

From the Board

Dear ISPPM members,

the joint conference in Kreuzlingen, Switzerland in cooperation with GAIMH and ISPPM Switzerland in April is imminent. We are pleased about 410 registered participants, the capacity of the university is reached. After the application deadline, more members of the ISPPM wanted to register. Unfortunately they had to be informed that it is no longer possible to attend this congress. There will be a professional video recording from the company "Zeit für Bildung" <http://zeitfuerbildung.at>, which can be purchased after the conference.

We have also convened an extraordinary members' meeting in Kreuzlingen. The regular annual members' assembly will take place in Berlin this autumn, at the conference of the working group "single-born twin" from October 26th to 28th. The purpose of this additional meeting is to keep internal communication going, as we have intensified it last year in Berlin. The same goal we pursue with the meeting of country groups within the ISPPM.

Cooperation congress



"Critical Touch in Critical Times"

April 5 – 7, 2018, in Kreuzlingen, Switzerland

30th ISPPM Annual Congress

in cooperation with GAIMH, ISPPM Switzerland and PHTG

April 5 – 7, 2018, in Kreuzlingen, Switzerland
Program, all information here:

<https://isppm.de/registration-annual-conference-2018/>

From the Office

For six years, Johanna Schacht was very dedicated to managing the office of the ISPPM.

The members found in her an always sought after contact person. Even behind the scenes, sometimes secretly for members, she has done a great job. Thank you very much!

She will remain with us as a member of the board (chairperson of the extended board).

In summer of this year Johanna will leave the office and I, Swen Galster, will take over. We have already begun to gradually transfer tasks to me.

From now on, I look forward to being the contact person for you, dear members

President

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Vice President

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Newsletter March/April 2018

of the ISPPM. The office has already moved formally.
Please send letters to:

Office isppm e.V.
Rumpfenmühle
61276 Weilrod
Germany

You can reach me by phone on 06083 3299005 (Office hours: Monday and Thursday between 10:00 am and 11:00 am or by appointment, changes may be announced on the website under "contact").

Please write an e-mail to info@isppm.de.

I am looking forward to the now even more intensive cooperation and to my new tasks.

Best regards
Swen Galster

From the Network

HSPPPM

Conference Report

By Zsuzsanna Liptákné Horváth

In February 2018 the HSPPPM held its 15th Congress, the topic of the conference was the postpartum year.



On Friday Feb 23 the conference started with the opening by President Dr. Péter Bödecs.

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Judit Eszter Molnár held the first presentation on the postpartum year - why the entire first year after birth counts as postpartum period, not only the first 6 weeks. There were lectures about the roles of the fathers and grandparents in the first session held by the psychologists Andrea Andrek and László Léder. The second session focused on the nutritionists', midwives', health visitors' and perinatal consultants' points of views. Dr. Katalin Varga discussed why the routine interventions at birth often negatively influence the mother and the newborn even in the postpartum period. The Mother-Fetus Bonding Analysis working group of the HSPPPM had two talks by Dr. Somkövi and Dr. Hadházi and a workshop on the effects of the MFBA on the postpartum period of the mothers. Soon the book "Perinatal Sciences" will be available in Hungarian, one of the highlights of the conference was the panel discussion of the editors. The perinatal consultant course started at the ELTE University 10 years ago, in 2007. One poster was dedicated to the 59 perinatal consultants who completed the course, (attached) featuring the founding fathers and mothers of the postgraduate course, among them Dr. György Hidas. All in all there were 21 talks, 4 workshops and 6 posters this year at the conference, all in Hungarian. We hope that next year (Feb 22-23, 2019) we as an organization will have more capacities to cooperate with international lecturers, specifically with the ISPPM.



APPPAH

March is Birth Psychology Month. Please be sure to enjoy our free events. Join us and share! <http://www.birthpsychologymonth.com/>

The Conscious Baby is an educational nonprofit initiative of the Association for Prenatal and Perinatal Psychology and Health, APPPAH. The Conscious Baby is a collection of curated headlines, science and blogs featuring the most recent insights into birth psychology and health.

