



**GAIMH**  
GERMAN SPEAKING ASSOCIATION FOR  
INFANT MENTAL HEALTH



**Pädagogische Hochschule Thurgau.**  
Lehre Weiterbildung Forschung



# **Touch shapes – from the beginning**

## **Critical touch in critical times**

**30th annual conference of ISPPM e.V., 5.- 7. April 2018,  
in Kreuzlingen (CH) at Bodensee**

### ***Thematic orientation of the conference***

Touch shapes - from the beginning  
Critical touch in critical times

Touch shapes the child's development from the beginning. From and with procreation there is touch. Nidation lives from embosoming touch. A supporting environment touches after birth. Young children discover the world through touch.

- Are babies, toddlers, and their families receiving enough support in accompanying, counseling, and therapy?
- What guidance can we offer to professionals to enable adaptation in the interest of healthy bio-psycho-social development to the rapid dynamics of social development?
- Do we engage critically and responsibly when touch disregards physical and emotional boundaries?
- Does our society live and teach a respectful culture of contact?

In early childhood we as skilled workers  
are challenged:

- Which touch is appropriate when accompanying of young families?
- How much may and should physical touch take place in psychotherapy?
- What type of touch is beneficial in daily life of child care facilities such as kindergarten?
- Do we exchange ourselves in our profession and between the disciplines on an equal footing and let each other touch each other?

Let us discuss these complex issues with each other, take positions and look for answers.



## Program

Thursday, April 5, 2018	Friday, April 6, 2018	Saturday, April 7, 2018
<p>9:15 -12:00 Meeting Country Groups of ISPPM</p> <p>12:00 -13:30 lunch break</p> <p>13:30 -14:30 Meeting of the extended board of ISPPM</p> <p>15:00 -16:00 Extraordinary General Assembly of ISPPM</p> <p>16:00 -17: 30 Pre-workshops (a) Research in and with the practice <i>Prof. Dr. Sonja Perren</i> University of Konstanz &amp; University of Education Thurgau</p> <p>(b) From DC: 0-3 / R to DC: 0-5: what's new? <i>PD Dr. med. Fernanda Pedrina</i> Center for Developmental Psychotherapy Zurich</p> <p><b>Conference Opening</b></p> <p>18:00 -18: 30 Greetings</p> <p>18:30 -19: 30 <b>Opening lecture</b> <i>Prof. Dr. Christian Schubert</i> Innsbruck Medical University, Department of Med. Psychology <b>Physical and emotional contact during pregnancy and impact on psychoneuroimmunological development</b></p> <p>19:30 - 21:00 Welcoming drink</p>	<p><b>Theme block I: Child development</b></p> <p>09:00 - 9:15 Welcome</p> <p>9:15 -10:15 <b>Keynote</b> <i>Dipl.Päd.Ursula Henzinger</i> ZOI, Tyrol Langkampfen <b>The importance of touch for the self-regulatory ability of the child</b></p> <p>10:15 -10:45 break</p> <p>10:45 -12:15 <b>Parallel events I</b> (17 workshops according to separate program)</p> <p>12:15 -13:45 Lunch break</p> <p><b>Theme Block II: Parent-child experts</b></p> <p>14:00 -15:00 <b>Keynote</b> <i>Prof. Dr. Amara Eckert</i> University of Darmstadt, Department of Social Work <b>Touch in early childhood education</b></p> <p>15:00 -15:30 break</p> <p>15:30 -17: 00 <b>Parallel events II</b> (17 workshops according to separate program)</p> <p>19:00 -24: 00 <b>Festive evening on the island of Mainau</b></p>	<p><b>Theme block III: Specialists - contact at eye level</b></p> <p>8:45-10:15: <b>Co-Keynotes</b> <i>Thomas Harms</i> ZePP – Center for Primary Prevention and Body Psychotherapy Bremen <b>The body in parent-infant / toddler counseling and psychotherapy</b> &amp; <i>Prof. Dr. Christiane Ludwig-Körner</i> International Psychoanalytic University Berlin <b>Healing through emotional touch</b></p> <p>10:15 -10:45 coffee break</p> <p>10:45 -11:45 <b>Keynote</b> <i>Prof. Dr. Angelika Schöllhorn</i> University of Education Thurgau <b>Good Practice Networking- Interdisciplinarity: What does research say?</b></p> <p>12:00 -13:00 <b>Parallel events III</b> (17 Workshops according to separate program)</p> <p>13:00 -14:15 lunch break (with <b>poster session</b>: Meet the Presenter: 13:30-14:00)</p> <p>14:15 -15:15 <b>Final presentation with Synthesis of the conference</b> <i>PD Dr. Donata Schöller</i> (Philosopher), University Koblenz</p> <p>15:15 closing of the congress</p>



