

The APPPAH Newsletter

News From the First Frontier: Conception To Birth

Official Bulletin of the Association for Prenatal & Perinatal Psychology & Health, Winter 2002/3

Attachment Leaders at 2003 Congress

Sir Richard Bowlby, son of foremost attachment researcher, Dr. John Bowlby, and Daniel J. Siegel, MD, author of the *Developing Mind: Toward a Neurobiology of Interpersonal Experience*, will headline the 20th Anniversary APPPAH International Congress, *Birth, Brain and Bonding: The Psychology and Science of Attachment*, December 4 -7, 2003 in San Francisco.

Dr. Siegel is an award winning teacher who brings an important message about the neuroscience of attachment. He says that, "the human brain is a construction project in which genetics supplies the building blocks but social interaction largely determines how they are put together." The actual "wiring" of the brain is dependent on our earliest social interaction. Siegel reports that, "Repeated experience creates and strengthens neural pathways, while lack of experience causes the corresponding unused tracks to wither." Siegel is currently an associate clinical professor of psychiatry at the UCLA School of Medicine and serves as the director of interdisciplinary studies for the international nonprofit Children's Mental Health Alliance. He will present both a plenary address and a pre-Congress workshop.



Daniel Siegel, MD

Sir Richard Bowlby, who will also present a plenary address as well as a post-Congress workshop, spent his career in medical and scientific photography, illustrating medical research. In 1999 he retired to spend his time studying the work of his father on the early attachment relationship between parents and their young children. Bowlby is now dedicated to promoting a wider understanding of the rapidly growing body of attachment research. He frequently presents at conferences with leading attachment researchers and clinicians and draws on personal insights into how his father assembled the research information in developing attachment theory. In his presentations, Bowlby will give an illustrated introduction to attachment theory, using video clips and slides to illustrate the different elements of attachment behavior. He will outline the biological and evolutionary origins of attachment behavior and show how healthy relationships lead to normal brain development. He will also illustrate the childhood trauma of physical and emotional separation from the primary care giver and how early relationships create behavior that can be carried into adult life and passed to the next generation.



Sir Richard Bowlby

Dr. John Bowlby's work, as well as the latest neuroscience—presented by Dr. Daniel Siegel—are cornerstones of this Congress. We will focus on the combined impact of early developmental and environmental factors on the health of our connections with others. The quality and continuance of these vital attachments through pregnancy, birth and infancy shape brain development and form a template for later relationships, as well as for our psychological and physical wellness. This Congress will examine the full impact of medical management as it relates to development of the brain, brain function, behavior and the highly sophisticated effects of high-risk prenatal and intrapartum care on bonding and attachment.

Save your place at this important event (registration form on next page). We look forward to seeing you there!

Marti Glenn, PhD, Congress Co-Chair

Musings

from APPPAH President, Barbara Findeisen, MFT

Dear APPPAH Friends,

My local newspaper, *The Santa Cruz Sentinel*, recently ran a series of articles on “Home Births, Midwives and Hospital Births”. They represented both sides of the debate with a heavy dose of concern for the inherent dangers in birth. The thrust of the article questioned whether birth was a natural process, or a medical crisis.

After reading the material, I felt a profound respect and appreciation for the courage of midwives who continue the ancient practice of assisting women in giving birth to their babies in a safe and natural way. I also felt very grateful for those MD’s who assist and empower women to make informed choices relating to their pregnancy and delivery. I was appalled by the vigor and antagonism of the resistance the midwives—and some of the doctors—encounter.

I recalled vividly an independent Dutch midwife who spoke at the International Congress on Embryology, Therapy and Society, held in Holland this past May (2002). Beatrijs Smulders gave a delightful and informative presentation on “The Practice of Birth in The Netherlands”, comparing it to birth practices in the United States. In Holland, 75% of **all** births are at home, with a midwife in attendance. She speculated on some of the possible differences between the two societies, which may influence the birth practices in Holland and in the United States. Here are some of her considerations:

1. Dutch women trust their bodies and their natural strength and ability to give birth.
2. Dutch women grow up in a nation where home births assisted by midwives are “the norm”. So do Dutch men.
3. The Dutch society accepts, as a part of life, that—even when everyone is doing their very best—sometimes things go wrong.
4. The Dutch medical world accepts and respects home births and midwives, and are ready and available if there is an emergency.
5. The American society has a culture of litigation,

lawsuits and blame, which are absent in The Netherlands.

