

## Annual Conference 2016



### **Bonding/Attachment and Birth in the Transgenerational Context**

Birth as a resilience factor of mental health  
Mental Health as a resilience factor of birth

28th International Conference of ISPPM  
Stolpen near Dresden  
October 21 – 23, 2016

We have made a minor program change, as we have two presentations interchanged in the parallel blocks, so that all lectures in English are summarized in block I (Bonding and Attachment).

All information here: <http://www.isppm.de/en/>

**Benefit from early bird discount (20 euros) by the end of August.**

### **Introduction of the lecturers at the annual conference**



#### **Barbara Maier MD, Ph.D, Prof.**

Prim. Univ.-Prof., Head of Dept. of Gynaecology and Obstetrics of the Vienna`s Hospital Association, Former member of the Supreme Health Council of the Austrian Ministry of Health, the Bioethics Commission at the Federal Chancellery, President of the Austrian Society for Family Planning and Prevention (ÖGF), founder and Editor in Chief von WOMAN, Journal of Psychosomatics in Gynaecology and Obstetrics

Prof. Maier will give the second Keynote presentation in Stolpen. Topic:

#### **Birth as a factor of resilience of psychosomatic and psychosocial health for mother and child**

Bonding and birth-giving are examined in transgenerational contexts on the basis of the concept of natality.

Natality means born into... a genetic pool, a certain time, into a certain family/society, into a special world of emotions and expectations and remaining entrapped in relationships we did not choose but nevertheless will accompany us throughout life and determine our psychosomatic/psychosocial conditions.

Bonding – from conception, through pregnancy, delivery and infancy is the matrix for the development of our identity – and confidence in ourselves, other people and life (Resilience). The unity of intrauterine life with infancy is established through maternal/parental bonding. The quality of parent-child-bonding can be predicted already before birth by the representation of bonding styles of the parents (until about 85%, H&M Steele)

Also, mothers and fathers have their biographies, their backpack of experiences (sexual, partnerships relationship, secrets about conception, e.g. in the reproductive donor systems, pregnancy conflicts, abortion, prenatal decisions,

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...) and their “inherited” bonding patterns.

There is not only the transfer of genes, but also intrauterine „fetal programming“ that should not only be understood as somatic, but also as intergenerational transmission of bonding patterns.

“We learn before birth what we have to expect of life“ (L. Janus, Der Seelenraum des Ungeborenen, 2000).

It was Freud`s famous discovery that virtually nothing in life vanishes, rather all what had been experienced will be kept..., and will exist in hidden dimension throughout life. (S. Freud, GW XI,84f)

We as parents and children live in the dialectic of giving birth and being born. The pregnant woman has a unique possibility: being capable to give birth. The child owes his parents his existence and that remains present in all his later life.

Observations of psychotherapy have unearthed prenatal experience as determining emotions for the whole life. Neuroscience showed that the prenatal environment determines synaptic linkage (Hüther, 2005).

It is not only the mother who has birth-giving experience. Also the child experiences his birth (delivery interventions, mode of delivery) remaining influential for experiences of change in later life.

In the birth-oblivion of the 21st century with its technical progress in reproductive medicine, prenatal diagnosis/-medicine and CS-rates, the occupation with bonding and natality is a special necessity concerning psychosomatic and psychosocial conditions. Bonding patterns have an impact on us as individuals but also on transgenerational transmission of bonding styles and shape the society we live in, the healthcare system, gynaecology and obstetrics.



**Camelia Chetu**

PhD Student, University of Bucharest, Faculty of Psychology and Educational Sciences

Bucharest, Romania

Ms. Chetu will present her pilot study:

## Impact of Previous Early Miscarriage on Subsequent Pregnancy

**Objective:** The purpose of this study was to explore the experience of pregnant women with history of early miscarriage and to identify the main themes emerging from their experiences. Having a miscarriage is a profound experience for women and their partners, experience which could bring guilt, anxiety or anger in their life and to do anything, in the next pregnancy to avoid a new loss and to protect themselves and others from a new miscarriage.

