

## From the Board

### Advertisement Board Elections

Dear members of ISPPM e.V.,

in 2016 will be elections of a new board. All six positions become newly elected:

- President
- Vice-President
- Vice-President
- Chairman of the extended board
- Treasurer
- Secretary

From the actual board only Wolfgang Bott and Johanna Schacht will be candidates for a third term.

We like very much to prepare the transition well and hold to the continuity of our work.

So we ask all persons interested in an application for the new board team (actually the position is yet secondary) to contact us until latest Monday, 15th of February 2016, (E-Mail [secretary@isppm.de](mailto:secretary@isppm.de) / Tel. +49(0)611-97457598).

### **Feel free to make suggestions for others that we shall address.**

We invite all interested persons to participate in the closed meeting of the extended board in Wiesbaden where we like to open a space for knowing about the work, the persons, and the clearing of questions.

This means, all of you who are not yet decided should come, too. Please make a note of the appointment for the weekend 19th/20th of March 2016. We'll start Saturday, 12 o'clock, and finish on Sunday 2 p.m. ISPPM e.V. shall take over your hotel and travel-costs.

You may as well participate in our telephone conferences which we have every fortnight to get some insight into the work of the board.

We hope that you are interested to engage in ISPPM and give us a positive response.

With best greetings and wishes,

Your board team of isppm e.V.

Sven Hildebrandt, Helga Blazy, Gabriella Ferrari, Wolfgang Bott, Johanna Schacht

## From the Extended Board

The **ISPPM Country Group Netherlands / Belgium** organises the following course as **ISPPM event**:

### **Integrative Therapy Baby Training**

Matthew Appleton / Jenni Meyer, assistant Yvonne Welling

Start: 11th-13th March - **There are still places available!**

More information: <http://www.conscious-embodiment.co.uk/>

Registration: <http://www.isppm.de/en/integrative-baby-therapy-training/>

Contact: Yvonne Welling, E-mail: [babyoudercoach@gmail.com](mailto:babyoudercoach@gmail.com)

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The following new Work Groups are looking for further members. In case of interest, please contact the persons indicated!

## **Work Group „Womb Twin Survivor“**

Contact: Petra Becker and Britta Steinbach, E-Mail: [info@twin-light.de](mailto:info@twin-light.de)

## **Work Group „Prevention in Obstetrics“**

Contact: Judith Raunig, Vienna, E-Mail: [info@nach-dem-kaiserschnitt.at](mailto:info@nach-dem-kaiserschnitt.at)

**Work Group „Children's Rights“** should already take up its work provisionally until the work group would be formally founded at the next general meeting. Anyone interested in participating in this working group, please contact the board via E-mail: [secretary@isppm.de](mailto:secretary@isppm.de)

## **Report from the Country Group UK**

ALL PARTY PARLIAMENTARY GROUP (APPG) CONCEPTION TO AGE 2:  
**THE FIRST 1001 DAYS**  
2016 PROGRAMME OF EVIDENCE SESSIONS  
REPORT OF SESSION 1: 1st February 2016: Building Great Britons – Our Plans for 2016

By Antonella Sansone

It is a remarkable experience for a pre and perinatal healthcare professional to attend meetings at the House of Commons in the Parliament, to discuss with policy makers who have actively put parents and babies at the centre of their attentions and decision making. 2016 opens a key opportunity for the APPG Conception to Age 2 to influence Government further after the re-launch of the 1001 Critical Days Manifesto, as last 2015 parliamentary debate of life chances strategy begins to unfold. The APPG Conception to Age 2 is a campaign which acknowledges the impact of the pre- and perinatal period and parenting support on children's health and the welfare of society and economy and the vital importance of provision of UK Specialist Community Perinatal Mental Health Teams.