<http://theconsciousbaby.com/>

If you would like to experience a deeper dive into birth psychology, or expand your professional training, there are many options to explore at APPPAH:

APPPAH's PPNE Professional Birth Psychology Educator Certificate

Program: <http://bit.ly/2Bd2n9p>

Voices of APPPAH and other birth psychology videos on APPPAH's **YouTube**

Channel: <http://bit.ly/2DqleBX>

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CEPPs

CEPPs SisterCities ECD Program Launch



The CEPPs SisterCities Program enables the sharing of experience and best practice between cities with multi-sector Early Childhood Development and Care (ECD) initiatives. On February 26, the City of Pforzheim in Germany became the first 'official' CEPPs SisterCity when the Mayor, Peter Boch, signed the CEPPs Statement of Support on behalf of the City Council. CEPPs is now launching Phase 2 of the SisterCities Program and is ready to invite five more cities.

Successes over 10 years in the Pforzheim multi-sector ECD network

In 2006, [Pforzheim](#) was one of the 10 pilot cities in Germany to establish a multi-sector Early Intervention Network, aiming to ensure that every child, from conception, grows up in health and safety. Since then multi-sector Early Intervention Networks have been formed in over 600 cities and local authorities across all 16 Federal States in Germany, coordinated by the [National Centre for Early Prevention \(NZFH\)](#) in Cologne.

Pforzheim and the surrounding district of Enzkreis (pop. 300,000) has a higher than average refugee, migrant and welfare population, yet is rated as above average against a number of measures of child health and safety. The Pforzheim Early Intervention Network comprises over 40 agencies in sectors including health, youth services, social welfare, education and justice.

Seven cities willing to share 30 years' experience of 'What Works' in multi-sector ECD

[Pforzheim](#) is joined on the CEPPs SisterCities program by the region of Southern Oregon in the USA ([Southern Oregon Success](#), [Southern Oregon Early Learning Services](#) and [The Health Care Coalition of Southern Oregon](#)) and five 'A Better Start' cities in the UK ([Bradford](#), [Blackpool](#), [Nottingham](#), [Southend-on-Sea](#) and the [Borough of Lambeth in London](#)).

Together these cities have had multi-sector early intervention networks in operation for a total of over 30 years, and are willing to share experiences with other cities of what worked, and lessons learned along the way.

Invitation to join the CEPPs Sister Cities Program

On 1 March 2018, Valerie Unite, CEPPs Executive Director announced the launch of CEPPs SisterCities Phase 2. This involves inviting a limited number of additional SisterCities. As Valerie explained; 'with seven cities on board, representing over 30 years' experience in multi-sector ECD networks, caring for a total population of around 3 million, we are now in a position to offer this valuable experience to assist others. During Phase 2 we will accept another 5 cities or regions from different countries, who may have existing ECD programs, or who are in the formative stages.

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The program involves meeting and exchanging ideas with leaders from other cities in email groups, video conferences and discussion forums. Once synergies are identified, this can be followed by direct contacts, including visits to observe ECD networks in operation and meeting the participants.

I invite interested cities or regions to contact me either by email – valerie@cepprinciples.org – or via the Contact Form on the CEPPs website. <https://cepprinciples.org/contact-us/>. Closing date for applications is 27 April 2018. Please share this invitation with colleagues who may be interested.'

For more information on the CEPPs Global Initiative, our Partners and Supporters, and how you could be involved, please visit <https://cepprinciples.org/get-involved/>

Briefly

News from science:

EU Birth Research Project

Introduction:

Getting maternity care right for mothers and babies is vital for all countries and societies. It is important to reduce avoidable deaths and ill health. However, it is also crucial that interventions designed to reduce risk for the few mothers and babies who develop complications are not used for mothers and babies who are healthy. Over use of interventions and drugs routinely can be harmful, and uses up resources that should be focused on those who need them. Despite this, there are very high, and highly-variable rates of childbirth interventions across Europe, that, in some countries, are way above the safe levels proposed by the World Health Organisation. Part of the problem is that there has not been much research on what makes childbirth go well (as opposed to what makes it go wrong). The BIRTH COST Action brings together over 100 scientists, artists, professionals, activists, political stakeholders and service users from around 30 countries in Europe and beyond, to try to understand the range and limits of normal childbirth physiology in different populations, individuals, and contexts. It includes five key areas:

1. [Biomedicine](#) (epigenetics and the hygiene hypothesis)
2. [Biomechanics](#) (maternal and fetal movement)
3. [Socio-cultural perspectives](#) (social expectations and experiences, including marginalised and migrant populations)
4. [Organizational perspectives](#) (the effect of organizational contexts and cultures on variation in rates of childbirth interventions)
5. [Neuro-psycho-social perspectives](#) (how inter-personal actions and behaviours affect physiological processes)

Click on the links above to find out more about what we are doing, and planning to do, in each of these areas.