**Design:** Pilot – study, qualitative research, thematic analysis design.

**Method:** 9 Pregnant women who reported early miscarriage (prior to 12 weeks gestation) in the previous pregnancy were interviewed with a semi-structured interview in the third trimester of the current pregnancy about prenatal attachment, prenatal behaviours adopted, transgenerational aspects and the perceived impact of previous pregnancy loss on this pregnancy.

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Results: Following thematic analysis performed, we identified 4 main themes regarding the profile of pregnant women with previous history of early miscarriage: Emotional Charge, Avoiding a New Loss, Protection of Self and Others, Maternal-fetal relationship. Exploratory analysis of data collected from the interviews of pregnant women highlighted several subthemes within each theme which describe in detail their complex experiences.

Conclusions: Our findings indicate that pregnant women with history of miscarriage are engaged in particular behaviors to avoid a new potential perinatal loss and to protect themselves or loved ones from pain of another miscarriage. It is important for pregnant women with previous miscarriage to understand the impact of this experience on their emotional states and prenatal behavior in the new pregnancy and also, it is important for health care providers to consider the women's obstetric history, to discuss with them about their fears and to validate their loss.



## Kristina Rumpel

Sociologist, trainer (IHK), former secretary for women's and family policy in the German Parliament and currently a freelance writer and initiator of FlowBirthing; 2015 award of this project with the Health Media Award for outstanding and sustainable communication in the field of women's health.

"My concern is to clarify the impact of natural birth for mother and child and to encourage women to embark fully on this unique life experience reserved exclusively for women. I prepare pregnant women holistically for birth and accompany women in all life situations with the aim to guide them into their archetypal feminine power. In the 21st century, in my view it is time— especially on the subject of pregnancy and birth – to create an archetypal femininity focus again and women empower themselves to be able to make this elementary experience in strength and dignity".



## Anna Hermina Verwaal

is a maternal-child health nurse, conscious conception & birth consultant, midwifery, nursing and doula instructor, primal period & childbirth educator, UCLA certified lactation educator, and birth photographer from the Netherlands.

After a 25-year nursing career in various countries in obstetric, pediatric, neonatal and specialized home-healthcare settings, she preferred to work with families and babies as an educator and started her own private birth consulting practice in Los Angeles, attending homebirths for over 10 years.

Since 2006, Anna is frequently invited internationally to lecture and conduct workshops for birth professionals about the long-term effects of the

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conception, prenatal and birth experience, the latest research and findings in the field of pre and perinatal psychology, and the hormonal physiology of childbirth, breastfeeding and bonding.

She uses her own sensitive birth photography to illustrate the psychological, emotional and spiritual aspects of giving birth, and to explain how to give babies an optimum start in life.

Anna is a long-term member of APPPAH, the Association of Pre and Perinatal Psychology and Health, and honorary member of the European Doula Network.

For more information please visit [www.FromWombToWorld.com](http://www.FromWombToWorld.com) and watch Anna's TEDx Talk <http://www.youtube.com/watch?v=bZ6gLGcy84o>

## Advertisement Board Elections

Dear members of ISPPM,

in 2016 will be elections of a new board. All six positions become newly elected (President, 2 Vice-Presidents, 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 (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.

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

### **Working Group „Alone born twins“**

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

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

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

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## From the Network

### **PRENATUS e.V.**

A new association pertaining to the prenatal life of the unborn child was founded in Erkelenz on 22 April this year: PRENATUS e.V. Its main purpose is to bring home to the public at large the significance of pre-birth life and emotional and physical experience the child-to-be-born lives through while being in the womb.

For decades now, experts from numerous fields of research and science such as human biology, genetics, neuroscience, brain research, gynecology, prenatal psychology, have been dealing with the emotional and physical development of the unborn child during its 9-month long lifespan in the motherly womb.

Laymen however - mostly future parents and parents-to-be soon, especially pregnant women – know very little about the fact that the unborn baby is right from the very beginning a conscious, sensitive, interactive human being with amazing cognitive and memorising capacities.

