

## Editorial

Dear ISPPM members,

The weekend before Easter, the active, engaged ISPPM members gathered for the meeting of the extended board in Wiesbaden, Germany: the core board of directors and the speakers of the working groups forming the extended board, as well as the scientific advisory board. A total of 20 people have come, partly from far away; From Bucharest, Vienna, Zurich and London.

It was a nice meeting in a pleasant, harmonious atmosphere; The new team has been well found together and looks forward to the future of our company. Interested members can request the minutes of the meeting via [secretary@isppm.de](mailto:secretary@isppm.de).

As you might know the ISPPM supports the great **film project** ["The safe birth – Do we need midwives?"](#) by Carola Hauck. We are happy with this cooperation as we believe that this is an excellent public relation tool. It is planned to bring the film as far as possible into the cinemas.

This year's **ISPPM annual conference** will be a smaller internal working conference, also open to interested non-members. The theme will be: **"Spirituality between mindfulness and professionalism"**.

Date: **October 28/29, 2017**, Place: **Berlin**, Hotel Christophorus des Ev. Johannisstift (where the annual conference in 2015 has already taken place). We also plan a time window for working group meetings on Saturday morning. It is planned that only a few lectures will be held and there will be a lot of room for exchanging case histories in small groups. We are working on a call for abstract, where all members are invited to submit their own contributions. The program will soon appear on the homepage, where you can register online. We are very pleased that the new founded **working group "Single born twin"** has taken the initiative to organize a **conference on its topic in October 2018**. The official annual congress will take place in the spring of 2018 in exceptional circumstances, since it will be the great **international cooperation congress with GAIMH in Switzerland: Thu. 05. - Sat. 07. April 2018**. The theme will be: **"Touch shapes"**. There will also be the General Assembly.

All dates of the planned ISPPM meetings are listed below.

With kind regards  
Your board team of isppm e.V.

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

### President

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## ISPPM Dates

June 16/27, 2017

ISPPM Switzerland

Conference on Cesarean Birth

Zurich

<http://www.isppm.ch/programm>

October 28/29, 2017

29. Annual conference of ISPPM

**“Spirituality between mindfulness and professionalism”**

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

### WG "Single-born twin"

Dear members and interested parties,

Before we describe your concern, we would like to introduce ourselves shortly. We, Britta Steinbach and Petra Becker, have founded the ISPPM working group "Single-born twin" in October 2015. Together with our working group, we have set ourselves the goal of making the topic more familiar in the German-speaking world.

At the meeting of the Extended Board in Wiesbaden was decided to our absolute enthusiasm, to hold an own conference on the topic of the "single-born twin". This is great and we want to thank all those involved.

Because ... this issue is not only a matter of the progressive development of reproductive technology. At our conference in 2018, experts will discuss the impacts of this trauma and existing therapeutic possibilities. We would like to invite all well-known international experts to our conference in order to give this trauma its scientific and therapeutic space.

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We - Petra and Britta - would like to ask you for your support in the name of the other three members of our working group to make this vision a successful enterprise. Paula Diederichs will also be on board, which makes us very happy. So, this is our plan for the preparation: in the course of the next ISPPM Annual Meeting in Berlin from October 27 to 29, 2017, the Agenda provides a three-hour exchange for all WGs. We would like to use this time frame to elaborate a conference concept and to prepare working teams. The extra night would be paid from the donation, which was awarded to us by the English association "Womb Twin Survivor".

Please let us know who of you can help us to create the event "The Trauma of the Single Born Twin" (still working title) to an inspiring event: every little help - whether in Berlin or from outside - is incredibly welcome.

Please give feedback until June 15, 2017: [info@twin-light.de](mailto:info@twin-light.de), if we can count on you.

Thank you very much,

Petra Becker and Britta Steinbach

## 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.

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](mailto:janus.ludwig@gmail.com)

## From the Network

### APPPAH



EARLY BIRD REGISTRATION RATES IN EFFECT UNTIL MAY 31, 2017!