My intention is to create a relationship between the ISPPM, of which I am an Extended Board member, and the APPG, especially as an expert of the mother-preborn relationship and mindfulness as a preventive nurturing practice for both pre/perinatal healthcare professionals and prospective/new parents. Awareness of prenatal experiences and the preborn as a sentient being (and the scientific and clinical evidence supporting it) is generally still poor in the academic world as well as among professionals in UK. Enhancing this awareness seems to me an effective strategy to introduce the ISPPM through my meetings at the Parliament, and particularly my other events such as workshops, seminars, interactions with other healthcare professionals, conferences etc. If the ISPPM

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wants to be international, this kind of strategy could support its exchanges with other countries' organizations. However, one of the major challenges is UK's resistance, especially in some environments, to opening to exchanges with foreigner organisations, associations and societies.

As a member of this APPG campaign, I have been invited to the 2016 programme of APPG meetings which will bring into sharp focus some key recommendations to offer the government in this year of social renewal and social justice that the prime minister has declared. I want to highlight this sense of being innovative and strategic together to draw upon the preventive strategy of the 1001 Critical Days Manifesto and its implementation for vulnerable infants, toddlers and their families from the antenatal period onwards. It was so refreshing for me (as a pre- and perinatal psychologist and educator) to see the highlight now on prevention of perinatal mental illnesses and focus on pregnancy. It is this strategic program which puts UK on the frontline and could offer a model for other countries. The challenges are huge, but synergy and a communal child-parent centred philosophy will be our very strength.

After welcome and introduction by Clair Rees, Parent-Infant Partnership (PIP) UK, some recommendations were made by Chairman PM Tim Loughton, so that achieving the very best experience for children in their first 1001 days can become a mainstream undertaking by all political parties and a key priority for the National Health System (NHS) England. I am synthesizing these recommendations so that the ISPPM, as well as other organisations, can be inspired in making the way to a real change involving the Parliament as well as the entire community of pre- and perinatal healthcare practitioners. We can then truly create a global philosophy and strategies for the wellbeing and sustainability of the entire humanity.

## Conclusion 1

We want to create children who at the end of their first 1001 days have the social and emotional resources that form a strong foundation for good citizenship.

## Conclusion 2

Without intervention, there will be in the future, as there was in the past, high intergenerational transmission of disadvantage, inequality, dysfunction and child maltreatment. These self-perpetuating cycles create untold and recurrent costs for society. The economic value of breaking these cycles will be enormous.

## Recommendations:

Achieving the very best experience for children in their first 1001 days should be a mainstream undertaking by all political parties and a key priority for NHS England. Recognising its influence on the nature of our future society, the

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priority given to the first 1001 days should be elevated to the same level as Defence of the Realm.

Require local authorities and Health & Wellbeing Boards to prioritise all factors leading to the development of socially and emotionally capable children at age 2, by adopting and implementing a 1001-days strategy in collaboration with their partner agencies, within 5 years.

National government should establish a 1001-days strategy fund to support local authorities to make a decisive switch over the next 5 years, to a primary preventive approach in the first 1001 days.

Appoint a Minister for Families and Best Start in Life with cross-departmental responsibility, drawing together all relevant departmental ministers, with a remit to draw up a 1001-days strategy Masterplan within 12 months of the election.

Make joint inter-agency training on the importance of the early years for social and emotional development, for all professionals working with children and families in the early years, a priority of the 1001-days strategy.

Children's centres should become a central source of support for families in the early years with access to multi-agency teams and multiple on-site services including health visiting, GP (general practitioner) services, housing, finance, parenting classes, birth registration, library and other community services.

Research evidence and good local area data are necessary to ensure effective changes are implemented to services. Where data and evidence are not available, these should be prioritised and supported with appropriate funding.