When I read and also hear the commonly-accepted belief that birth and pregnancy are **naturally** very dangerous and that somehow women’s bodies are not up to the task, I wonder: Just what is the physical difference between the female Dutch body and the female American body? Is it physical, or could it be the culture, and our conditioning? I am personally very grateful that when I gave birth to my three children at the Stanford Hospital in California, I had not learned that I was facing a dangerous situation and my body might not be up to the task. Sometimes ignorance is bliss!

Blessing each of you who are a part of APPPAH. Have a wonderful holiday season, and Peace to all.

Lovingly,
Barbara

Birth, Brain and Bonding

*APPPAH’s 2003 International Congress
Registration Form and Fees*

Conference Fee*	Members	Non Members
Before 4/15/03	\$350.00	\$400.00
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* Fee does not include pre- and post conference workshops

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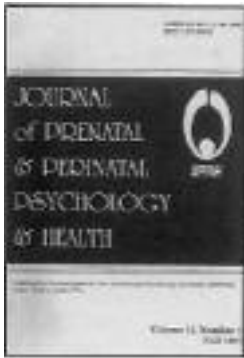
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APPPAH's Journal



The following abstracts are from the most recent issue of the *Journal of Prenatal and Perinatal Psychology and Health* Volume 17 (1) published Fall 2002. To subscribe call: 707 857 4041 or email: apppah@aol.com

Psychosocial Variables Predict Complicated Birth Lewis E. Mehl-Madrona, M.D., Ph.D.

ABSTRACT: The purpose of this study was to assess the possible contribution of psychosocial factors to birth outcome, through prospective assessment prior to delivery. Four hundred, eighty-six consecutive pregnant women in their first or second trimester were enrolled along with their partners; interviews were conducted with the benefit of physiological monitoring and a variety of psychological measurements. Seven categories of psychosocial variables emerged with stability and reliability. Two psychological factors—fear of birth and support from the woman's partner—most strongly discriminated between the uncomplicated and complicated birth outcome groups. The authors conclude that psychosocial factors do influence birth complications and attention to reducing their impact could potentially improve birth outcome. Obstetrical care providers should no longer ignore these factors.

Father to Son: A Chronicle of Your Life Before Birth George Grider

ABSTRACT: This chronicle is what one father wrote for his son, offering a world of personal information about himself, his wife, and his culture embracing the courtship, conception, and important events of pregnancy leading to his birth in the late 1960s. The Editor sought this story in the hope it would inspire other fathers and mothers to share similar priceless information with their own offspring about their common life before birth.

Predictors of Posttraumatic Stress Disorder Following Abortion in a Former Soviet Union Country

Natalia Mufel, Anne Speckhard, Ph.D. and Sergei Sivuha, Ph.D.

ABSTRACT: One hundred and fifty women who had abortions in Belarus (former Soviet republic) were interviewed regarding reproductive history, decision-making and psychological outcomes. Positive and negative responses (including PTSD, guilt, grief, depression, anxiety/panic and emotional numbness) were assessed during the interview with the Impact of Events-R Scale to objectively measure aspects of PTSD. It was hypothesized that a portion of the sample would evidence PTSD with recognition of life, attachment, time, number of weeks of pregnancy, coercion, supported decision-making, wantedness, and age all predictive of negative responses. Forty-six percent of the sample suffered PTSD the best predictors being recognition of the life of the fetus, attachment, time since the abortion, and number of weeks of pregnancy.

Specificity of a Mother's Attachment to her Child using the Attachment Inventory and Factors Related to Attachment: Longitudinal Research from Prenatal to Age Three

Junko Tsujino, M.A., Mayumi Oyama Higa, D.Eng. and Tadashi Inuihara, M.A.