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## 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 Dvad 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

<https://birthpsychology.com/2017-conference/about-keynote-speakers>

APPPAH'S ANNUAL BOARD MEETING. At the beginning of March, APPPAH's very active board met for our annual board retreat at the home of our advisor, David Surrenda, and his wife, Lisa Rafel, in Oakland, CA. For three days we met to discuss and diligently work on APPPAH's Five Year Strategic Plan. The plan was introduced to APPPAH membership at the 2015 International Congress. This month we also welcomed three new board members, Barbra Hotelling, Kate White and Lisa Reagan, who participated in our annual meeting. It was a very productive and invigorating weekend. We have some great plans in motion for APPPAH's continuing success and influence in the world.

## JOPPPAH

[The Journal of Prenatal and Perinatal Psychology and Health](#) invites original articles based on clinical work, experimental research, case studies, and self-report. Please review the guidelines for contributing authors by clicking on the link found just below the cover illustration and submit your articles to [journal.editor@birthpsychology.com](mailto:journal.editor@birthpsychology.com). We look forward to hearing from you.

Best Regards,  
Jeane Rhodes, PhD  
JOPPPAH Editor-in-Chief

## CEPPs

### CHILDHOOD AND EARLY PARENTING PRINCIPLES

In the spring of 2016, the CEPP initiative began with the collaboration of the following organizations under the exceptionally effective, active, reliable and humanly pleasant leadership of Valerie and John Unite:

- 1001 Critical Days Coalition, UK
- Association For Prenatal and Perinatal Psychology and Health (APPPAH)
- International MotherBaby Childbirth Organization (IMBCO)

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- International Society for Pre- and Perinatal Psychology and medicine (ISPPM)
- Make Mothers Matter (MMM)
- World Organization for Prenatal Education Associations (OMAEP)

All information on this socio-political initiative at UN level can be found on the CEPPs homepage: <http://ceppprinciples.org/>  
Contact person for the ISPPM: Dr. Rupert Linder, [post@dr-linder.de](mailto:post@dr-linder.de)

Here some News:

## The CEPPs framework for implementation of ECD programmes

Valerie Unite has been invited to the symposium to introduce the Childhood and Early Parenting Principles (CEPPs), a policy framework for the implementation of early childhood development programmes. The [CEPPs Mother and Child Manifesto](#) is a set of 7 principles that form the basis for a unified multi-sector and multi-stakeholder partnership between government, private sector and civil society organizations.

These principles aim to do for mothers, families and young children what the Women's Empowerment Principles (WEPs) are doing for women in the workplace. They have the single aim of ensuring that every child grows in a safe and nurturing environment and develops to their full potential.

CEPPs works bottom-up, city-by-city promoting multi-stakeholder networks to accelerate the implementation of the UN Every Woman, Every Child Global Strategy (2016-2030).

This framework incorporates the work of pioneers in the field of pre- and perinatal psychology like Dr. David Chamberlain, Dr. Thomas Verny and Dr. Rupert Linder. Extracts of their work over a period of 30 years will be found in [Articles](#) and [Papers](#) pages on the CEPPs website.

The website also has articles by specialists like Prof. Dr. Christian Pfeiffer, Director of the Criminological Research Institute of Lower Saxony. Of particular interest is an article entitled; ['The Abolition of the Parental Right to Corporal Punishment in Sweden, Germany and other European Countries'](#), which describes the resulting reduction in crime and violence over a period of 20 years.

## Reducing crime and violence, the CEPPs policy framework

It may be surprising to find criminologists teaming up with specialists in early childhood development to fight crime and improve levels of safety in society. But at the 2017 Stockholm Symposium on Criminology in June, a key component of the programme will be early intervention, with a focus on mothers and families.