## Keynotes

R1	Hauptreferat (Donnerstag, 18:30-19:30)	Dreispietz
<p><i>Christian Schubert</i>; Prof. Dr. Medizinische Universität Innsbruck, Klinik für Med. Psychologie, Innsbruck (A)</p>		
<p><b>Touching body and psyche during pregnancy and its consequences for the psychoneuroimmunological development</b></p>		
<p>It is becoming increasingly clear in medicine how important the holistic, biopsychosocial view of the entire lifespan of a person is. The Psychoneuroimmunology (PNI) makes it clear that already in the womb essential immunological decisions are made for the subsequent health of the child and adult. Stress during pregnancy causes epigenetic inscriptions in the child that affect various aspects of the developing stress system (e.g., glucocorticoid resistance). The hypothalamic-pituitary-adrenal axis (HPA axis) of the child may subsequently be less able to re-regulate stress-related inflammation, which may lead to a tendency to various inflammatory diseases in case of persistent stress. In addition, in case of stress during pregnancy, the balance of childhood T-helper type 1 / T helper type 2 immunity is permanently disrupted, making the child more susceptible to viral infections and atopic diseases (e.g., bronchial asthma). Initial educative intervention studies to improve parental care with their children show promising results in terms of normalizing stress system activity in early-stressed children. However, inconsistent results also show up here. Research-critical considerations are therefore based on the assumption that research onsets have also to be modified when applying a biopsychosocial view in medicine. Integrative case studies focusing on criteria that have so far been neglected in medical science, such as "time" and "meaning", show that answering complex medical questions does not have to fail because of a lack of ecological validity</p>		

R2	Hauptreferat (Freitag: 9:15-10:15)	Dreispietz
<p><i>Ursula Henzinger</i>, Dipl. Päd. ZOI, Tirol, Langkampfen (A)</p>		
<p><b>The importance of touch for the child's competence of self-regulation</b></p>		
<p>Physical touch stimulates the focus of attention and has a profoundly nourishing effect on the newborn. Sleep-wake rhythms, breathing and metabolic processes all the way to the immune system are synchronized and coordinated in the first few weeks by body contact. In the following years of the child, new qualities of touch emerge, which increasingly include the consciousness: i.e. awareness of attachment, empathy and understanding. They are linked to emotional closeness, even if there happens to be a physical distance and/or if there is even need for it. If the child feels touched and respected as a personality of its own, the child would like to do step by step in own responsibility, which they (sc. parents) initially usually do for the child. The child does so involuntarily out of an inner motivation.</p>		



But what happens if parents fail to touch their child the way they want it to? Supported by pictures and small films, the lecture approaches this challenging topic and shows what the very little baby/ the mobile baby / the toddler / the kindergartner brings along in terms of own competencies to enhance bonding. Again and again it takes the initiative and pushes its parents a door. It encourages them to become softer, warmer and more physical through touch.

R3	Hauptreferat (Freitag: 14:00-15:00)	Dreispietz
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*Amara Eckert*, Prof. Dr.  
Hochschule Darmstadt, Fachbereich Soziale Arbeit, Darmstadt (D)  
Board Member of the ISPPM e.V.