<https://eubirthresearch.eu/>

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Transfer of Fresh versus Frozen Embryos in Ovulatory Women

Abstract:

Background

Elective frozen-embryo transfer has been shown to result in a higher live-birth rate than fresh-embryo transfer among anovulatory women with the polycystic ovary syndrome. It is uncertain whether frozen-embryo transfer increases live-birth rates among ovulatory women with infertility.

Methods

In this multicenter, randomized trial, we randomly assigned 2157 women who were undergoing their first in vitro fertilization cycle to undergo either fresh-embryo transfer or embryo cryopreservation followed by frozen-embryo transfer. Up to two cleavage-stage embryos were transferred in each participant. The primary outcome was a live birth after the first embryo transfer.

Results

The live-birth rate did not differ significantly between the frozen-embryo group and the fresh-embryo group (48.7% and 50.2%, respectively; relative risk, 0.97; 95% confidence interval [CI], 0.89 to 1.06; $P=0.50$). There were also no significant between-group differences in the rates of implantation, clinical pregnancy, overall pregnancy loss, and ongoing pregnancy. Frozen-embryo transfer resulted in a significantly lower risk of the ovarian hyperstimulation syndrome than fresh-embryo transfer (0.6% vs. 2.0%; relative risk, 0.32; 95% CI, 0.14 to 0.74; $P=0.005$). The risks of obstetrical and neonatal complications and other adverse outcomes did not differ significantly between the two groups.

Conclusions

The live-birth rate did not differ significantly between fresh-embryo transfer and frozen-embryo transfer among ovulatory women with infertility, but frozen-embryo transfer resulted in a lower risk of the ovarian hyperstimulation syndrome. (Funded by the National Key Research and Development Program of China and the National Natural Science Foundation of China; Chinese Clinical Trial Registry number, ChiCTR-IOR-14005406.)

<http://www.nejm.org/doi/full/10.1056/NEJMoa1705334>

Effects of War, Terrorism and Armed Conflict on Young Children: A Systematic Review

Abstract:

Millions of children have been maimed, displaced, orphaned and killed in modern warfare that targets civilian populations. Several reviews have documented the impact of political trauma on children's mental health but none has focused specifically on young children (ages 0–6). Since developmental factors influence the young child's perception and experience of traumatic events, this developmental period is characterized by a unique spectrum of responses to political trauma. This systematic review, comprising 35 studies that included a total of 4365 young children, examined the effects of exposure to war, conflict and terrorism on young children and the influence of parental factors on these effects. Results showed that effects include PTSD and post-traumatic stress symptoms, behavioral and emotional symptoms, sleep problems, disturbed play, and psychosomatic symptoms. Correlations emerged between parental and children's psychopathology and, additionally, family environment

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and parental functioning emerged as moderators of the exposure–outcome association for children.

<https://link.springer.com/article/10.1007%2Fs10578-016-0626-7>

When a Mom Feels Depressed, Her Baby's Cells Might Feel It, Too

<https://www.scientificamerican.com/article/when-a-mom-feels-depressed-her-babys-cells-might-feel-it-too/>

Preterm birth leaves its mark in the functional networks of the brain

Date: February 26, 2018

Source: University of Helsinki

Researchers at the University of Helsinki and the Helsinki University Hospital have demonstrated that premature birth has a significant and, at the same time, a very selective effect on the functional networks of a child's brain. The effects can primarily be seen in the frontal lobe, which is significant for cognitive functions.

Premature birth is globally the most important risk factor for life-time disorders and defects in neurocognitive functions. However, current methods have not shed much light on how premature birth affects the early activity of neurons in the frontal lobe, significant specifically to cognitive functions.