## Building healthier, fairer and more peaceful societies

This year Queen Silvia of Sweden will present the prestigious Stockholm Prize in Criminology to Professor Richard E. Tremblay (Canada/France/Ireland) for his work in developing basic science connections between biological, family and social factors in human development. Prof. Tremblay combines this research with rigorous tests of policies that may alter these factors to reduce crime and violence.

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Early intervention during pregnancy helps control aggressive behaviour

His studies show that the benefits of nurture merit early intervention programmes, regardless of the uncertainties in the biological part of the story. And his research shows that earlier intervention may produce even better results. "If we support these parents during pregnancy and if we help these women have a better lifestyle during pregnancy, with less stress, it should affect brain development, and these children should be better able to learn how to control their aggressive behaviour," he says.

Prof. Tremblay is also the founder of the [Encyclopedia on Early Childhood Development](#), a valuable source of up-to-date scientific knowledge on early childhood development, from conception to age five.

[Highlights after our week in New York and the CEPPs Side-Event at the UN](#)

## ENCA

The European Network of Birth Organizations (ENCA) met in the spring in Cascais, Portugal under the motto "Nascem em Amor". 20 delegates from 11 European countries belonging to the ENCA network met for their three-day meeting.

As representative of the ISPPM, Marita Klippel-Heidekrüger was invited and took part.

## International Week for Respecting Childbirth (IWRC) 2017:

**„40 Weeks? Birth has a right time not a scheduled time“**

40 weeks? The topic of this IWRC 2017 goes together with the question: How to calculate the due date? Is the so called due-date a date or a time? Recently in Germany an article on this subject was published showing the weakness of the calculation based on ultrasound (U. Wieland, S. Hildebrandt, "der Frauenarzt 57 2016 Nr. 9. Shortly before, the discussion had been going on with the aim to cut off the right of women to birth out of hospital 3 days over the due date!

Starting from there we asked: On which days of the week are babies being born in my city - Göttingen.

## Birth days in Göttingen

Göttingen is known as a city with the highest C-section rate in Germany. At the university clinic the rate of c-section rose to 55%. We got the official statistics of the town administration on the birth-day of the 13,183 children born between 01.01.2010 and 31.12.2015, a total of 13,183 children. The expected number as an average is 1,883 babies per week day during the 5 years. We analysed the figures to find out on which week days babies are born.

## WEEK DAYS

On the one hand, Tuesdays, Wednesdays and Thursday show an average of births within the framework of the expectation (1883 births/day) which allow us

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to think that there is not too much of an influence on the onset of labour. We will call them “normal days”.

On the other hand the number of births on the other days draw our attention:

- on Fridays the numbers show that 20% more children are born compared to the "normal days"

- on Mondays 30% more children are born compared to the "normal days"

Between Fridays and Mondays we observe the number of birth on the week-end days. (Suggest delete complete line)

Saturdays and Sundays show a missing percentage compared with the statistical expectation: on Saturdays 20% fewer children are born, and on Sundays 30% fewer children are born.

On the scheme the expectation line is in red.

How come this happens with such an astonishing persistency? Maternity wards are under staffed during the week end and for this reason births may be induced or accelerated, c-section follow as a consequence of previous interventions on Fridays. On Mondays the women (and their babies) who have been put on hold during the week end are allowed to birth.

The following two schemes show these results in two different ways.

Scheme 1: The lines show how the high number of births on Mondays sinks to normal from Tuesdays to Thursdays and climb again on Fridays before sinking far down for the week ends:

Number of births per year and Week days

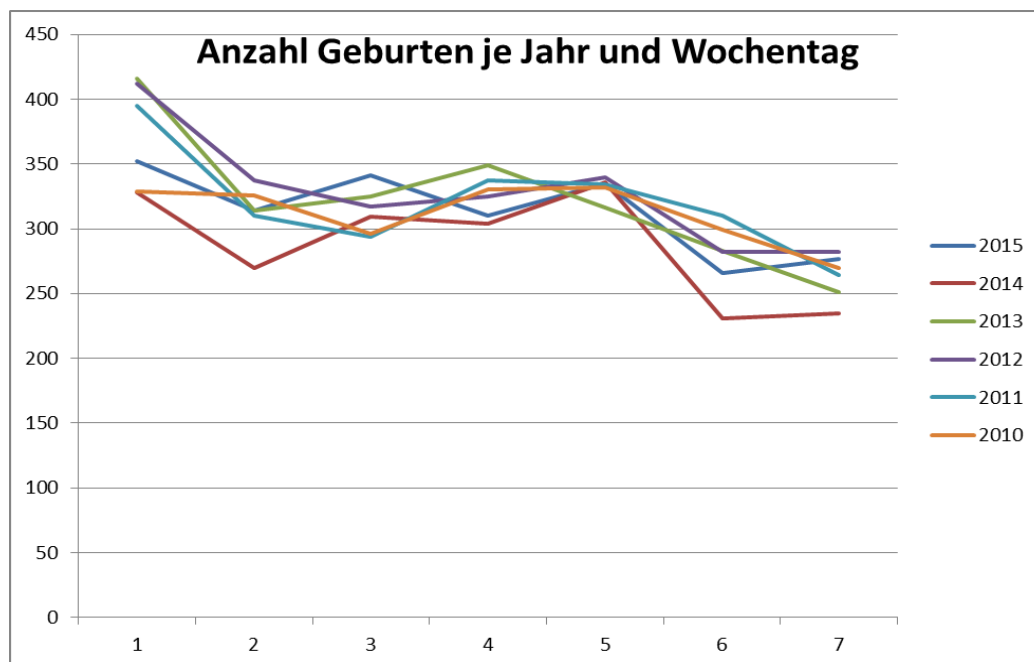


Fig. 1 Monday is day 1, Tuesday day 2 a.s.o.

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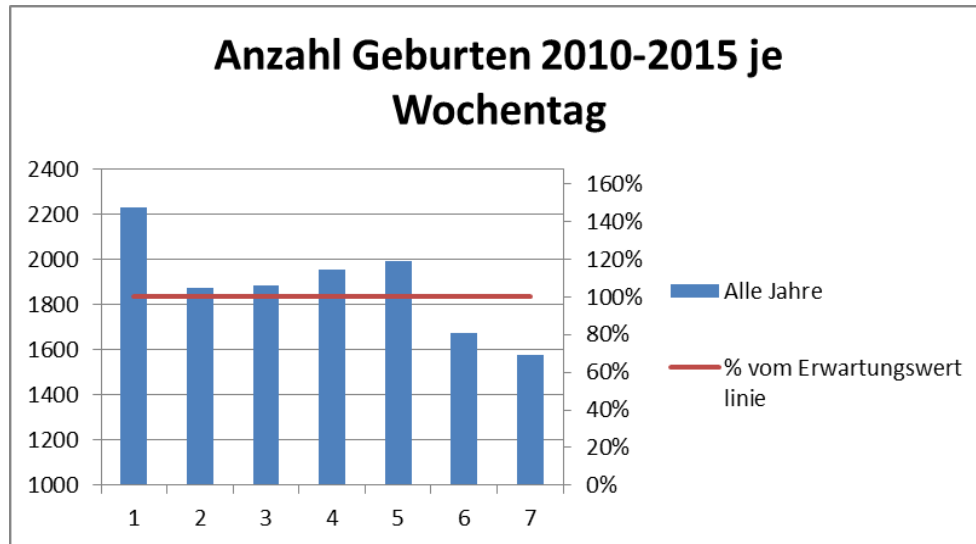
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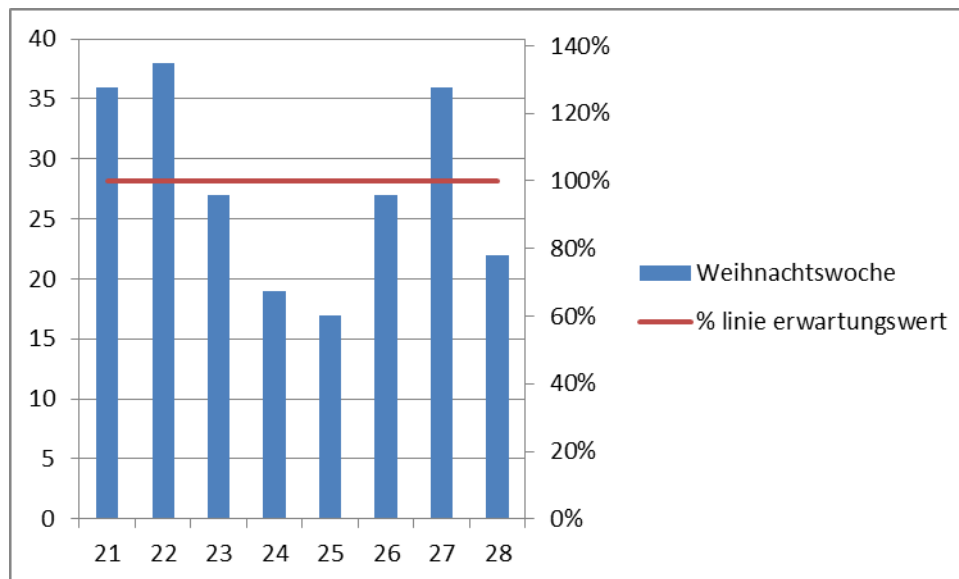
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Number of births from 2010 to 2015 according to the day of the week. The red line shows the statistical expectation.