Essentials of a good local primary prevention approach:

- 1) Good universal services
- 2) Central role of children' centres
- 3) Universal early identification of need for extra support
- 4) Good antenatal services
- 5) Good specialised perinatal mental health services
- 6) Universal assessment and support for good attunement between parent and baby
- 7) Prevention of child maltreatment

In the following discussion important points were highlighted by professionals as well as mothers who experienced perinatal illnesses and transformed it into a constructive inspiring experience for others. Our front bench was under the spotlight. I would like to commend Consultant Obstetrician Raja Gangopadhyay, who discussed about the importance of good antenatal education, robust psychological care (during pregnancy and beyond) to prevent perinatal mental illness, and more importantly putting the mothers and fathers first and foremost in the centre of care and decision making, Elaine Hanzack, a mother who suffered severe perinatal psychosis (until she found a psychiatrist able to 'listen'

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and 'connect') and has become an author and speaker to inspire other mothers, for highlighting the importance of pre-pregnancy care and counselling, especially for women who lost their child, Kathryn De Vecchi, for discussing the importance of involving treasury team and myself, Antonella Sansone, for discussing the importance of research on mindfulness as a nurturing preventive practice in pregnancy and an integrative approach with mind and body.

These connections also open to new possibilities and opportunities. For instance, I have been invited by Mr Raja Gangopadhyay, also representative of the Maternal Mental Health Alliance, to give a presentation for the obstetrics trainees on mindfulness and attachment, introducing concepts of the mind and mental health to future obstetricians and the importance of an integrative approach to pre and perinatal care. Raja and I have planned to organise a conference for PARENTS, though also open to health care practitioners. He has also accepted my invitation to contribute to my workshop with his exceptional concern about pregnant women's and new mothers' mental health. Hopefully this is one true route to integrating all professional trainings involved in pre and perinatal care with an interdisciplinary education in prenatal experiences, mother-preborn relationship and maternal/infant mental health.

Acknowledgment of any reference to this report is appreciated.

## From the network

### **APPPAH Newsletter February**

[Download here](#)

### **APPPAH's youtube channel:**

<https://www.youtube.com/channel/UCKqTSGDdIlyTH5vDkizdldw>

An Overview of **APPPAH's 2015 Congress**: <https://birthpsychology.com/press-room/overview-apppahs-2015-congress>

### **Proceedings Congress in Belgrad 2015**

### **1st International Congress on Psychological Trauma: Prenatal, Perinatal & Postnatal Aspects (PTPPA 2015)**

Download here:

[http://www.iefpg.org.rs/Conference/2015/2015\\_PTPPPA\\_PROCEEDINGS.pdf](http://www.iefpg.org.rs/Conference/2015/2015_PTPPPA_PROCEEDINGS.pdf)

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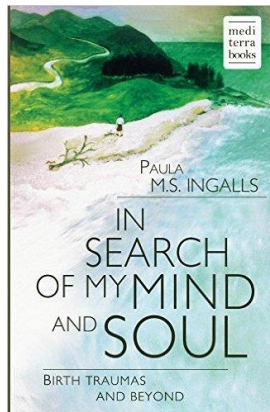
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## † Paula M.S. Ingalls

Late last year our member Paula Ingalls (1941 - 2015) died. She was born in 1941 in the Netherlands, emigrated in 1969 in the USA. She was a freelance researcher and lectured around the world.



Her main topic of research and publications has been prematurity.

Her articles have been published in the International Journal of Pre- and Perinatal Psychology and Health, International Journal of Pre- and Perinatal Psychology and Medicine, WAIMH.

In 2002 she self-published a collection of poems and photographs, titled "Christmas Remembrances".

Her extensive book ["In search of my mind and soul: Birth traumas and beyond"](#) is available in bookstores.

For more information from our fields please visit our [facebook page](#).