The experience gained in the womb has a clear and fundamental impact on the emotional-physical development of the baby, its personality and the quality of its later interpersonal relationships.

For example, if a pregnant woman is repeatedly exposed to a certain stress situation, whatever the causes are, the foetus is being flooded with chemical stress hormones which among other implications might lead to a disturbance in the development of its brain.

Moreover, experts have found out that the quality of the life in the womb programs the susceptibility to coronary artery disease, stroke, diabetes, obesity and an even wider range of adult-related chronic disorders, including e.g. osteoporosis, mood disorders, and pschosis, as well as violent behaviour, lack of bonding capability, drug and alcohol abuse which have all been intimately linked to pre- and perinatal developmental influences.

The founding members of PRENATUS e.V. agree that carrying all relevant information into all layers of society is an urgent necessity. This covers kindergardens, schools, prenatal counselling services, medical doctors of various disciplines, educators, obstetricians, midwives to name but a few.

The association will become a member of the German ISPPM and the international organisation OMAEP.

The association has agreed to nominate the following 2 persons as honorary members: Dr. Ludwig Janus and Mrs Jenö Raffai in place of the late Dr. Jenö Raffai.

If readers are interested in learning more about the issue or would like to invite one of our prenatal counsellors to give a presentation, please contact: Christa Balkenhol-Wright, Tel. 0177-4156865, Email: [vorgeburtliche-eltern-baby-bindung@gmx.de](mailto:vorgeburtliche-eltern-baby-bindung@gmx.de)

We also invite people to either become an active or just a supporting member. In case of interest in a membership please also contact Christa Balkenhol-Wright.

The setting-up of the website is being prepared.

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## APPPAH

The Summer 2016 issue (30-3) of **JOPPPAH** is now available  
The full contents are available to APPPAH members - abstracts only for non-members or purchase a digital copy of this issue for \$20

Table of Contents:

- Do Genes Matter by Thomas Verny
- Changing Beliefs and Attitudes About Birth by Jill Diana Chasse
- Maturation of Habituation, Sleep-Wake Cycles Before and After Birth by Ofra Lubetsky
- Hypnotherapy in the Treatment of Children and Adults Who Suffer Anxiety due to Prenatal and Birth Trauma by Julia Ingram
- Prenatal Depression Risk Reduction and Education Program by Jill Diana Chasse
- Sharing Space: Life Before Birth-Lessons from the Womb by Bernard Levinson
- Book Review: Trauma and Memory by Peter Levine, reviewed by Kate White
- Book Review: Protecting Children and Young People-Trauma Informed Care in the perinatal period, edited by Julia Seng & Julie Taylor, reviewed by Stephanie Dueger

<https://birthpsychology.com/journals/volume-30-issue-4>

### **The Adverse Childhood Experiences (ACE) Study and Pre- and Postnatal Family Support, by ACE Researcher, Dr. Vincent Felitti**

The ACE Study is a major American medical research project studying the relationship between ten categories of adverse life experiences during childhood or adolescence and the prevalence a halfcentury later of wellbeing, health-risks, biomedical disease, social malfunction, death, and medical care costs. These ten categories turned out to be unexpectedly common in a general, middle-class population. The implications for medical practice are profound and have the potential to provide a new platform upon which to base primary care medicine.

Watch Dr. Vincent Felitti discuss the groundbreaking ACE Study:

Video: <http://kindredmedia.org/2016/05/how-childhood-t/>

Vincent Felitti, MD, is a renowned physician and researcher and co-principal investigator of one of the most powerful Public Health studies in recent history.

Source: APPPAH-Newsletter July 08 2016

“**The Conscious Baby**” is an electronic "newspaper" featuring curated headlines, research, trending articles and APPPAH news emerging from the world of birth psychology. The newspaper 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.

Please help us share the growing insights and research into birth psychology by subscribing and sharing The Conscious Baby!