During the Christmas week the degree of manipulation gets even clearer. The scheme shows precisely how the number of births decreases on Christmas Eve (December 24th in Germany a high holiday) and stays down on December 25th. On the days before (21st, 22nd) and following days the number of births raises over 120% to catch up.

Years 2010-2015 Christmas week



The German Christmas carol "Ihr Kinderlein kommet": Little children come, should be changed to: "little children come but don't bother us on Holidays". Do you still really believe that the health of mothers and babies is the priority in obstetrics?

Author: Elisabeth Geisel, GfG-hon chair , [www.gfg-bv.de](http://www.gfg-bv.de)

ENCA co-ordinator [www.enca.info](http://www.enca.info)

Tables: Dr. Nico Geisel

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The IWRC ( International Week for Respecting Childbirth) is initiated by the “European Network of Childbirth Associations”, ENCA and it takes place during the 3rd. week of May. The topic of the year is chosen by ENCA. [www.enca](http://www.enca)

## Film project „The Safe Birth“



Tailer [here](#)

The date for the **premiere in Munich** is fixed: **05 May 2017** at the International Midwifery day.

Cinema is the Neue Rottmann in Rottmanstrasse 15, 80333 Munich  
The Film starts at 6 pm  
Discussion from 8 pm.

## Please support the postproduction!

20.000 € still urgently required.

Donations are accepted by the ISPPM e.V.:

GLS Bank

BIC: GENODEM1GLS

IBAN: DE33430609671133475100

Purpose: film "the safe birth"

[Paypal](#) also possible

## Briefly

### 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](http://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](mailto:info@familiesforconsciousliving.org)

### Accredited Microbirth Online Course

Interactive learning on the science of childbirth: the microbiome, epigenetics and hormones in pregnancy, birth and breastfeeding

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<http://microbirth.teachable.com/>

## Films

### **Meine Narbe – My Scar**

Dear colleagues!

I am pleased to inform you that our film is now available in English subtitles worldwide.

I would be very happy if you could spread it to your international network.

Here is the link to the movie including trailer:

<https://vimeo.com/ondemand/myscar>

Here is a short film description:

Though the Caesarean Section may be considered normal in our society, it still marks an incursion into a woman's body and life that is far more difficult to process than generally claimed.