ABSTRACT: The subjects of this longitudinal study were 83 mothers, who responded to questionnaires during the following five phases of their child's life: the fetal, neonatal, and one-, two-, and three-year-old phases. Using the Prenatal and Maternal Attachment Inventory, this study highlights items related to groups of mothers with high and low attachment to their children. Attachment is related both to maternal attitudes toward the child and to her own anxiety level. Attachment difficulties are first revealed in the prenatal period. The strength of a mother's attachment to her child strongly affects present and future relationships with that child.

Prenatal and Perinatal Themes in Film

Editor's Note: Please send your humorous, silly, provocative and interesting notices of prenatal and perinatal themes in film, for this column, to Michael Trout, Newsletter Editor, 328 North Neil Street, Champaign, Illinois 61820 USA, or e-mail: mtrout@infant-parent.com.



What About the Dream of Billy's grandmother?

Billy Elliot is the story of an 11-year-old boy whose coal miner father sends him to boxing classes. The gym where the classes are taught is shared with a little girls' ballet group. Billy's soul, it turns out, is filled with a music which electrifies his feet, his legs, his whole body...his being. The film, which earned three Academy Award nominations, chronicles Billy's sometimes kicking, sometimes shuffling, sometimes exuberantly dancing feet from coaltown to the Royal Ballet School in London and, ultimately, to professional ballet stardom.

There are two critical points which probably lost *Billy Elliot* the Oscar. Billy's grandmother, bordering on dementia, has one line that echoes out from the closing-in corridors of her mind in support of Billy's desire to dance: "I could have been a ballet dancer!" The poignant moment in their relationship comes when Billy, packed and rushing to catch the National bus to London, is captured in a last embrace with grandmother, knowing that—just as with his dead mother—he will never see her again. Instead of a moment of incredible potential light, in which—as he lifts his suitcase to climb aboard, grandmother repeated, "I could have been a ballet dancer!" one last time—the scene is smothered in silence.

The second problem occurs when the adult Billy Elliot, after a monumental buildup of mental, emotional, physical and spiritual focus of energy,

and now the star of "Swan Lake", makes a magnificent leap across the Royal Ballet stage. The moment of ascension propels all of us heavenward in an incredible expansion of consciousness. Billy transports us, captured in a freeze frame, and holds us infinitely in the tearful sky above the tragic *Swan Lake*. Instead of allowing us to hover, suspended in the caress of Tchaikovsky's magical theme, the whole effect is destroyed by a cacophonous reprieve to Billy's pubescent steps,

bleeding into the film credits. A moment of spiritual expansion is ruined.

And what has this to do with prebirth psychology? The question, of course, has to do with why Billy Elliot needs to dance. What is the link between grandmother's dream of being a ballet dancer, and Billy's realized destiny? And Billy's mother was not skipped in the connection: the film shows her during the pregnancy for Billy, transfixed while watching the dancing feet of Fred Astaire in 1940's Hollywood movies.

Submitted by APPPAH members

Jon RG and Troya Turner, The Netherlands

Santa Barbara Graduate Institute Seeks Program Chairs

SBGI, which offers graduate degrees in Prenatal and Perinatal Psychology and Somatic Psychology, is expanding and seeks Program Chairs for both Pre- and Perinatal and Somatic programs. Required is a doctoral level professional with clinical and/or research experience who could accept a half time position in Santa Barbara. Duties include teaching, guiding student research and/or clinical practice, developing curriculum, working with faculty and administrators as a team member in a nurturing community. If you or someone you know might be interested, check the website at www.sbgi.edu and send CV to martiglenn@sbgi.edu.

APPPAH Newsmakers



APPPAH International Advisor **Dr. Petar Kresimir Hodzic** has established an APPPAH sister organization in Croatia: The Croatia Society for Prenatal and Perinatal Education and Health. Petar has also been busy writing articles and delivering lectures, including one at the Society for Affective Learning at the University of Derby (England), and another for students at the university in Pecs, Hungary.

APPPAH member from Switzerland, **Dr. Joy Manne**, Editor of *The Healing Breath: A Journal of Breathwork Practice, Psychology and Spirituality*, announces that the journal is available online at www.i-breathe.com/thb43. For further information about the journal, or to make a submission, contact Dr. Manne at 26 av de Lavaux, 1009 Pully, Switzerland.