<http://theconsciousbaby.com/>

More news from our fields you can read on the ISPPM Facebook page:

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

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## Report

### POLITICIANS AND MATERNAL AND INFANT MENTAL HEALTH (Conference on Infant Mental Health Awareness on 9<sup>th</sup> June)

By Antonella Sansone

This report is aimed at highlighting the work around maternal and infant mental health in UK. Since I began my journey to spread awareness of the pre and perinatal maternal and infant mental health several years ago, I hoped that one day I would be able to share my reasons with policy makers. This was becoming real when I attended the first seminar at the Parliament for the 1001 Critical Days and Foundation Years – Cross-Party Manifesto – Information and Research jointly with ‘Seizing the Day to Improve the Nurture of Our Youngest Children’ a couple of years ago. Many issues raised by MPs, scientists and professionals during the seminar discussion were dealt with in my forthcoming book, which reinforced my belief that a cultural momentum was flourishing and making my book *Nurtured Mothers* extremely timely.

All my efforts and many others’, my liaison with the ISPPM, of which I have also been an ambassador, were finally converging in one very important place, the House of Common. Then I attended the launch of the 1001 Critical Days on 15th December, followed by three APPG meetings in February, March and April, all chaired by MP Tim Loughton. It was highly rewarding to see my and other professionals and experts’ remarks acknowledged in the first minutes report. In one recent email by George Hosking, local MP and founder of Wave Trust, he recalled my valid contributions during the meetings discussions. Fruitful contributions and a community work seemed to be taking shape. One great contributor to what is happening in UK is Clair Rees, who is working tirelessly with the Charity Parent-Infant Partnership (PIPUK), founded by Andrea Leadsom, MP and currently a Prime Minister candidate, and chaired by Tim Loughton. PIP facilitates the 1001 Critical Campaign – the importance of the conception to age 2 period – alongside growing a network of special infant, toddler and family relationship support across the UK. PIP provide seed funding and start-up packages as part of a perinatal strategy and pathway in local communities, whilst up-skilling a national workforce and facilitating research in this field.

These waves led to the first Infant Mental Health Awareness Week and Awards conference held at the prestigious Central Westminster Hall, a few steps from the House of Parliament. Clair had asked me to contribute to the IMHAW website by writing an article ‘Why Prenatal Education is Important for Infant Mental Health’.

The conference’s chair was Tim Loughton. I had a conversation with him at the end of the 1001 Critical Days Manifesto meetings and this event, and being listened by a MP is really pleasing. The first speaker was Rt Hon Alistar Burt MP, who was appointed Minister of State for Community and Social Care at the Department of Health in May 2015. He encouraged people to read the report *Building Great Britons: Shaping New Architecture*. Its content can be used to encourage MPs and commissioners to recognize the need for funding these

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areas. He also highlighted the importance of having local initiatives. He believes that unless something doesn't happen locally, things don't develop. He acknowledged the importance of early years and that a child's earliest socioemotional experience is critical to his cognitive and moral development. His clear message was that we should and can do more to support and strengthen families, and that family health relies on mother's health. Perinatal mental illnesses, such as depression and psychosis, cost huge money to the government and significantly impact on a child. The cost of treatment of perinatal mental illness is 5 times the cost of improving services. Perinatal mental health services can be life saving for mothers and infants and the government is now committed to improve the life chances of all children. Next speaker was Clair Rees, Executive Director PIP UK, driven by a great passion and commitment to perinatal and infant mental health. She has been incredibly able to connect the work of people and services to each other for mutual benefit. Clair highlighted the importance to keep the infant in mind, though this can be hard for many people who had negative childhood experiences. It is about seeing from an infant's perspective as the voice of infants is paramount. She stressed that PIP supports the emotional context of a child, the relationship. Today there is a level of disturbances in mother-infant relationships, which needs to be addressed and this can be done in partnership with agencies to create a new generation. The money spent to support early years will save huge money on violence, criminality, treatment and transgenerational transmission of these.

