheel of Awareness, an exercise we did during the workshop. You can download the meditation exercise on his website.

Research shows that relationships/attachment shape the mind as well as the structure of the brain. 95% mental health professionals haven't been offered a definition of the mind but Dan offers a new comprehensive one. Mind is an embodied as well as relational process, as it runs in the body as well as in relationship, between individuals. It is an open system, not linear and is capable of being chaotic. Relationship is the sharing of information or energy flow. Then he comes to a working definition of mind: an embodied and relational self-organising emergent process that regulates the flow of energy and information. Therefore brain, mind and relationships are all connected and embodied and influence each other.

Then Dan leads us to the concept of presence, one of the most important aspects of our interpersonal relationships. It is connected with attunement, resonance and trust. Parents' presence is the most fundamental element for a child's development of integration. This is why mindfulness, the most ancient practice among all cultures, which promotes connection with the present, resonates with attachment theory. "Feeling felt" is the most important feeling a human can experience and requires presence. When a patient is felt, he/she is really in the body, and the healing process can start. In fact, traumatised patients are stuck in the past and in the future and disconnected from the present. Because our mental life is fully embodied, it is essential to connect with the body sensations. An important element of healing is memory integration, which brings the implicit memory of the trauma that has been denied and makes sense of it. This does not mean justifying it, but understanding, forgiving. Memory is not intellectual, but embodied story telling which implies change of body feelings. Forgiving is thus a bodily experience.

In Dan's view healing is about acknowledging that it was only a part of yourself to be abused, not the whole person, and that mind integration is about integrating states. We are born with interpersonal states. Being interested in the prenatal roots of intersubjectivity I find this concept particularly resonating. What a therapist does is indeed interpersonal integration. Whether you do somatic therapy, psychotherapy, mindfulness-based therapy, bioenergetics etc,

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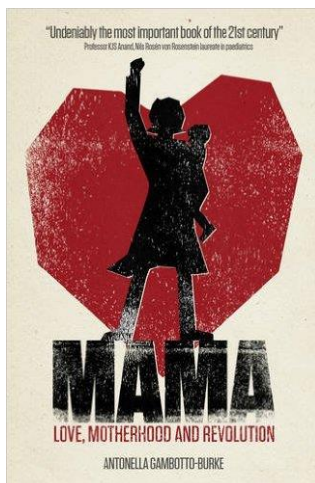
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this model of interpersonal neurobiology is always applicable. And no matter the educational background, it is remarkable that mindfulness, the Wheel of Awareness model, is the same in each country and extremely beneficial. Mindfulness is a universal teaching and integration a source of wellbeing the world over.

I haven't found a better definition of consciousness than the following: consciousness or pure awareness itself is energy distribution towards an intention, a constant movement between open possibilities. In trauma the mind is stuck in plateaus that restrict integrating flow and therefore create dissociation. The mind is seen as having the ability to open to possibilities. Then it follows Dan's final message: because disorganised attachment is the major cause of disturbances, the key is to prevent it by working with prospective and new parents to enable them to work on their trauma so that to prevent its effects on their child's development. My research and education focus is upon mindfulness because I share Dan's belief that it is the route to fulfilling parenting and secure attachment.

The fact that the mind is a self-organizing emergent process explains why patients who have been stuck for years suddenly find a therapist they connect with. Sometimes two words can give sense to one's existence and trigger the healing process. The power is in the flow of energy within the relationship.

New Release



Antonella Gambotto-Burke **Mama: Love, Motherhood and Revolution**

Pinter & Martin July 2015

In her compelling and ground-breaking new book, Antonella Gambotto-Burke explores how motherhood and love are intrinsically linked to human well-being and how a lack of respect for maternal love is at the root of widespread dissatisfaction with modern life.

Part-memoir, part-philosophical call to arms, this is a brilliant, passionate and moving exploration of what it is to be a mother and wife in the twenty-first century. What does it mean to be intimate with those we love and what happens when we're not? How does motherhood tie into femininity, sexuality, status? How does society judge mothers and how does this influence them? How do working hours undermine our most important relationships? Why is our value system now exclusively achievement-based rather than

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based on intimacy? What is the future for our children and society in this increasingly functional culture devoid of emotion?

Antonella not only explores this terrain with the great visionaries of modern childcare, but reveals the joys, intimacies and elisions that led to her own metamorphosis: among them, her corrosive relationship with her own mother, her 32-year-old brother's suicide, the emotional and philosophical revolution triggered by the birth of her daughter, and the traumatic end of her ten-year marriage.

A beautifully eloquent and thought-provoking insight into the cultural significance of love and motherhood, *Mama* is unique in its scope, challenging our cultural capacity for intimacy. Why, Antonella asks, are we willingly forfeiting happiness in the pursuit of an ultimately meaningless ideal?



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