The film focuses on how deliveries by C-Section are perceived by those affected. In moving interviews, men and women recount their expectations and wishes regarding birth procedures. They talk about physical and emotional sensations that evolved around this planned or unplanned event and the repercussions they may have faced in the aftermath. We get to know their stories and learn about how they managed to overcome the often traumatic experience – and even take something positive out of it.

Judith Raunig

### **Future Baby**

#### **How far do we want to go?**

A Film by Maria Arlamovsky

FUTURE BABY is a film about the future of human reproduction as it is happening right before our eyes. Maria Arlamovsky's exploration takes her all around the world—to patients and researchers, to egg donors and surrogate mothers, to laboratories and clinics. The hopes and wishes of future parents mesh with research on how to "upgrade" human embryos in the face of an ever-accelerating rate of progress.

How far do we want to go?

Trailer an online watching here: <http://futurebaby.at>

### **Breeders: A Subclass of Women?**

Surrogacy is fast becoming one of the major issues of the 21st century—celebrities and everyday people are increasingly using surrogates to build their families. But the practice is fraught with complex implications for women, children, and families. What is the impact on the women who serve as surrogates and on the children who are born from surrogacy? In what ways might money complicate things? What about altruistic surrogacy done for a family member or close friend? Is surrogacy a beautiful, loving act or does it simply

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degrade pregnancy to a service and a baby to a product? Can we find a middle ground? Should we even look for one?

From The Center for Bioethics and Culture, producers of the award-winning Eggsploration (2010, 2013), and Anonymous Father's Day (2011), Breeders: A Subclass of Women? explores this important issue, talking with surrogates, physicians, psychologists, and activists across the political and ideological spectrum.

<https://vimeo.com/ondemand/breeders>

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/>

## Events Diary

### Congresses and conferences

**29th of June – 1st July 2017**  
**International Attachment Conference 2017**  
**Putting Attachment Theory to Work**  
From basic science to clinical application  
London  
<http://www.iac2017.co.uk/>

**23 – 25 August 2017**  
LCICD Conference  
**Lancaster Conference on Infant and Child Development Conference**  
Lancaster University, U.K.  
<http://wp.lancs.ac.uk/lcicd/>

**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](mailto:acpp@inbox.ru) and [igra-msk@mail.ru](mailto:igra-msk@mail.ru)

**September 22 – 24, 2017**  
International Stillbirth Alliance Conference  
University College Cork, Ireland  
[isacork2017.com](http://isacork2017.com)

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## September 29 – Oktober 01, 2017

16<sup>th</sup> International Attachment Conference

### The Power of Group Attachment

<http://www.bindungskonferenz.de/1-1-Home.html>

## October 8 – 10, 2017

VIIIth RECENT ADVANCES IN NEONATAL MEDICINE

Würzburg, Germany

[www.recent-advances.com](http://www.recent-advances.com)

Deadline for poster presentation is June 1, 2017

## November 29 – December 4 2017

20th APPPAH International Congress

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

San Diego

[Call for papers](#)

## Further Education

In Germany:

### Training in Bonding Analysis

With Dr. Helga Blazy and Hannelore Dehne

Interested people please contact

Helga Blazy: [nc-blazyhe@netcologne.de](mailto:nc-blazyhe@netcologne.de)

### 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](mailto:ba@schroth-apv.com)

<http://www.schroth-apv.com>

In Austria:

Body/traumatherapy with babies

With Rien Verdult

Insbruck

Information about the content: Rien Verdult, [rien.verdult@skynet.be](mailto:rien.verdult@skynet.be)

Registration: Mag.a Ulrike Gritsch, [praxis@psychotherapie-kbt.at](mailto:praxis@psychotherapie-kbt.at)

Tel: + 43 699 109 88 404

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In Switzerland:

Trainings with Dr. Franz Renggli:

- Experiences from pregnancy and childbirth as a source of healing
- Trauma healing in babies
- Self-Experiencing: Traveling in one's own pregnancy and birth
- Couple Seminars

Further information: [www.franz-renggli.ch](http://www.franz-renggli.ch)

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:

### **Integration of Pregnancy and Birth Experiences**

According to Ray Castellino

With [Charisse Basquin](#) and Keri Starbuck

Max. number of participants: 6

Date: September 20-23, 2017

Location: Erlangen

English course with German translation.