Next we heard from Chris Cuthbert from Big Lottery Start, who shared some of the work that they are involved in. He showed evidence of how early adversities cost a long shadow and highlighted that if we are able to work with families under stress many of these adversities' effects are reduced. He listed 4 key ingredients necessary to all babies to thrive: 1) Healthy pregnancy – maternal physical and mental health in pregnancy is crucial 2) Health early relationships 3) Effective support for parents, especially those struggling with complex problems 4) A safe stimulating environment to explore. Chris pointed out that it is important to have programs but it is also important to implement them and involve practitioners in them. Scientists are focused on innovations but we need to fit the discoveries into local programs. We also need to collaborate with institutes, universities and services abroad and encourage interdisciplinarity and independent studies.

Jane Barlow, Professor of Public Health, spoke next about an evidence-based approach to infant mental health. She gave a definition of infant mental health as referring to how well a child develops socially and emotionally in the early years and provided research on attachment, emphasizing the importance of the mother-infant relationship. She talked about nurturance, emotional and behavioral regulation, maternal sensitivity/attunement and reflective function and marked mirroring, key intervention approaches, video-interaction guidance as promoter of attuned and reflective functioning.

Next was George Hosking, Pioneer Communities and Founder of Wave Trust. He encouraged us to start locally by meeting our own MP and counsellor and making sure they are aware of the importance of perinatal and infant mental health so that to improve services. He has set up 70/30 Grassroots campaign

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aimed at reducing child maltreatment by 70% by 2030. It is interesting that a few days before hearing about his campaign and then getting involved as an ambassador, I was thinking of meeting my local MP, a woman specialist doctor of our local hospital, interested in protecting childcare services. George recalled that dysfunctional attachment contributes to depression and other forms of mental illness, suicide, heart problems and alcohol addiction, and that child maltreatment costs 50 billion pounds per annum. Children reflect the world they grow up in. If they grow up in a world of trauma, domestic violence, drug or alcohol addiction, parents' mental issues, neglect (e.g. parents sticking to their phones), they grow up with no capacity for engagement. He stressed that if we want a society of people who care about others, who are empathic, who are not interested in violence, we need parents who attentively care about their children. He presented a pioneering community strategy based on testing a comprehensive primary preventive approach to child maltreatment based on scientific evidence and global best practice focusing on the first 1001 days (peak period of occurrence and impact). The goal is to reduce child maltreatment and neglect through universal antenatal risk assessment carried out by trained midwives or health visitors with the support of General Practitioners. George remarked that community engagement is fundamental to their approach to creating healthy, successful lives for children and happy relationships in families.

An Early Years Film was projected before lunch.

Frank Field, MP, spoke next about the 1001 Critical Days and Life Chances Strategy and mentioned that the Prime Minister has also spoken about this. He also highlighted that if we care about infants, then next generations will improve. After lunch Dr Alain Gregoire, Chair of Maternal Mental Health Alliance, presented the work they do for mothers and their infants. He stressed that the best health system in the world should be based on individual needs and that having a baby in UK is the first cause of death and children here have been deprived of childhood. He recalled the costs of perinatal mental illness and the importance of specialist mental healthcare.

Then it was Elaine Hanzak, a mother who survive perinatal mental illness 20 years ago. She spoke about her own experiences and that of her son. Elaine mentioned the guilt and stigma that many mothers feel and that as a society we can all play our role in reducing this. She highlighted the need for preconception counselling for those at high risk of perinatal mental illness (first or subsequent pregnancies). This would reduce so much anxiety and personal and financial expenses. I have long been highlighting the importance of preconception preparation, not just for those at high risks, but for every couple planning to conceive in order to equip them with better parenting competence, while preventing possible issues. I made this remark during the discussion at the end of the conference. Then Elaine concluded by inviting professionals to improve their communication skills, listen, be kind, compassionate and help to provide the services and resources needed to support families. I had pointed out these aspects of communication, e.g. body language skills such as eye-contact, soft tone of voice, attention, etc. during the meetings at the House of Commons. Andrea Leadsom, MP, Founder of PIP UK and 1001 Critical Days Manifesto told us that attachment is her greatest passion at the Parliament. She