A study involving 46 infants exposed to very early prematurity and nearly 70 healthy and mature control infants was recently conducted at the University of Helsinki and the Helsinki University Hospital. Brain function in the infants was monitored and measured with the help of an EEG cap, developed earlier at the clinic, revealing new information on the subject.

"In this study, a new 'source analysis' method was used for the first time to measure functional networks in the infant brain: with the help of a computer model, the measured EEG signals were interpreted as activity in the infant cortex, which enabled the evaluation of the functional networking of neurons in a very versatile manner on the cortical level," says Sampsa Vanhatalo, a professor in clinical neurophysiology and the head of the study.

It was found that there are several overlapping functional neural networks in the cortex of a newborn. Another finding was that premature birth has a significant, but also a very selective effect on these networks. The clearest effect can be seen in the functional networks of the frontal lobe, especially significant to cognitive functions.

"We were able to demonstrate how the strength of synapses in the frontal lobe is linked with the neurological abilities of infants. This provides an extremely interesting opportunity to use the functional networking of the brain as an early indicator in, for example, clinical trials that compare the effects of different treatments on brain development. The selective changes found in the study also provide a potential explanation for attention deficit and other cognitive issues often found in children who are prematurely born."

Vanhatalo points out that functional MRI imaging does not show the functional coupling of an infant's neurons, even though the method is still widely used all over the world for studying this very phenomenon.

"Therefore, our EEG findings are the first results that actually provide information on cortical functional networks in preterm infants."

Story Source:

<https://www.sciencedaily.com/releases/2018/02/180226090303.htm>

Materials provided by University of Helsinki. Note: Content may be edited for style and length.

Journal Reference:

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Anton Tokariev, Susanna Stjerna, J Matias Palva, Sampsa Vanhatalo. Preterm Birth Changes Networks of Newborn Cortical Activity. *Cerebral Cortex*, 2018; DOI: [10.1093/cercor/bhy012](https://doi.org/10.1093/cercor/bhy012)

News from society and the media:

Press Release: The Hague Conference on Private International Law The « Parentage / Surrogacy Project » Intervention of a Grouping of Human Rights Non-Governmental Organizations

[\(version française ici\)](#)

In March 2015, we sent to the permanent Bureau a contribution showing that surrogacy is contrary to international human rights law and proposing the creation within the UN of a Convention on the International Abolition of Surrogacy ([PDF here](#)). We also requested to be consulted as part of the current work of the HCCH, in order to represent the views of civil society.

Since our contribution has not been taken into account so far, we ask once again for our arguments to be considered by the Experts' Group on Parentage / Surrogacy.

We ask for a radical change of perspective in the way the issue of surrogate motherhood is dealt with.

Surrogacy is a huge market of several billion dollars, entirely built on the ownership of the female body and on the transformation of children into commodities. It is not a reproductive technology (technically, it is nothing more than in vitro fertilization) but an exploitative social practice, which has to be abolished.

From a legal point of view, we would like to draw to the attention of the Experts' Group the blatant contradiction between the mechanisms at stake in surrogacy and the core principles of the Hague Convention on Intercountry Adoption. In order to prevent the trafficking and buying of reproductive capacities, Article 4 of this Convention provides, as a fundamental rule, that the consent of the birth parents, in particular the consent of the mother, can only be given *after* the birth of the child (prohibition of prior arrangements and of any planned abandonment of the child), and cannot be obtained through payment or compensation of any kind. However, the existence of such arrangements and financial compensations are a core component of surrogacy: the price of the service provided by the mother, and therefore the price of the child to be born, is the object of a preliminary agreement. There is hence a blatant contradiction between surrogacy and the philosophy underlying the Convention on Intercountry Adoption, a contradiction which cannot be covered up by any legal or semantic artifice. The Hague Conference cannot, without being inconsistent, encourage on the one hand what it rightfully opposes on the other hand.

Moreover, surrogacy contradicts many international conventions on the protection of human rights, e.g. the International Convention on the Rights of the Child and the Convention on the Elimination of Discrimination against Women, as demonstrated in the study enclosed / attached.