### **Touch in early childhood pedagogics**

In the field of early childhood education, touch is usually dealt with in the context of bonding and professional responsiveness, and conveyed to professionals and parents in this context. It refers to various pedagogical concepts (eg Pikler, Papoušek, etc.) and massage techniques (Leboyer, Reich and others). In this article, interdisciplinary contact under the aspect of trauma-sensitive tonic-emotional resonance is presented. It becomes clear that touch involves reciprocally being touched and unconscious content is transmitted. This consideration holds opportunities, but also challenges for early childhood pedagogics, early advancement interventions and therapy.

R4	Hauptreferat (Samstag: 8:45-10:15)	Dreispietz
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*Thomas Harms*  
ZePP – Zentrum für Primäre Prävention und Körperpsychotherapie, Bremen (D)

### **The body in counselling and psychotherapy with parents and their infants and toddlers**

How can we use the body in early infancy counseling as well as crisis counseling in order to specifically strengthen parental sensitivity and child self-regulation? How can body information be used so that parents can -at an early stage- recognize and change impending disconnections when accompanying their infants and toddlers? In his lecture, the Bremen psychologist Thomas Harms will introduce the concept of emotional first aid (EEH). In this body-oriented model of parent-infant counseling or psychotherapy, three central approaches are combined to enhance parent-child coordination: mindful body self-observation, parent and child behavioral observation, and the application of specific body interventions ( like body contact, breathing etc.). Using selected video examples, the speaker shows how we can strengthen parents in their (sc. own) bodily self-connection in such a way that they can cope with difficult relational situations with the child by being more prone to engage in contact to the child.

R5	Hauptreferat (Samstag: 8:45-10:15)	Dreispietz
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*Christiane Ludwig-Körner*, Prof. Dr.  
International Psychoanalytic University Berlin, Berlin (D)

### **Healing by way of emotional touch**

Even if it seems that in the field of infant research and its fields of application the fear of contact among colleagues of different theoretical orientations is smaller than between representatives of the psychotherapeutic procedures for adults, they do not



act along a line of “anything goes”.

Although psychoanalysts performing parent-infant toddler-psychotherapy (German acronym ESKP) or infant-toddler-parent psychotherapy (German acronym SKEPT) differ in the preference of their theoretical orientations, they do share the essential analytical methods: i.e. establishing a working alliance, a holding relationship (holding, containment), the transference work, the work on the representations, the internalized experiences of the participants and the work on resistance. It is the psychotherapist who provides a holding frame, either in the sense of "holding" according to Winnicott or "containing" according to Bion, but without physically touching the mother / father or child. While parent-infant-toddler psychotherapists try to be a model for the parents in the sense of internalizing a correcting emotional experience, they refrain from the temptation to be the "better" parent, e.g. by comforting and calming a crying baby and thus showing the parents what they themselves are not good at.

R6	Hauptreferat (Samstag: 10:45-11:45)	Dreispietz
<p><i>Angelika Schöllhorn</i>; Prof. Dr. Pädagogische Hochschule Thurgau, Kreuzlingen (CH)</p>		
<p><b>Good Practice: networking interdisciplinarily - What does research tell?</b></p>		
<p>For effective support and care of families under stress, the successful cooperation between the participating institutions or professionals is considered a central element. Practical experience however, shows, that friction losses in everyday life of the participating professions and institutions are by no means exceptions. Therefore, the question arises under which conditions cooperation can be designed in a fruitful way. The talk presents a study in which 27 experts from institutions were interviewed that cooperate case-centered. The interviews were evaluated qualitatively. Through analysis of the text material one could initially describe key tasks for the success of cooperation. It showed up that the experts described different competences and difficulties in the cooperation according to the (sc. different) respective group of institutions. Furthermore, in an exemplifying way one scheme was worked out for a successful and one for an unsuccessful cooperation. Interdisciplinary and interinstitutional cooperation proves to be a type of complex proceedings. To accomplish the associated multifaceted requirements makes special demands on the professions and institutions, the management of which one cannot presuppose. The case reports of the experts point out to assume that successful cooperation actually leads to an improvement for the affected children. Well-coordinated cooperation of the participating professions and institutions thus is an empirically verifiable building block in a successful handling of cases.</p>		

