

Newsletter No. 8

October 2012

Dear Members of the ISPPM,

Our congress in Stolpen is just over, we continue to be very happy about all the inspiring encounters and the great atmosphere. Many thanks to all participants who contributed to the success of this event!

In Yearbook 2012 all lectures of the past meeting will appear in detail (in German), the English versions, if available, will be published in the International Journal.

A radio report by Matthias Baxmann about our congress ran in a local radio culture program and a feature about Prenatal Psychology and Bonding Analysis will follow soon in a German-wide sender.

At the general meeting Stolpen was also chosen as the venue for next year, as a "new home" of ISPPM. In addition, we plan to hold every 3-5 years international congresses in other countries. For 2014 our new member Marleen Dols from the Netherlands has offered to organize a conference in the Netherlands. Other candidates from the international membership are welcome! Contact via secretary@isppm.de.

News

The Graber award this year was granted to Irene Behrmann in recognition of her merits for ISPPM and the development of ART, ambulant regression therapy. Congratulations!



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The spokeswoman for the International Educational Committee, Olga Gouni has created a promotional video for the isppm International Diploma Course starting in the end of November this year. It can be viewed on the Internet:

<http://vimeo.com/49279613>

Please spread the info in your network!

We have two new members of the Extended Board. Paula Diederichs, the working group "parenting skills" was launched:

Working Group: parenting skills
Spokeswoman: Paula Diederichs
Current prospects:
Charlotte Schönfeld
Karin Gailing and husband

In this working group, we will discuss and edit the content:

Personal level: personal experience with the issues and motherhood

Paternity, if they are present.

Professional level, how do we give as therapists / inside

Crisis companions / inside and as a trainer / inside the subject of motherhood and Paternity.

Scientific level: What about in other areas

(Therapy Schools, Major: Childhood Studies, Psychology, etc.)

with the subject of motherhood, mother competency, paternity and Father's competence?

The aim of the working group is to recognize and name the adult level and the opportunities of motherhood and fatherhood, once on the emotional process of the mother and the father (opportunities and threats), but also the social level (responsibility and expectation).

Preparing a thesis paper and / or the results

Paula Diederichs

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Dr. Gerlind Große is the new spokeswoman for the AG PR / public relations. As a first project on strengthening internal communication she has the idea to set up a mailing list for a cooperative exchange.

We are very pleased to have this new commitment to fellow activists!

From AG Prenatal Psychology for midwives we can report that a training for midwives was designed:

Dream Journeys - Imaginative working with pregnant women to promote prenatal mother-child bond.

For more info you can contact Eva-Maria Müller-Markfort: hausgeburt@aol.com

In the October issue of the German Journal "Eltern" (Parents) an article about Prenatal Psychology and bonding analysis can be found.

You can find ISPPM on facebook. Maybe you can take a look for pressing the "Like" button and online networking...

The film *Orgasmic Birth*, which was also shown at our recent annual meeting, is available for 25,- Euro plus shipping expenses (official DVD). Please send orders to: secretary@isppm.de

More information about the film and trailer under: <http://www.orgasmicbirth.com/>

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Dates

October 18th -20th 2013: next ISPPM Annual Meeting: The subject proposal of the Board, which met broad support on the members assembly, is caesarean section.

April 27th -28th 2013: The ISPPM WG Psychotherapy meeting in Heidelberg. Topic: "The prenatal dimension in psychosomatic medicine and in psychiatry." Organization Dr. Ludwig Janus, program in January 2013

May 23rd - 25th 2014 The three-yearly bonding analysis conference in cooperation with the ISPPM, organized by Helga Blazy place in Cologne, St. George conference center

October 10th 2012 Human Nutrition through the 'seven ages' in the Royal Society of Medicine in London, organized by the McCarrison Society for Nutrition and Health

[ISPPM% 20RB% 20Juli% 202012/1207FHF7AgesFlyerv8.pdf](#)

October 12th -13th 2012 CiaoLapo Charity and the International Stillbirth Alliance, the International Stillbirth: Workshop to talk about stillbirth pathology epidemiology, prevention and bereavement care, to be held in Rome

November 3rd -11th 2012 weekend seminar "The prenatal development of bonding" with Dr. Ludwig Janus and Rien Verdult

[ISPPM% 20RB% 20Juli% 202012/Verdult Nov 2012 final.pdf](#)

November 17th 2012, 9 a.m. – 5 p.m. Womb Twin Survivor Conference in London Friends House, 173 Euston Road, London, NW1 2BJ, England

wombtwin.com / conference / conference.php

Arrivals

Pending for two double issues of the traditional International Journal for Prenatal and Perinatal Psychology and Medicine (3/4 2011 and 1/2 2012). Orders / Subscriptions

please to secretary@isppm.de.