Costs: 725 euros

### **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](mailto:EarlyimprintsUK@gmail.com)

Praxis Susanne von der Emde, Leithenstrasse 4a, 91080 Marloffstein, Tel. 0049 9131 – 5300191, E-mail: [Susanne.vonderemde@t-online.de](mailto:Susanne.vonderemde@t-online.de)

<https://cbasquin.wordpress.com/contact-me/>

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In Switzerland:

Seminar Program of ISPPM Switzerland: <https://www.isppm.ch/programm>

In the Netherlands:

## **Prenatal and Birth Process**

With Matthew Appleton and Jenni Meyer

This 3-day workshop is limited to 24 participants. The workshop is largely experiential and works with embodied process to explore how our prenatal and birth experiences may be unconsciously influencing us in our lives. Individual sessions are supported by the empathic holding of the group.

09 – 11 June 2017 in Rotterdam

Contact: Yvonne Welling, [info@pre-en-perinataalbewustzijn.nl](mailto:info@pre-en-perinataalbewustzijn.nl),  
+31 (0) 6 – 233 946 88

<http://www.pre-en-perinataalbewustzijn.nl/trainingen-cursussen/>

In Belgium:

## **"Healing from the very beginning"**

### **Pre- and Perinatal Psychotherapy**

With Max Peschek (IPPE), Assistants: Sylvie Geerdens and Marleen Dols

The course will be held in English. Translation in German and Dutch is possible.

Information: Marleen Dols, [marleendols@online.nl](mailto:marleendols@online.nl)

Website: <http://www.birthimprints.com>

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](http://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](mailto:claudia.versluis@aon.at), Mobil  
00 43 664 5517235

More: [www.ippe.at](http://www.ippe.at)

## **Wow Babies tell their stories**

With Dr. Ray Castellino

Insights into the pre- and perinatal world of somatic psychology

1 - 4 July 2017 in Vienna

English with simultaneous translation in German

In this workshop, Ray Castellino presents the core elements of his work with families and babies. They gain new insights into the pre- and perinatal world of somatic psychology as well as into pre-verbal time.

Registration: [schule@herrgesell.at](mailto:schule@herrgesell.at)

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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](mailto: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](mailto:antonellasansone8@gmail.com)

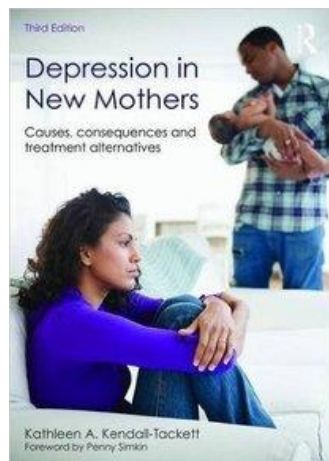
Online:

### Professional Seminars with APPPAH:

You can see about the complete Education Department offerings at

[birthpsychology.com](http://birthpsychology.com)

## Reading Tips



Kathleen A. Kendall-Tackett

### Depression in New Mothers

Causes, consequences and treatment alternatives

Depression is the most common complication of childbirth and results in adverse health outcomes for both mother and child. It is vital, therefore, that health professionals be ready to help women who have depression, anxiety, or posttraumatic stress disorder in the perinatal period.