R7	Hauptreferat (Samstag: 14:15-15:15)	Dreispietz
<p><i>Donata Schoeller</i>, PD Dr. phil. Universität Koblenz, Koblenz (D)</p>		
<p><b>Touch shapes from the beginning – concluding consideration from a philosophical perspective</b></p>		
<p>Abstract to follow soon</p>		

## Pre-Congress-Workshop

0.01	Vorworkshop (Donnerstag: 16:00-17:30)	
<p><i>Sonja Perren</i>; Prof. Dr. Universität Konstanz und Pädagogische Hochschule Thurgau, Kreuzlingen (CH)</p>		
<p><b>Research in and by practice</b></p>		
<p>Research in and by practice faces many challenges. In the context of different expectations and opportunities on the part of research as well as of practice and also of sponsoring and ordering agencies, many methodological questions have to be clarified, which contribute to the success of the research project. The workshop provides an overview of potential methodological stumbling blocks and onsets for solutions. For this workshop conference participants may submit concrete projects and research ideas. These will be presented in the workshop in the form of posters and discussed afterwards.</p>		

## Parallel workshop sessions I (childhood development)

1.01	Workshop (Freitag: 10:45-12:15)	
<p><i>Matthew Appleton</i> Bristol (GB)</p>		
<p><b>Recognizing Birth Trauma Behaviors in Infancy and Later Childhood</b></p>		
<p>Unresolved birth trauma impacts babies in ways that show up during infancy and later childhood, especially at times of transition. Without understanding the roots of birth trauma based behavior parents, educators and therapists often respond in ways that reinforce the initial trauma, rather than support new possibilities. The talk will be supported by film of therapeutic work with babies and parents, which demonstrate how birth trauma may be identified.</p>		

1.16	Workshop (Freitag: 10:45-12:15)	
<p><i>Johanna Schacht</i>; Dipl. Healing Educator, Wiesbaden, Germany Board Member of the ISPPM e.V.</p>		
<p><b>Being touched by the inner and outer nature - Cultural psychology perspectives</b></p>		
<p>Slide show followed by a discussion. Human cultural evolution began with the creation of a shamanic world view as a symbolic representation of the prenatal womb experience. All phenomena have been understood as aspects and emanations of the female creative power that gives life and takes life to bring it back again. Nomadic hunters and gatherers held their religious rites on prenatal-symbolic natural sites, such as caves, springs, trees and rocks as the seat of ancestral spirits. Here, according to ancient beliefs, the mystery of death and rebirth through the Great Mother took place in eternal circulation. Archaic rituals follow the archetypal scheme of death and rebirth, which is linked to the real birth experience and plays an important role as an individuation experience. Today, the time has come to rediscover the profound sense of Motherhood for the benefit of humanity - not to restore a feminine connotation of creation, but to provide the children with the best possible conditions to our children for realizing their very own potential.</p>		



1.17	Workshop (Freitag: 10:45-12:15)	
<p><i>Gerhard Schroth</i>; Dr. med. APV (Arbeitskreis Psychosomatik Vorderpfalz), Gleisweiler (D)</p>		
<p><b>My pregnancy touches me – can also I touch my baby ..?</b></p>		
<p>The prenatal enhancement of bonding as an intense encounter between mother and her yet unborn child can also be beneficial even if a pregnancy leads to conflicts. Being-touched can happen at the first moment of a pregnancy, in the joy of having the yearning come true, as well as in fright if the pregnancy is unplanned or occurs at an inopportune time. The first very small child movements are like the flapping of a butterfly's wings and soon the baby becomes more and more apparent in its presence. Whether the baby is longed for, is accepted after doubts or remains unwanted, all this enters consciousness at the latest now. Through his research on bonding analysis, Jenő Raffai, Budapest has developed a method for more than 25 years that we can apply and teach internationally today as Prenatal Bonding (German acronym BA). It allows pregnant women to be touched by the baby very early on many levels and even touch the baby, even communicating with him/her in great detail. This same beneficial encounter can become a lifeline in stormy seas even under adverse conditions of pregnancy. If the conflict becomes a peripartum depression, it is recognizable and treatable well before birth. Pre-natal enhancement of bonding averts the family drama of postpartum depression in most cases. The participants will get to know the opportunities, opportunities and far-reaching results of prenatal bonding and compare them with other methods. <a href="http://www.schroth-apv.com/Bindungsanalyse.html">http://www.schroth-apv.com/Bindungsanalyse.html</a></p>		