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passionately shared her own journey of postnatal illness, which led her to set up the 1001 Critical Days Manifesto. She recalled her feeling of helplessness when she had her first child in 1995 and worked in a bank, and reminds us that mental ill health is devastating. What PIP is trying to do is to set up psychotherapeutic services across the countries. It was delightful to hear a MP (mother) talk about bonding, "Bonding is all about reducing the arousal level of a crying baby when he/she is distressed by responding sensitively. This teaches the baby to self-regulate". She recalled Frank Field's study in schools, which found that when children were asked what they wanted most, most of them said "To be a good parent and to know how to make friendships". She concluded by saying that sensitive care is key and that what we see in our society is fruit of insecure attachment. 26% babies in UK have a parent alcoholic. The highest risk of death is when you are less than 1 year old. Then she quoted, "The real question is how to use the available funds wisely. The best evidence supports the policy prescription: invest in the very young", by James J Heckman PhD - Nobel laureate in Economic Sciences. Once again, Andrea stressed that we should put most money in early intervention.

The conference concluded with the first ever Infant Mental Health Awards Ceremony. It was great to see so many dedicated professionals having their work acknowledged. Most of them were from PIP all over the country. I was pleased to have a table to display my books and workshop flyers, ISPPM next conference flyers and the ISPPM poster. It was an opportunity to speak to people about my work and the ISPPM. It was also good to see Mark Williams, a father who experienced postnatal depression, campaigns to mitigate the stigmatization of perinatal mental illness, in particular paternal, and recently set up the first International Fathers Mental Health Day. I also had the pleasure to meet Dr Stella Aquarone, founder of the Parent-Infant Institute in North London, who I had known through social media and her books, and invited me to contribute with my work and writing, in particular to her Newsletter and Journal. Some of the other groups that shared their information were the Global Initiative, Parent-Infant Relationship, Baby Steps – Helping Parents Cope with the Pressures of a New Baby, Wonder Week Academy, International Journal of Birth and Parent Education, AIMH (UK) and Circle of Security Parenting DVD Training.

The main call to action from this event was to meet your own MP and make sure he/she is aware of perinatal and infant mental health.

I strongly hope that the large steps in perinatal and infant mental health we have begun to make involving politicians will continue in the future. I can only say that there are many out there with a passion and commitment to spread awareness and improve the conditions to optimize maternal and infant mental health. Prenatal and Perinatal Psychology, Health and Medicine have to be seen within this frame of cooperative synergic work, in order not to remain mere abstract or limited to a group of experts' individual isolated work. I have to say that awareness of baby's prenatal experiences is still generally weak in UK and my work, research and writing will hopefully continue to contribute to this needed area. No doubt, the UK is leading with his strategic programs and can certainly inspire other countries. This cultural momentum involving policy makers and a network of experts and academics has also made my new book on the continuum of pre and perinatal and the prenatal roots of intersubjectivity more appealing.

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## Office ISPPM e.V.

Johanna Schacht  
Holbeinstr. 56  
65195 Wiesbaden | Germany

Tel: +49 (0)611 - 97457598

Mail: [secretary@isppm.de](mailto:secretary@isppm.de)

Web: [www.isppm.de](http://www.isppm.de)

## Events Diary

### Dates Conferences and Congresses

**September 3 – 9, 2016**

#### **Healthy Birth, Healthy Earth**

A Findhorn Foundation Conference

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

**September 7 – 10**

#### **The 2016 International Conference on Stillbirth, SIDS and Baby Survival**

Montevideo, Uruguay

The deadline for receipt of abstracts is March 31, 2016

<http://stillbirthalliance.org/news/conferences/isaispid-conference-2016/>

**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>

**23 – 25 settembre 2016**

#### **Congresso ATTACCAMENTO E TRAUMA**

Relazioni e Compassione

(ATTACHMENT AND TRAUMA: RELATIONSHIPS AND COMPASSION)

Roma

<http://www.italy-congress.com/#>

**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/>

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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

### **Foundation Course**

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

Beginning 21 to 28 April 2017

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 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](mailto:peschek.max@t-online.de), Tel.: +49 (0)421 7 321

## Workshops/Seminars

In Belgium:

### **From Womb to World With Anna Verwaal**

28. - 31. Oktober 2016

Daytickets available. Seminar will be in Dutch.