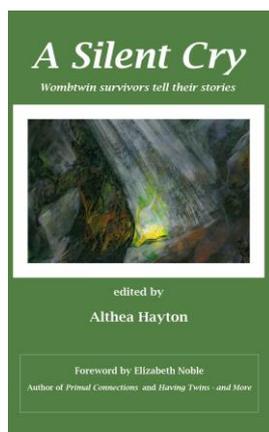
Johanna Schacht makes a list for the publisher Peter Fedor-Freybergh.

Book Review

Robbie Davis-Floyd: Birth as an American Rite of Passage. Berkeley: University of California Press, 2003.

Content

Why do so many American women allow themselves to become enmeshed in the standardized routines of technocratic childbirth - routines that can be insensitive, unnecessary, and even unhealthy? Anthropologist Robbie Davis-Floyd first addressed these questions in the 1992 edition. Her new preface to this 2003 edition of a book that has been read, applauded, and loved by women all over the world, makes it clear that the issues surrounding childbirth remain as controversial as ever -. Publisher's description.



Althea Hayton (Editor): A Silent Cry. Wombtwin survivors tell their stories. Wren Publications 2008.

A collection of seventy poignant personal stories written by womb twin survivors (that is, the sole survivors of a twin or multiple pregnancy) arising out of the Womb Twin Survivors Project. Edited by Althea Hayton, with a foreword by Elizabeth Noble, author of "Primal Connections" and an expert on pre-natal psychotherapy. These are true stories, published anonymously, and they reveal that the loss of a twin before birth does leave a marked impression on the survivor. They describe some of the physical signs that there was once a twin, such as a fetus papyraceous or an ultrasound image of two sacs.

The stories also reveal that there is a deep psychological effect on the surviving twin which takes many forms, including a sense of something missing; imaginary friends and feeling alone, even among friends. The longer stories describe a difficult journey in search of healing - a journey that ends with a ritual of letting go. The anthology includes a glossary and Althea Hayton's personal story as an epilogue, for she is a womb twin survivor herself. - Publisher's description.

Finally - on the occasion of Michel Odents lecture Stolpen a reference to:

THE PRIMAL HEALTH RESEARCH DATABASE IN THE AGE AND Epigenetics Microbiome REVOLUTION

This database contains published studies that explore correlations between what happens during the primal period (fetal life, perinatal period, and year following birth) and what happens later on in terms of health and personality traits. We started to compile studies examined at the time of the publication of "Primal Health" (1986). With the development of information technology, this collection of studies eventually became a database that everybody can explore on the web (www.primalhealthresearch.com).

Originally, our database was often presented as a tool for training ourselves to think long-term. Until now, the practices of obstetrics and midwifery have been Evaluated through short term criteria (in Particular perinatal mortality / morbidity rates and maternal mortality / morbidity rates). In the age of almost simplified techniques of cesarean sections with minimal blood loss and regional anesthesia, it is becoming justified to offer this operation to all pregnant women ... if only the list of conventional criteria is taken into account. In such a context, scientific advances (and intuitive knowledge) suggest the need for long-term criteria.

There are therefore reasons to enlarge our horizon by thinking in terms of civilization, a specifically human dimension: our database can therefore be presented as a tool to become familiar with this collective dimension, since epidemiologists ignore anecdotes and need huge numbers to detect statistically significant effects of early experiences. A typical example, among many others, is provided by a study of the risk factors for

autism. The researchers had at their disposal the birth records of the whole Swedish population born during a period of twenty years, so they had at their disposal the medical files of all Swedish subjects who had been diagnosed with autistic strict criteria, plus five controls for each of them. With such a material they could detect statistically significant risk factors in the perinatal period. (See entry 0396 via keyword "autism")

The advent of epigenetics suddenly gave the Primal Health Research Database a new function. This emerging discipline is based on the concept of gene expression. Some genes may be allocated a kind of label (for "epigenetic markers") that makes them silent. This marker can be a DNA methylation, so it can be a change in the nuclear protein content, as analyzed modifications to histones. The phenomenon of gene expression is influenced by environmental factors, Particularly during the primal period. An overview of the database suggests the importance of the concept of timing: the nature of an environmental factor often appears less important than the time of exposure to this environmental factor. For example, when exploring our database from a keyword related to a metabolic type (search as "diabetes type 2" or "obesity"), fetal life usually appears as a critical period for gene-environment interaction. If the keyword is related to the capacity to love it appears that the period surrounding birth is critical. Our database has become a unique tool to provide some clues about the critical periods regarding the genesis of diseases and personality traits. From a practical perspective it is often more important to identify critical periods than seeking to identify the genes involved or the comparative roles of genetic factors and environmental factors.