Surrogacy is the sale of a child, in the meaning of the Additional Protocol to the Convention on the Rights of the Child. This protocol defines the sale of children as follows: *“Sale of children means any act or transaction whereby a child is transferred by any person or group of persons to another for remuneration or any other consideration.”*

Such a transaction is precisely at the core of surrogacy, which is based on the giving away of the child by the mother to the clients, in exchange for remuneration or “compensation”. This payment has been previously agreed upon

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(even in countries where commercial surrogacy is officially forbidden) in the form of a compensation for vaguely defined expenses or “loss of remuneration.” The object of this commercial exchange is not only the pregnancy or delivery, it is the child itself, whose maternal parentage is transferred to the commissioning parents. Whatever ways language is deployed to artificially cover up this reality, it cannot be concealed.

We also invite the Experts, and more widely the Member States, to see beyond the apparent neutrality of legal terminology, and become aware of the extreme violence of a system in which women from poor or humble backgrounds, in order to fulfil pre-arranged contracts, renounce not only the faculty of making their own decisions concerning their health (which they jeopardize), but also lose any real capacity of changing their minds and being recognised as the mothers of the children they have borne for nine months and have given birth to. And this, either because of anticipated filiation in application of the law or the contract (as is done in California), or because of the preference given to commissioning parents by courts, despite laws officially requiring the surrogate mother’s consent after the birth (as is the case in the United Kingdom). Surrogacy is then not merely programmed abandonment, but in many cases *forced* abandonment. The mother—the woman who has borne the child—is nothing more than a uterus. Such takeover of an individual’s life and body has not been seen since the abolition of slavery.

This is something more and more countries are coming to understand: having fallen prey to this new traffic, and faced on their own territories the horror of this exploitation of the poor to the profit of rich Westerners, they have decided to forbid surrogacy unconditionally (Thailand for commercial surrogacy, Cambodia), or at least to ban it for foreigners (India, Nepal, Mexico).

This is why we reiterate our call to the members of the Experts’ Group of the Hague International Conference, to whom we ask:

1. To renounce working on any instrument which would tend to organise surrogate motherhood internationally or would favour mutual recognition in this domain;
2. To recognize the necessity of a Convention on the Abolition of Surrogacy, similar to what was done against slavery and practices analogous to slavery with the Conventions of 1926 and 1956, and to recommend that the Member States of the Conference engage in this direction within the United Nations, which is the relevant organisation in this respect.

Organizations Signatories

23 NGO – 8 countries – 2 international networks

[Arcilesbica Nazionale](#), Italy

[Centre évolutif Lilith](#), France

[Chiennes de garde](#), France

Collectif Midi-Pyrénées pour les droits des femmes, France

[Collectif pour le Respect de la Personne \(CoRP\)](#), France

[Coordination des associations pour le droit à l’avortement et à la contraception](#) (Cadac), France

CQFD lesbiennes Féministes, France

[Elus contre l’enfance maltraitée \(Elcem\)](#), France

[Encore féministes ! feminist network of 62 countries](#)

[Feminist International Network of Resistance to Reproductive and Genetic Engineering \(FINNRAGE\)](#), Australia

[Femmes et hommes d’avenir](#), France

[Femmes pour le dire, femmes pour agir](#), France

[Libres Mariannes](#), France

[No somos vasijas](#), Spain

[Pour les droits des femmes du Québec](#), Canada

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[Regards de femmes](#), France
[Se non ora quando ? Libere](#), Italy
[Societatea de Analize Feministe AnA](#), Romania
[Stoppt Leihmutterchaft](#), Austria
[Stop Surrogacy Now](#), international network
[Swedish feminist network against surrogacy](#), Sweden
[The Center for Bioethics and Culture Network](#), United States
[Women's Bioethics Alliance](#), Australia

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.

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

The Conscious Baby

Online News

<http://theconsciousbaby.com/#/>

You can read more news from our fields on the **ISPPM Facebook page**:

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

Events Diary

ISPPM Dates

April 5 - 7, 2018

30th International Annual Congress of ISPPM

Kreuzlingen, Switzerland

Critical Touch in Critical Times

Congress language: German with English translation

<https://isppm.de/registration-annual-conference-2018/>

June 1-3, 2018

Bonding Analysis conference

"Polyphonic flows"

Presentation of new experiences from bonding analysis

Cologne

<http://www.bindungsanalyse.de>

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October 26/27, 2018

Conference „Single born twin“

Berlin

Program and registration coming soon

Other Congresses and Conferences

May 2 – 4, 2018

Motherhood Initiative for Research and Community Involvement (MIRCI)

