



## Traumatic births – traumatized society:

The importance of pre- and perinatal  
psychology – interdisciplinary.”

**1<sup>st</sup> February 2026, Sunday (Online)**

### How we are born matters! (Michel Odent)

How we're born leaves deep traces in our body, nervous system, and unconscious, shaping how we see ourselves and the world.

Birth is a key event: for child, mother, and father. Can the baby be born in its own rhythm? Can the mother give birth in her own rhythm? If not, there is a high risk of traumatization and as more humans got traumatized during birth, it will affect and shape the whole society!

One in six women experiences traumatic birth - likely far more go unreported. Do humans feel manipulate, live in fear and anger, disconnected from themselves, others, nature or can people form healthy relationships? It's the foundation for self-confidence and empathy.

Our Online Conference focuses on pre- and perinatal psychology - the significance of early imprinting patterns on our personal development, in professional contexts, and in societal relationships

## PROGRAM

### 9.30 am CET Opening Words

Kola Brönnér, President and Neşe Karabekir Vice-President of ISPPM e.V. will open the conference and introduce the conference theme

### 10.00 am CET Moffat Osoro

Humanistic Maternal Care

### 10.30 am CET Serpil Kırım MD.

The journey from being an obstetrician to being a birth psychotherapist

### 11.00 am CET Coffee/Tea break

### 11.10 am CET Ursi Gehre

What a baby shows and tells us about its (traumatic) birth journey

### 11.40 am CET Hakan Çoker // Galina Tcyganok

In the target of birth traumas, what does the new FIGO statements says? // Restoring broken bonds: prenatal and perinatal psychology in Russia

### 12.10 – 12.30 pm CET Reflection in breakout rooms

### 12.30 – 12.45 pm CET Sharing insights from breakout sessions

### 12.45 – 1.30 pm CET Lunch break

### 1.30 pm CET Kate White

"Birth is a Lifelong Event": Birth Psychology, Somatics and Trauma as Portals to Wholeness

### 2.00 pm CET Carla Machado

Prenatal Education: Raising Parental Consciousness from Conception to Birth as a Path to Prevent Birth Trauma

### 2.30 pm CET Barbara Harper

Avoiding Birth Trauma By Preparing Women and Their Birth Providers for Conscious Ecstatic Birth

### 3.00 pm CET Coffee/Tea break

### 3.10 – 4.30 pm CET Karlton Terry

Workshop: Birth Trauma & Colic - The cure of colic

### 4.30 – 5:00 pm CET Reflecting on the day's essence

### 5.00 – 6.00 pm CET Live Performance

Playback Theatre Manchester

### 6.00 – 6.15 pm CET Celebration with music

**Subtitles are available in any language via Zoom**  
**Times listed in CET. Please convert to your local time zone.**