The paramount importance of the concept of "timing" explains my personal interest for pathological conditions that share the same critical period for gene-environment interaction. It appears that when two diseases share the same critical period, other similarities are probable from other perspectives, examined as clinical and physiopathological perspectives. This is how I have explored the multiple links between autism and anorexia nervosa.¹ Can the Primal Health Research Database inspire new ways to classify diseases?

In the age of epigenetics, we have been encouraged to pay renewed attention to studies exploring the transgenerational effects of what happens during the primal

period. It appears today that the epigenetic markers (the "epigenome") may be transmitted to a certain extent to the following generation.

Understanding one of the mechanisms through which acquired traits can be transmitted to the following generation is an important step in our understanding of the transformation of species and their adaptation to environmental factors. The keyword "transgenerational" leads in Particular to Dutch studies about the effects on the second generation of exposure during fetal life to the famine winter of 1944-1945 (see entries 0753, 0756). It therefore leads to a unique Swedish study in the isolated rural area of Overkalix (entry 0796) and to a study of the effects of exposure during fetal life to diethylstilbestrol, the synthetic estrogens given to pregnant women in the middle of the twentieth century (entry 0796).

The concept of heritability of epigenetic markers wants to justify increased number of animal experiments, Particularly among mammals with a short life span. This is why we have decided to stop using the keyword "experimental primal health research". In order to remain inside the limits of a specialised branch of human epidemiology

In general, it appears that the functions of the Primal Health Research Database are constantly renewed under the influence of a grand diversity of emerging disciplines, PARTICULARLY disciplines that participate in the "microbiome revolution". Homo sapiens is now understood as. On ecosystem with a constant interaction between trillions of cells that are the product of the individual's genome and dog hundreds of trillions bacteria that form in Particular the good flora and the skin microbiome In such a context many correlations established by epidemiologists can inspire plausible interpretations. For example according, to an American study, cesarean birth appears as a risk factor for obesity in childhood (0829 entry via keyword "obesity in childhood"). At the same time we have learned that the good flora of obese people is different from the good flora of lean people², and we start realizing that the way the human flora is well established in the perinatal period must be different after a birth via the bacteriologically rich perineal zone Compared with a birth by cesarean. In other words it appears that microbiomes, too, can be inherited.

It is therefore probable that in the near future studies included in our database will

inspire interpretations based on explorations to the expression of Mitochondrial Uncoupling protein2 (UCP2) in hippocampal neurons. These studies confirm the function of stress in the perinatal period on brain development.³ They might offer new interpretations to established correlations, examined as those among Conscripts. According to one of them, there is a correlation between forceps delivery and Comparatively high intellectual quotient (IQ), while another one found a Comparatively high IQ among Conscripts born by vaginal route after breech presentation compared with those born by cesarean. (See entries 0001 and 0002 via keyword "forceps", and entry 0530 via keyword "breech presentation").

The vitality of the Primal Health Research Database is an effect of its constant interaction with a great diversity of emerging scientific perspectives.

Michel Odent, August 2012

References:

1 - Odent M. Autism and anorexia nervosa: two facets of the same disease? Medical Hypotheses 2010th doi: 10.1016/j.mehy.2010.01.039.

2 - Turnbaugh PJ, Ley RE, Mahowald MA, etc An obesity-associated microbiome well with Increased capacity for energy harvest .. Nature 2006th Dec 21, 444 (7122): 1027-31.

3 - Simon Areces J, Dietrich MO, Hermes G, et al. UCP2 Induced by Natural Birth Regulates Neuronal Differentiation of the hippocampus and Related Adult Behavior.

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Obituary John C. Sonne

Helga Blazy

Only some time ago we got to know that on Nov.12th, 2011 our member of ISPPM since long years John C. Sonne had died in Galena, Maryland in the age of 87 years.

John was born on 25th of Sept., 1924 in Titusville, Pennsylvania. During the 2nd World War he served in the Navy. He studied medicine at Pennsylvania University and afterwards became a psychoanalyst and family therapist. Most time of his grown-up life he spent in Moorestown, New Jersey as a psychoanalyst. Some years ago he and his wife Suzie moved to Galena where they had a summer house. The couple had eight children, twenty grand children and six great grand children who were the greatest joy of both of them.

Until 2002 75 papers in journals or books had been published by John. The first nine papers (1946-56) only dealt with biochemistry matters; since 1952 he published papers on research in family matters of disturbed families. In 1966 he already pondered about the difficult theme of Feticide as Acting Out in a paper, regarding the difficult theme of disturbed pregnant women who wanted an abortion. In the end he decided that a psychotherapist cannot vote for an abortion as otherwise he would support psychopathology and not thinking. Here he developed in nuce his concept which he later on explored in his work with his patients until in the 1990th he could present many case studies and family histories together with intensive theoretical thoughts to that topic. Besides, during the following years he dedicated himself to marriage and family problems (f.i. delinquency, sexual acting out, autism, rootlessness in the children) as well as problems of countertransference in the therapist. 1975 he passed a paper Pregnancy, abortion, and the unconscious in which he took up again them theme of his 1966 paper and developed it further.