MATRICENTRIC FEMINISM

THEORY, ACTIVISM, POLITICS, PRACTICE AND REPRESENTATION

Florence, Italy

<http://motherhoodinitiative.org/product/florence-conference/>

May 21 – 26, 2018

World Health Assembly

Geneva, Switzerland

<http://www.who.int/mediacentre/events/governance/wha/en/>

June 7 – 9, 2018

The International Society for the Study and Prevention of Perinatal and Infant Death (ISPID), the International Stillbirth Alliance (ISA) and The Scottish Cot Death Trust (SCDT)

International Conference on Stillbirth, SIDS and Baby Survival

Glasgow, Scotland, UK

<http://www.ispid-isa.org/2018/Pages/default.aspx#.WlnzCTQiHZ4>

September 6 – 9, 2018

EABP Congress 2018

Body Psychotherapy and Challenges of Today.....Alienation - Vitality - Flow

Berlin, Germany

<https://congress.eabp.org>

October 13./14. 2018

Attachment Parenting Kongress

Hamburg, Germany

<http://www.attachment-parenting-kongress.de/media/Ablauf2018.pdf>

Safe the Date:

Feb 22 – 23, 2019

16th HSPPPM Congress

Hungary

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Further Education

In Germany:

Training in Bonding Analysis

With Bruni Kreutzer-Bohn, Psychoanalyst and Annick de Lamotte, Midwife
Basics of Bonding Analysis:

- Theory according to Jenő Raffai
- Physiology and pathology in pregnancy, childbirth, childbed and lactation
- Prenatal self-experience in the group
- Biography work on early topics
- prenatal communication: projective identification (Bion)
- The intermediate prenatal relationship space (Winnicott)
- Results from brain research on the pre- and perinatal period (Eagleman / Hochauf)

Methods of Bonding Analysis:

- Comprehensive medical history
- Setting in Bonding Analysis
- mediation of intervention techniques
- case discussions

Beginning in spring 2018 in Stuttgart and Aachen

Information about content and contact: bruni@kreutzer-bohn.de

annickdelamotte@posteo.de

Phone: +49-703276471

Training in Bonding Analysis

With Dr. Helga Blazy and Hannelore Dehne

In Cologne

Interested people please contact

Helga Blazy: nc-blazyhe@netcologne.de

Further Educational Programme for Midwives „Dream Journeys“

Lecturer: Eva-Maria Müller-Markfort, Graduate Midwife, Prenatal Psychologist,
Mother-Child Bonding Analyst

This education course aims at midwives in pre- and postnatal care, homebirthing,
as well as adjacent professionals like psychologists, psychotherapists, medical
doctors, etc.

„Dream Journeys“... is a new way of being with pregnant mothers, adopted to the
daily work of the midwife, to further the prenatal relation and bonding between
mother and child. In this way the maternal maturation process can be enhanced
as well, as the mother gets a chance to turn closer to herself and, reclining in
herself, will be able to connect with her inner self and with her little child. By
experience, this has a positive influence on the course of the pregnancy, the
birthing process and the breastfeeding relationship. The formation of the family
will be easier, much to the contentment of the fathers.

Training hours: 40 teaching units (TU) à 45 min., 5 blocks à 18 TU units

After each weekend an attendance certificate for 18 TU will be issued

Costs: 400.- EU incl. Soft drinks, snacks and lunch

Approved by the County Health Authority of Warendorf-NRW (in accordance with
§7 of the Professional Order of Midwives)

Recommended by the DFH, German Professional Association for Homebirths

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Mail: info@isppm.de

Web: www.isppm.de

Teaching hours:

Friday: 11:00 to 18:30

Saturday: 10:00 to 18:30

Sunday: 9:00 to 13:00

Location: Wallstr. 17, 59227 Ahlen, Germany

Phone: +49-2382-84508 Mail: hausgeburten@t-online.de

In Austria:

IPPE-Foundation Course

with Max Peschek, Claudia Versluis und Team

Beginning November 2019

Information: www.ippe.at/kurse/foundation

Registration: Claudia Versluis: claudia.versluis@aon.at

In Switzerland:

Further education with Dr. Franz Renggli:

- **Pregnancy and childbirth experiences as a source of healing**
- **Trauma healing in babies**
- **Self-awareness: journey into one's own pregnancy and childbirth**
- **couple Seminar**

Informationen and dates: 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>

In Scotland:

Pre and Perinatal Training

With Charisse Basquin and Mary Jackson

Learn the latest in Pre and Perinatal Therapy. Through experiential work you will explore your own developmental history and early imprints. Discover how to attune to babies and clients' early life material in order to enhance therapeutic outcomes.