APPPAH member **Jeanine Parvati Baker** was in Vancouver (British Columbia, Canada) to teach workshops on prenatal yoga and midwifery. She was invited to speak by midwife Gloria Lemay, who was later incarcerated in the Vancouver prison for practicing medicine without a license. The workshops, according to Jeanine, turned into fundraisers for "...the beloved, if imprisoned, midwife." Jeanine has also made recent presentations at the Green Nations Gathering in New York and at the Rocky Mountain Herbal Gathering in Colorado.

APPPAH member **Bob Mandel** recently contributed a letter to *Breathe*, the magazine published in the United Kingdom and distributed internationally through the International Breathwork Foundation. Portions of Bob's letter, which may be of interest to

APPPAH Newsletter readers:

"As the very words 'rebirthing' and 'breathwork' come under curious attack in the USA, it seems hard to believe that something that started as innocent and pure as a newborn child could attract so much confusion, conflict and condemnation in its 20's. On the other hand, it is often the most simple things in life that are the most controversial...When Mallie and I began rebirthing in 1976, everything seemed so clear all at once. I remember my early sessions, when I could see my whole life like pieces of a jigsaw puzzle falling into place. I understood so much, why my life was the way it was, how I created my own reality, and what events and people shaped my patterns in life. Everything that had been fuzzy quickly came into sharp focus. I was amazed...Here was a technique, a process, a structured personal happening, that could produce so much healing: physically, mentally, emotionally and spiritually. It seemed just what the world needed. As the Cold War ended, the Berlin Wall came down, and the Soviet Union was dismantled, there was rebirthing, bringing down walls and ending wars one person at a time...But when the Colorado case emerged, when an 11-year-old girl died in the name of rebirthing—although it was a different rebirthing therapy—I had to stop once again and question myself...I realized that any therapy, any technique is just as good as the therapist...and any one of us can slip up if we lose focus at any given moment...But what there is and will always be are people who help people to breathe, feel, understand, laugh, and live more fully...I like to think that the best days of rebirthing have yet to unfold."

In December, **Dorothy Mandel** received her M.A. degree from Saybrook Graduate School in San Francisco. Her thesis project was "An Exploration of the Origins and Significance of Threat Perception and Psychophysiological Resilience." She is continuing there in the doctoral program.

The Newsmakers section offers ideas and inspiration to others. Please keep us posted about the news and activities in your area.

Fathers From the Beginning

In the last edition of **Fathers From the Beginning** I asked readers to respond to a quote by the French existentialist Gabriel Marcel. The quote asserts that fathers can “wash their hands off” of their participation in the creative act. It further states that fatherhood itself emerges out of the “nothingness” of the father’s unconscious un-knowing of the process of conception.

Thank you for your responses, four of which I would like to synthesize for this column. All four concerned themselves with the question of intentional—and, therefore, conscious—fathering. All of them also attempted to zero in on the point at which a palpable fathering identity can emerge. In targeting this issue they are echoing Marcel’s sentiment that fatherhood is an act of will rather than a simple biological nexus. It is in this context that Robert Oliver, a retired obstetrician from North Carolina, now living in Arizona, muses about the connection between conception loss, spontaneous miscarriages, abortion, pre-term deliveries and teen pregnancies, on the one hand, and fathering issues, on the other. Oliver writes: “Fatherhood begins with intercourse between a man and a woman. [...] It is something that men must *put on* before sexual contact. [...] Fatherhood begins before sexual connection.” Oliver is, in other words, pointing towards the importance of a man’s self-recognition and anticipated responsibility as potential father before he engages in sexual contact with a woman.

Jeffrey Reel, a free-lance writer and copy editor from Otis, Massachusetts, seems to echo this attitude when he writes of the process of becoming conscious of one’s “own ‘creative juices’ required for the miraculous process [of generating sperm], one’s level of energy and creativity ebbing and flowing around times of sperm production and ejaculation. This becomes most pronounced during the act of conception/ejaculation itself and in the hours and days immediately following as [the male] body diverts resources and energy to reconceive sperm.” Reel points to some religious practices where this energy, “rather than being expressed outwardly, is routed inwardly (as distinct from being suppressed).