Now in its third edition, *Depression in New Mothers* provides a comprehensive approach to treating postpartum depression in an easy-to-use format. It reviews the research and brings together the evidence-base for understanding the causes and for assessing the different treatment options, including those that are safe for breastfeeding mothers. It incorporates research from psychoneuroimmunology and includes chapters on:

- assessing depression
- mother-infant sleep

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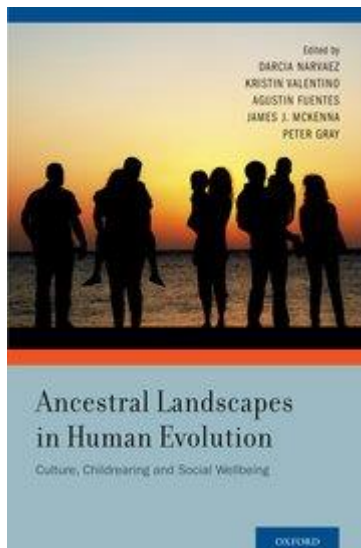
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- traumatic birth experiences
- infant temperament, illness, and prematurity
- childhood abuse and partner violence
- psychotherapy
- complementary and integrative therapies
- community support for new mothers
- antidepressant medication
- suicide and infanticide

This most recent edition incorporates new research findings from around the world on risk factors, the use of antidepressants, the impact of breastfeeding, and complementary and integrative therapies as well as updated research into racial/ethnic minority differences. Rich with case illustrations and invaluable in treating mothers in need of help, this practical, evidence-based guide dispels the myths that hinder effective treatment and presents up-to-date information on the impact of maternal depression on the mother and their infants alike.



## **Ancestral Landscapes in Human Evolution**

Culture, Childrearing and Social Wellbeing

Edited by Darcia Narvaez, Kristin Valentino, Agustin Fuentes, James J. McKenna, and Peter Gray

Oxford University Press 2014

- Addresses the question: How do culture and parenting influence child development as well as individual and cultural wellbeing?
- Offers an in-depth examination of hunter-gatherer cultural practices relevant to child development
- Examines children's contributions and collaborations with parents in human evolution
- Explores mammalian early care effects on wellbeing

The social contexts in which children develop have transformed over recent decades, but also over millennia. Modern parenting practices have diverged greatly from ancestral practices, which included natural childbirth, extensive and on-demand breastfeeding, constant touch, responsiveness to the needs of the child, free play in nature with multiple-aged playmates, and multiple adult caregivers. Only recently have scientists begun to document the outcomes for the presence or absence of such parenting practices, but early results indicate that psychological wellbeing is impacted by these factors. *Ancestral Landscapes in Human Evolution* addresses how a shift in the way we parent can influence child outcomes. It examines evolved contexts for mammalian development, optimal and suboptimal contexts for human evolved needs, and

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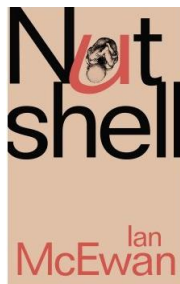
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the effects on children's development and human wellbeing. Bringing together an interdisciplinary set of renowned contributors, this volume examines how different parenting styles and cultural personality influence one another. Chapters discuss the nature of childrearing, social relationships, the range of personalities people exhibit, the social and moral skills expected of adults, and what 'wellbeing' looks like. As a solid knowledge base regarding normal development is considered integral to understanding psychopathology, this volume also focuses on the effects of early childhood maltreatment. By increasing our understanding of basic mammalian emotional and motivational needs in contexts representative of our ancestral conditions, we may be in a better position to facilitate changes in social structures and systems that better support optimal human development. This book will be a unique resource for researchers and students in psychology, anthropology, and psychiatry, as well as professionals in public health, social work, clinical psychology, and early care and education.



Ian McEwan  
**Nutshell**  
Genre: Crime novel  
London: Jonathan Cape, 2016

More information:  
<http://ianmcewan.com/books/nutshell.html>

## Imprint

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