For:

- Anyone working with babies, children and families.

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- Therapists and professionals working with adults interested in early trauma and birth.
- Four 5-day modules
- Module 1 - 5-9 April 2018
- Module 2 - 28 June-2 July 2018
- Module 3 -27 Sept-1Oct 2018
- Module 4 - 1-5 March 2019

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

Registration: Charisse Basquin 07531 863160 or earlyimprintsUK@gmail.com,

Mary Jackson +1(805)649-3063 or mjmidwife@gmail.com

Workshops/Seminars

In Germany:

5-day Workshop with Dr. William Emerson

5 - 10 September 2018 in Lienen

the title is not fixed yet.

Phone: +49-0251260225, Mail: m.overdick@web.de

Information and registration: M.Overdick, Nünningweg 52, 48161 Münster

In Switzerland:

ISPPM Switzerland workshop program here: <https://www.isppm.ch/programm>

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

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

In Austria:

Karlton Terry, Claudia Versluis, Max Peschek & team:

Umbilical Affect

20. - 25. march 2018

These courses are open to all students who have finished an IPPE- foundationcourse in the past: It will for a long time be the last opportunity to participate in English with Karlton Terry as teacher in Europe.

If you want to continue your prenatal journey researching these themes, then there is an opportunity now: there are a few places left for students who have already finished the foundationcourse in former years.

Please let us know soon if you're interested, there are only few places that might be filled up fast.

We start 14:00 the first day and end 13:00 the last day

Seminarhouse Die Lichtung: www.die-lichtung.at

is

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Newsletter March/April 2018

Travel: close to Krems; flight to Vienna, then train and/or travel with other participants
tuition each course € 740,-
Information and registration: Claudia Versluis, claudia.versluis@aon.at, Mobil 00 43 664 5517235
More: www.ippe.at

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

Online:

Prenatal and Perinatal Psychology Therapeutic Play with Babies and Kids

Wendy Anne McCarty, PhD, RN is offering an online seminar with prenatal and perinatal psychology and play for parents and professionals. The dates are Tuesday mornings in March and April. The first one is for parents and professionals. The second one is for professionals only.

Series #1 – For parents and professionals

March 13, 20, 27 – 1.5 hours each
9:30 am – 11 am - Pacific Standard Time
This seminar is open to everyone.

Series #2 – Follow-up Study Group Series for professional

April 10, 17, 24 – 1.25 hours each
9:30 am – 10:45 am - Pacific Standard Time
This seminar is open to all professionals who work with families.

Series #1 is a prerequisite for enrolling in Series #2. You may be a therapist who utilizes play therapy as a primary modality, or a professional considering this as a complimentary aspect of care and mentoring families. Even if you don't incorporate play therapy directly in your practice, the course will give you a greater appreciation of the relationship between early experience and current issues during infancy and childhood, as well as giving you strategies to address these issues via PPN therapeutic play.

More information: <http://bit.ly/2DyXDNO>

Professional Seminars with APPPAH:

You can see about the complete Education Department offerings at birthpsychology.com

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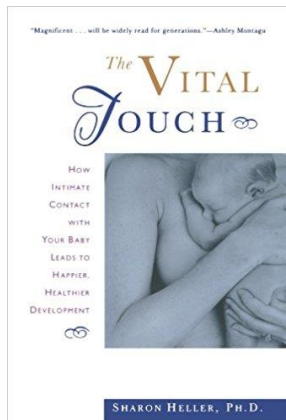
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Book review



Sharon Heller

The Vital Touch: How Intimate Contact With Your Baby Leads to Happier, Healthier Development
Publisher: Henry Holt, New York (1997)