Alden Biesen, Kasteelstraat 6, Bilzen, Belgium

Tickets and Information: [www.birthimprints.com](http://www.birthimprints.com)

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## "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 Switzerland:

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

19/20 November 2016

<http://www.isppm.ch/programm/karlton-terry/>

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 with 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

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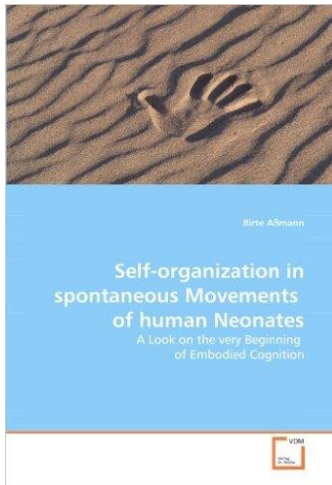
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## Reading Tipp



**Birte Aßmann**

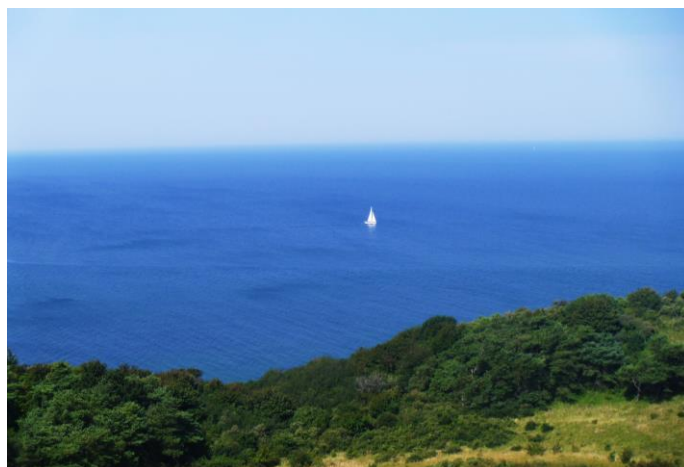
Self-organization in spontaneous Movements of human Neonates: A Look on the very Beginning of Embodied Cognition

Publisher: VDM Verlag Dr. Müller 2010

What are the principles that underlie the generation of spontaneous motor behaviour of human neonates? And what is the significance of these spontaneous movements? Fifty years ago, these questions would have been unusual for most scientists to ask because spontaneous limb movements of neonates were assumed to be of a reflexive nature and not of any significance for the development of motor regulation and cognition. Biologist Dr. Birte Aßmann shows that a detailed analysis of these spontaneous movements provides evidence for processes of self-organization, which is of crucial significance in the development of complex behaviour in nonlinear systems. Principles of organization of neonatal limb kinematics reveal that the physical apparatus' processes of self-organization are continuous with those of higher cognitive functions. The framework of Dr. Aßmann's analyses constitutes a dynamic approach to cognition: Emphasis is placed on the idea of an embodied cognitive system with self-organizing interactions of biomechanics, the nervous system and gravity as a first stage in forming higher organizational levels of abstraction.

### About the Author

Birte Aßmann, Dr. rer. Nat.: Studies in Biology, Georg-August University Göttingen & Humboldt University Berlin. Doctoral studies at Free University Berlin, Human Biology. Research assistant at HU Berlin, Behavioral Physiology, MPI of Molecular Genetics Berlin, Epigenetics & FU Berlin, Behavioral Biology. Post-doc at FU Berlin, Human Biology.



We wish you a relaxing summer break!

Please note: The ISPPM-office is closed from July 18 – August 5.

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