## Events Diary

### Dates isppm e.V.

**19/20 March 2016**

**Meeting of the extended board and the scientific advisory board of isppm e.V.**

**Beginning: Saturday 12.00 h, End: Sunday 14.00 h**

Wilhelm-Kempff-Haus, Wiesbaden

**October 21 – 23, 2016**

**28<sup>th</sup> Annual Conference in Stolpen near Dresden**

**Attachment/Bonding and birth in the transgenerational context**

Birth as a resilience factor mental health

Mental Health as a resilience factor of birth

**Call for Abstracts:**

<http://www.isppm.de/en/october-21-23-2016-28th-isppm-annual-conference/>

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## Dates Conferences and Congresses

**April 6–10, 2016**

**Midwifery Today Conference**

**Honoring Our Past, Embracing Our Future**

Harrisburg, Pennsylvania

<http://midwiferytoday.com/conferences/Harrisburg2016/default.asp>

**May 17 – 20, 2016**

21st International Congress of A.P.P.A.C.

Athens, Greece

<http://www.appac.gr/displayitm1.asp?itmid=18&lang=en>

**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

<http://www.waimh.org/i4a/pages/index.cfm?pageid=3298>

**June 10 – 12, 2016**

Bondingsanalysis Conference

„Der Neuland Seefahrer beginnt die Reise“

Cologne

[Flyer Download](#)

**June 15 – 18, 2016**

**XXV European Congress of Perinatal Medicine (ECPM)**

organized by the European Association of Perinatal Medicine (EAPM)

Maastricht

<https://www.eiseverywhere.com//ehome/144836>

**September 3 – 9, 2016**

**Healthy Birth, Healthy Earth**

A Findhorn Foundation Conference

<https://www.findhorn.org/programmes/193/>

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**September 16/17, 2016**

## **2016 APPPAH Regional Conference**

Bastyr University, 14500 Juanita Drive, Kenmore, WA 98028

### **Pathways to Prenatal Wholeness: Integrating Healthcare Disciplines in a 21st Century Dialogue**

<https://birthpsychology.com/events/2016-apppah-regional-conference>

**October 1 – 2, 2016**

## **Attachment Parenting Congress**

Hamburg

<http://www.attachment-parenting-kongress.de>

**October 07 – 09, 2016**

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

## **Attachment and emotional Violence**

Munich

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

**19 – 23 October 2016**

Midwifery Today Conference

## **“Birth Is a Human Rights Issue”**

Strasbourg, France

<http://midwiferytoday.com/conferences/Strasbourg2016/>

**January, 2017**

## **Human Rights in Childbirth: India Conference**

Bangalore, India

[humanrightsinchildbirth.com/india-conference/](http://humanrightsinchildbirth.com/india-conference/)

## **Further Education**

In Germany:

### **Baby Therapy Training**

With Rien Verdult

Contents: trauma therapy for babies, healing of attachment disorders

Soundness in prenatal psychology

Support for parents

Frequency: 12 weekends in 2016/2017 Sat: 11am - 19h Sun: 9am - 16h

Data: 2016: 28/29 May 3/4 Sept, 1/2 Oct, Nov and 12/13 17/18 Dec 2016 2017:

14/15 Jan, 4/5 Mar, 1/2 Apr, May 20/21, 26/27 Aug, September 30 + 1 Oct and

11/12 November 2017

Location: Trier, Germany, Cost: € 250 per weekend

More information: [Sarah.Burgard@web.de](mailto:Sarah.Burgard@web.de), [rien.verdult@skynet.be](mailto:rien.verdult@skynet.be),

Registration: [Sarah.Burgard@web.de](mailto:Sarah.Burgard@web.de), Tel: +49 (0) 6588-987049

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## Foundation Course

with Max Peschek and team in Parin at the Baltic Sea:

21 to 28 April 2017

7 to 12 November 2017

20 - 27 April 2018

2 to 7 November 2018

12 - APRIL 17 2019

3 to 8 November 2019

21 - April 26 2020

More Info: [www.ippe.info/courses/intermediate\\_course.html](http://www.ippe.info/courses/intermediate_course.html)

Information and registration: Max Peschek, [peschek.max@t-online.de](mailto:peschek.max@t-online.de),

Tel.: +49 (0) 421 7 3210

In the Netherlands:

Organised by ISPPM Country Group Netherlands/Belgium

### Integrative Baby Therapy Training

Professional and practice oriented pre- and perinatal birth psychology

Training leader & Tutor: Matthew Appleton MA RCST KCP

Tutor: Jenni Meyer

Organizer & Assisting: Yvonne Welling

Module 1: 11,12,13 March 2016

#### Working with the Family Field

Module 2: 10,11,12 June 2016

#### Birth Issues and Diagnostic Skills in Working with Babies

Module 3: 7,8,9 October 2016

#### Prenatal Issues and Diagnostic Skills in Working with Babies

Module 4: 27,28,29 January 2017

#### Birth and Beyond

Module 5: 19,20,21 May 2017

#### The 'Bioenergy of Wellness

Module 6: 6,7,8 October 2017

#### Transitions

Working hours: first day: 10-18h, second day: 9:30-18 h, third day 9:30-17 h

Training costs: 450 Euro (incl. lunch) each module.

Location: Rotterdam The Hague area

More information: <http://www.conscious-embodiment.co.uk/courses/>

**Some places left!**

Information and registration: <http://www.isppm.de/en/integrative-baby-therapy-training/>

Contact: Yvonne Welling: [integrativebabytherapytraining@gmail.com](mailto:integrativebabytherapytraining@gmail.com),

Tel.: 0031623394688

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In Switzerland:

## Advanced Embodiment Course

With Karlton und Kathryn Terry and Peter Schindler

Place: Seminarhotel Wasserfallen near Basel

Information: [http://www.ippe.info/courses/embodiment\\_hourglass\\_classes.html](http://www.ippe.info/courses/embodiment_hourglass_classes.html)

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

## Workshops/Seminars

In Belgium:

### "Healing from the very beginning"

Intro Course

### Pre- and Perinatal Psychotherapy

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

22 - 24 April 2016

The intro-course is suited for anyone who is interested in pre- and perinatal psychology and his personal process, especially pediatricians, gynecologists, body- and psychotherapists, craniosacral therapists, osteopaths, lactation consultants, nurses and midwives.

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>

**Please note: There was an error on the website [www.birthimprints.com](http://www.birthimprints.com)!**

**It was only possible to register for a date in October. Those interested in the workshop from 22-24th April can sign up to the end of February. There are still places available.**

In Switzerland:

Karlton Terry will be in Basel twice for **Baby Clinic**:

23/24 April 2016

19/20 November 2016

### Birth journey – Self-awareness Workshop

with M. Appleton & Jenni Meyer

Fr Mai 6, 2016, 10:00h - So Mai 8, 2016, 17:00 h

Seminar-Hotel Rigi am See, Weggis in Weggis

The complete seminar program of ISPPM Switzerland here:

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

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In Austria:

## Babytherapy Advanced Workshop

With Karlton Terry

Treatment of IVF-Babys

Location: Vienna

Date: October 30 - November 2, 2015

Information and registration: Claudia Versluis, [claudia.versluis@aon.at](mailto:claudia.versluis@aon.at)

In Germany:

## Healing Early Trauma and Shock – Deeper Intimacy in Relationship

by William R. Emerson, Ph.D.

Lienen, Germany

Date: **September** 6 – 11, 2015

<http://emersonbirthrx.com/?p=1382>

In England:

Courses with Matthew Appleton and Jenni Meyer:

### Soul Loss: A Pre and Perinatal Perspective

### The Birth Journey – Honouring the Untold Story and others:

<http://www.conscious-embodiment.co.uk/courses>



### Gems of Ancient Wisdom

Workshop mit Antonella Sansone

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 or to book a place contact:

E-Mail: [antonellasansone8@gmail.com](mailto:antonellasansone8@gmail.com)

Phone: 07947764431

Online:

### NEW Professional Seminars with APPPAH:

You can see about the complete Education Department offerings at

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



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