**Parallel workshop sessions II (professional helpers-to parents-children)**

2.02	Workshop (Freitag: 15:30-17:00)	
<p><i>Paula Diederichs</i>; Dipl. Soz. Päd. SchreiBabyAmbulanz Berlin Mitte, Berlin (D) President of the ISPPM e.V.</p>		
<p><b>Touch and motherhood</b></p>		
<p>Pregnancy and childbirth are among the biggest physical and psychological changes in a woman's life. Although women should ideally follow their intuition in dealing with their (unborn) baby, they often start pondering in particular at the beginning, with good advices given often add to the uncertainty. However, in order for a secure bonding to come about, marked by loving physical contact between mother and child, it is significant that the mother feels well and is strengthened in her self-esteem. In this context, "Mothering the Mother" plays a big role. If (expectant) mothers themselves receive mothering, they can better handle their motherhood self-competently. The resource-oriented and attachment-oriented bodywork helps women develop an awareness of their own strengths.</p>		
2.07	Workshop (Freitag: 15:30-17:00)	
<p><i>Manuela Filippa</i>; Ph.D.</p>		



Universität Genf, Genf (CH)

**Early Vocal Contact: direct talking and singing to infants from the NICU to early childhood**

Early Vocal Contact aims to enhance closeness between preterm infants and their caregivers, principally through the medium of the voice. In this presentation we will refer, in particular, to the maternal voice, due to its special status for foetuses and newborn infants, but vocal contact should also be sustained between preterm infants and their fathers, siblings, nurses and caregivers. The specific aims of this presentation are (1) to review the literature on maternal voice/other voices and preterm infants in the neonatal intensive care unit (NICU); (2) to identify and to describe the pathways through which Early Vocal Contact acts as an early, family-based intervention for preterm infants in the NICU; (3) to illustrate how vocal contact develops through infancy.

Encouraging live vocal contact, with preterm infants, far from being only a sensory/acoustical stimulation, can activate a number of related and consequential actions (intuitive parenting, multimodal co-regulation, reciprocal synchronization, unconscious mimicry) with long-term and sustained positive impacts on infant's development.

2.1 Workshop (Freitag: 15:30-17:00)

*Ludwig Janus*; Dr. med.

Facharzt für Psychotherapeutische Medizin, Pränatalpsychologe und Psychohistoriker, visiting Prof. at St. Elizabeth Univ. Bratislava, Dossenheim (D)

**Workshop on Bonding-Analysis - a method for enhancing the prenatal mother-child-relationship**

The Hungarian psychoanalysts Jenő Raffai and Györgi Hidas in recent years have developed a method for enhancing the prenatal mother-child relationship, which they called "bonding analysis". This method also makes it possible to work through latent maternity conflicts. The curriculum for becoming an accredited specialist in bonding-analysis-based accompaniment will be presented in the workshop and the carrying out of course will be explained in detail. The workshop will point out to far-reaching positive effects on the time after birth.