On the XI International Congress of ISPPM in Heidelberg 1995 John C. Sonne then explicitly gave a lecture on Interpreting the Dread of Being Aborted in Therapy; the year before two papers of his were in the Journal of ISPPM (see the list in the end). In the Heidelberg workshop of ISPPM 1979 he developed the theme further.

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In his first paper he presents two male case studies with symptoms of anxiety, of form- and timeless feelings, of tendencies to acting out. In spite of long analyses with him and a colleague before it took a long time until anxieties of the patients could be connected to the theme of abortion. After that connection analysis developed well. Sonne here asks questions about the blind spots of the analyst in his counter-transference in apparently never-ending analyses and asks for models to regard the most important influences of prenatal life into account.

In his second paper Sonne regrets that most of the psychogenetic studies on psychosomatic diseases not yet see any connection with intrauterine trauma and only regard the unborn child as a completely biological being. The non mature brain is already able to fix developmental and traumatic traces, though we do not understand that yet. As well, he after discussing several family studies takes into account the family backgrounds as 'multigenerational giving on of dynamics of abortion'. Furthermore he describes certain obstacles in transference and countertransference during treatment. "When the abortion dynamics finally find entrance into the therapeutic theatre and could be named", he said, "I felt happiness, was light-hearted and free", and the same felt my patients.

The following paper assures his thesis that the global abortion-rates mobilize an almost universally denied and repressed unconscious fear of abortion. Anxiety and repression are lived on the contrary in individual or collective regression. Extreme examples are the holocaust, the atomic bombing of Japan, and in newer times the slaughter of dissidents in China, the "ethnic cleansing" in Yugoslavia, the terrorist bombing of the World Trade Center. From his experiences John Sonne discusses these dynamics and the characteristics of people having overcome an attempted abortion. He ponders about how parents who tried an abortion can live with that memory.

But please, read his articles by yourself.

Many of you will like to remember the friendliness, the great-heartedness and joy for life of John C. Sonne. You might remember his talks full of suspense which certainly could be discussed controversially. He did not mind controversial discussions. He followed an invitation to the Cologne Conference of ISPPM in 2002 and showed as an extraordinary

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pianist when in a break he spontaneously started to play the piano. He wrote poems, too, he was a hunter, a fisherman, a dancer, and a gourmet, too, and he liked a good drink.

Maybe the last time we met him in Europe on the International Congress of ISPPM in Budapest in autumn 2002.

As a psychoanalyst who developed new ways with his patient in the prenatal realm and as the first one who followed the trail of abortion “in thoughts, words, and actions” in the acting out and the memories of his patients, as he put it down in his papers for us. John is a pioneer of ISPPM who against much problems went on to develop his thoughts on these very early traumata.

Papers by John C. Sonne from the International Journal of ISPPM:

- Vol. 6 (1994) No.1: The Relevance of the Dread of Being Aborted to Models of Therapy and Models of the Mind. Part I: Case Examples
- Vol. 6 (1994) No. 2: The Relevance of the Dread of Being Aborted to Models of Therapy and Models of the Mind. Part II: Mentation and Communication with the Unborn
- Vol. 8 (1996) No. 1: Social Regression and the Global Prevalence of Abortion
- Vol. 8 (1996) No. 3: Interpreting the Dread of Being Aborted in Therapy
- Vol. 8 (1996) No. 4: Prenatal Themes in Rock Music
- Vol. 10 (1998) No. 3: Psychoanalytic Aspects of Adoption
- Vol. 11 (1999) No. 2: Magic Babies
- Vol. 13 (2001) No.1/2: It's Proven but Not Believed: An Exploration of Psychosocial Resistances to Acceptance of the Reality of Prenatal Mentation, Communication, and Psychic Trauma
- Vol. 14 (2002) No.1/2: The Varying Behaviors of Fathers in the Prenatal Experience of the Unborn: Protecting, Loving and „Welcoming with Arms Wide Open“ vs. Ignoring, Unloving, Competitive, Abusive, Abortion-Minded or Aborting
- Vol. 14 (2002) No.3/4: On Tyrants as Abortion Survivors

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Anyone who has information for our quarterly newsletter, book reviews, or would like to publicize their own events, please contact secretary@isppm.de.

Johanna Schacht and Wolfgang Bott on behalf of the ISPPM board team