In the procreative act, there is an outflowing, a tremendous release, of man into woman. Conception [...] is a giving of self, in no small measure.” Reel emphasizes that whether, as men, we embrace this perspective, is an issue of conscience and the concomitant freedom to choose between right and wrong. “Endowed with that conscience, we are invited to partake in creation: our own. And this is most elegantly played out in the creative act of fatherhood.”

Brad Sachs, a psychologist and founder of The Father Center in Columbia, Maryland, adds to the pre-conception, conception and birth perspectives on fatherhood that of the pregnancy perspective, in his poem: “Pregnant Father”:

So this must be my role:
As there’s new life in her
It seems I’m bearing some new death
Here in my manly womb
We’ve made someone who will live
And who will die
I swell with an embryo
Of endlessly ending night
It’s a queer dusty feeling
Giving birth to death
A smiling midwife awaits me
Her muscled hands tender with time
Urging me softly
Through this season of darkest labor

Kathy Braithwaite, a certified infant massage instructor also from Columbia, Maryland, wrote to me and included a text by Tom Daly, PhD, (also a certified infant massage instructor) in which Daly points to a father’s presence at the birth of his children as the formative factor in an emerging fatherhood. He writes: “In the US and in Western society in general it has always been something of a mystery as to how one becomes a man. Our rites of passage have been far less than satisfactory. Add that to the feminist movement, the absence of our

continued next page.....

Fathers From Beginning cont....

own fathers and uncles, the Vietnam war, the New Age, etc. and you have a formula for male confusion. We are wandering in a wilderness somewhere between Rambo and Jesus." Daly goes on to suggest that this confusion about self and male identity is often changed for those men who partake in their children's births. "Being present at the birth of your child is an awesome and alchemical event. [It is] a heart connection [...] that will forever transform you both. Men of this generation of fathers are already more connected with their children than any generation before them. A new world is being born. This presence of fathers offers us an extraordinary opportunity."

Do these four perspectives, all of which seem to emphasize choice and intent as the basic building stones of fatherhood, corroborate Marcel's insight that men can, if they so choose, wash their hands of any responsibility for their part in the creative act? What happens to men who do, I wonder? Are there long-term effects in men who chose to "wash their hands" in this way? Can this denial occur even when a father accepts his fatherhood? Is the so-called "sole provider" father, perhaps, a father who has washed his hands as well? What are the mental, spiritual, physical ramifications of such denial?

Please send your ideas, thoughts, music, poetry, etc. to Martin Srajek, The Infant-Parent Institute, 328 North Neil Street, Champaign, IL 61820. Or e-mail me at srajek@infant-parent.com. I am looking forward to hearing from you.

Martin Srajek, Column Editor

Poetry Corner

The Soul of the Aborted

I shall depart this immortal plain
never again to be the same,
for now I shall step into Life,
blessed in Love,
beset by strife.

From unity with the Holy Ghost
in harmony without fail,
through the Mother/Father spirit divine,
where duality prevails.
The immortal wheel has been spun,
a new mortal life is now begun.

Only is the clashing of dark and light
the moment when sperm and egg unite.
Hail a most chaotic time.
For a fleeting instant nothing rhymes.

Yes, as the tumult eases down
emerge the blastocyst spinning 'round—
a daring explorer of inner space,
within the uterus I stake my place
to plant, and root and set my soul,
in time into a baby grow.

While most of what I feel is mild,
the effect it has is great and wild—
the onset of cell regeneration
brings a most glorious bursting
sensation!

Now with eye buds and ear holes
and feet and hands...
And budding ego, "I am" real.
This dream of dreams denies me not
for with tiny fingers now I Feel!

Most awesome by far
is that rhythmic pound;
it is, indeed, a peaceful sound.
That is the heart of the keeper soul;
now it is the one who has control.
Body to body synchronicities dance
deems every need between us known.
Yet, I am reaching out...
Something dreadful is wrong—
it is as if I AM ALONE.