Literaturhinweise: (1)Hidas G, Raffai J (2005) Die Nabelschnur der Seele. Psychosozial, Gießen. (2) Blazy H (Hg.) (2009) Wie wenn man eine innere Stimme hört. Mattes, Heidelberg. (3)Blazy H (Hg.) (2012) „Gespräche im Innenraum«. Intrauterine Verständigung zwischen Mutter und Kind.“ Mattes, Heidelberg. (4) Blazy H (Hg.) (2014) „Und Anfang riesige Räume ... und dort erschien das Baby.“ Mattes, Heidelberg. (5) Blazy H (Hg.) (2016) „Der Neuland Seefahrer beginnt seine Reise.“ Mattes, Heidelberg. (6) Blazy H (Hg.) (2015) Jenő Raffai „Gesammelte Aufsätze“. Mattes, Heidelberg

**Parallel workshop sessions III (institutions & profesional helpers – touching on eye-level)**

2.04 Workshop (Samstag: 12:00-13:00)

*Amara Eckert*, Prof. Dr.

Hochschule Darmstadt, Fachbereich Soziale Arbeit, Darmstadt (D)  
Board Member of the ISPPM e.V.

**The touch of children in daily work of early childhood pedagogics**

In this workshop, the aspect of trauma-sensitive tonic-emotional resonance is taken up, discussed and practically tested on the basis of body psychotherapy-oriented



methods. Participants in this workshop engage in touches and touching, i.e. to mindfully touch and be touched reciprocally, with physical touch as well as without. They thus experience for themselves what is conveyed implicitly. Opportunities and challenges for early childhood pedagogics, - interventions and - therapy are reflected. Of course, case studies of the participants have their place and are included in the reflection.

3.04	Workshop (Samstag: 12.00-13.00)	
<p><i>Irene Behrmann</i>; M.A. Erziehungswissenschaften, Pränatalpsychologin GreenBirth e.V., Lachendorf (D) <i>Marita Klippel-Heidekrüger</i>; Dipl. Päd., Gestalttherapeutin HP, Pränatal fundierte Psychotherapie und Psychosomatik, Berlin (D) Extended board members of the ISPPM e.V.</p>		
<p><b>UN-Rights regarding children and women respectively parents in pre- and peri-natal situations</b></p>		
<p>The peoples of the earth have always been concerned with the question from what moment it starts that a human being is a human being. The UN Convention on the Rights of the Child, 1989, postulates that a human being is a human being in all stages of development. The unique prenatal symbiosis between mother and child requires consideration of the rights of the woman and mother. Pregnancies can therefore take place in an enormous field of tension, which is reflected in legally binding regulations. If the woman takes on the pregnancy while balancing her own rights and the child's right for life, she gives the child in her womb space to grow. The child, however, needs more for his/her development, such as acceptance, love and respect. Nine months of touch between the 'human being' and the mother are therefore profoundly influenced by the quality of the psychosocial, psychological, and physical influences that surround the mother. What she experiences is transmitted to the child; what is happening to her child, touches her as well. What is currently practiced in terms of interventions during pregnancy and births shows that the limits of mindfulness and respect for the mother and the child are often violated. This has lasting consequences for child's and woman's health. Can the awareness of child and parent rights humanize the current birth culture?</p>		

**Nachworkshop (dreieinhalbtägigen Selbsterfahrungsworkshop, organisiert von ISPPM Schweiz)**

NW	Nachworkshop (8.04-11.04.18)	
<p><i>Matthew Appleton</i> Craniosacral-, Körperpsycho- und Eltern-Baby-Therapeut, Bristol (GB) <i>Jenni Meyer</i>, Craniosacral-, Körperpsycho- und Eltern-Baby-Therapeutin, Bristol (GB)</p>		
<p><b>Umbilical Dynamics: Relationship Begins in the Uterus (Nabelschnur-Dynamiken: Beziehung beginnt im Uterus)</b></p>		
<p>In this three-and-a-half-days self-awareness workshop, we explore how our most formative relationship affects our subsequent relationships. The workshop is organized by ISPPM Switzerland (see separate call for tenders at <a href="http://www.isppm.ch">www.isppm.ch</a> ).</p>		



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The workshop fee of CHF 590.- (or 550.- for ISPPM members) will be charged separately.