Quite simply, developmental psychologist Sharon Heller's *The Vital Touch* is the best, most comprehensive guide to good, early parenting on the market today. This book synthesizes all of the current research on attachment parenting issues, such as babywearing, breastfeeding and the family bed. These issues and the corresponding research are vitally important to our babies, who aren't allowed a second chance at

childhood. That Heller understands these issues also are important to society as a whole is shown by her comment that societies have either "cooperated and shared resources" or "competed and killed one another." Mainstream parenting philosophy is finally starting to understand the extreme importance of the first three years of life, but we're still seeing too much medicated birth, bottle-feeding, isolated sleeping, "crying it out," and container parenting (a reliance on strollers, swings, pacifiers, and other inanimate objects to entertain and hold our babies). Heller incorporates not only her own compilation of research but that of other well-known authors, such as Jean Liedloff, Tine Thevenin, James McKenna, William Sears, Michel Odent, and Ashley Montagu. Her definition of traditional birthing and parenting practices is, not what has been done in the last 50 years in the United States but what has been done for millennia. There is so much good information here! The first third of the book heralds "the power of touch" as "the first connection" and "the rock of love." Touch, or lack of it, profoundly affects birthing practices, newborn stability, the quality of mother-infant attachment, and how much developmentally important sensory stimulation our babies receive.

Part two discusses the cultural habits that put us out of touch with our infants: all the containers in which we nest our babies; our prudish sense of our body, which leads to a withholding of affection, unsuccessful nursing, and a distortion of normal sexual development; our lack of support for the nursing mother; and our taboos against cosleeping. Part three discusses how modern parents can compromise, between nature's call for closeness to their babies and our culture's "plea for distance."

The Vital Touch discusses the "battle between our genes and our culture." As humans, we've been parenting a certain way for millennia, and we are not suited to the radical change that's taken place in the last hundred years or so. Humans need to be touched. Our babies need to be touched and loved, cuddled and nursed, held and hugged. The Western consciousness has absorbed a Puritan spirit, which teaches that by loving our children we will spoil them, so instead we hold them at arms length, or don't hold them at all. Heller recounts the unfortunate influence, beginning in the 1920s, of books by behaviorist John Watson, Luther Emmett Holt, Sr., and the U.S. Children's Bureau, all of which railed against picking up, holding, rocking, cuddling or comforting infants.

Multitudes of parents became convinced that to engage in any of these practices with their children would produce "a spoiled, fussy baby, and a household tyrant" and a dependent, whiny adult unable to live up to "the American dream."

Although Heller thinks the "empire of the anti-touchers" has begun to crumble, these teachings of the early 20th century "had profound repercussions on how

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our grandparents parented our parents and how they, in turn, parented us." And, how we parent.

Container parenting has become a part of our national consciousness. Heller calls these containers "touch thieves" and cautions that they instill "in infants a disconnectedness from the human experience." Plus, it's so silly! Just last week, I saw a mom struggling to carry two bags and a huge, heavy, unwieldy car seat with her child isolated inside. This mom's errand would have been infinitely easier had she taken a moment to transfer her baby to a sling. More important than this, though, is the "awareness of life" her baby loses by having little or no human contact during the day. Heller discusses at length the sensory deprivation babies suffer by spending their days in cribs, infant swings, etc., and what the long-term effects of this are, and she provides parents with scientific evidence and encouragement to follow the instincts for touch that come from within.

What I especially liked about Heller's book, though, is that she addresses the reality of attachment parenting: It is really difficult for mothers in our culture! Although we evolved in tribal groups, "continuously surrounded by kin and community," as moms living in nuclear families, we are isolated and often lonely. We have a difficult time finding supportive groups of like-minded parents, and many times we don't feel that our jobs as primary caregivers are appreciated or valued by our communities. Moms who work are also having a difficult time, feeling like they can't do everything. Heller devotes a whole chapter called "The Self-Reliant Supermom" to these issues and offers supportive ideas and practical suggestions, for modern women to give their children the emotional and developmental benefits of high-touch parenting.

Want to help heal our society while nurturing babies into happy, outgoing, well-behaved children? This book tells us how. I can't recommend it strongly enough for all parents, new and old alike, as well as for professionals who seek to pass along vital information. Holding and cuddling our babies and children increases society's chance of having healthy citizens capable of creating peace in home, community, nation and world.

Imprint

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