By this void I am haunted,
for now I sense I am unwanted.
I cannot even voice a cry
to tell them I don't want to die!

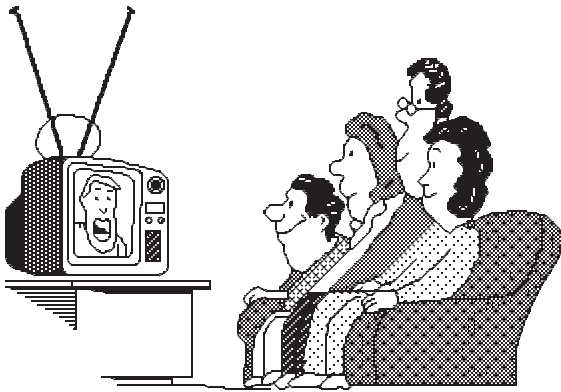
The master heart pounds fast in fear;
with a RUSH the end is near
for a life so short,
but a life so dear.

In a blinding flash a blackness falls
as all sensations cease.
My nameless name the Angels call
in a hush of silent peace.

My soul again perceives the light
as I reach toward the ending night—
though I was unwanted here,
there is no cause or need for fear.

—Vicky Jeter
APPPAH member

Media Watch



This section of The APPPAH Newsletter is intended to draw attention to items in the news that are pertinent to prenatal and perinatal psychology. APPPAH does not necessarily agree with, or vouch for the scientific worthiness of any of the news items mentioned here. We mean merely to take note of what is going on, so that you may...

[Editor's Alert: Jon RG and Troya Turner, APPPAH members from The Netherlands, alerted me to the cover story—"Inside the Womb"—of the November 11, 2002 issue of Time magazine. I may include some features from the issue in future "Media Watch" columns, but I thought readers might want an early heads-up about the special Time issue.]

Sudden Infant Death Syndrome and Smoking

An upcoming issue of the *Proceedings of the National Academy of Sciences* will contain an article about the possible connection between inhibited acetylcholine reception (necessary to arouse a sleeping infant when oxygen levels are low) and smoking. In one study using mice, nicotine blocked a receptor that would otherwise have accepted acetylcholine stimulation, thus arousing the sleeping mice. The implications for a connection between SIDS and maternal smoking are striking.

submitted by Robert Oliver

Is a Fetus a Child?

The controversy over the US federal government's definition of a fetus as a child, for the purposes of qualifying for government-subsidized health care, continues. On September 27, the Bush administration issued final rules that would allow states "maximum flexibility" to include a fetus among those eligible for federally-subsidized programs. The administration stated that it saw no contradiction between the new rule and the 1973 *Roe v. Wade* decision (which declared that the word "person", as used in the 14th amendment to the US Constitution, "...does not include the unborn". Under the rule, states can use federal money to provide prenatal care to low-income pregnant women, even those who are illegal immigrants and would otherwise be ineligible. (Under the Constitution, a person born in this country is a United States citizen, even if the mother is an illegal immigrant.) Tommy Thompson, secretary of Health and Human Services, said, "This is compassionate conservatism at its best.", adding, "This, to me, is not an abortion issue. It's strictly a health issue. Our goal is simply to promote the health of that unborn baby." However, Laurie Rubiner, leader of an advocacy group that supports abortion rights, countered that the rule was "...a cynical move by the administration to court Latinos and anti-abortion groups at the same time."

New York Times, September 27, 2002

Enormous Increases in Diagnoses of Autism

"Trying to account for a drastic rise in childhood autism in recent years, a California study has found that it cannot be explained away by statistical anomalies or by a growing public awareness that might have led more parents to report the disorder....the study's authors...said they were at a loss to explain the reasons for what they called an epidemic of autism, the mysterious brain disorder that affects a person's ability to form relationships and to behave normally in everyday life....'You

continued next page.....

And Yet More Media Watch...

can't explain an increase of this magnitude [tripling from 1987 to 1998] on genetics. Something else is happening.” said lead author, Dr. Robert S. Byrd. And Portia Iversen, a founder of Cure Autism Now, said, ““We know autism has a strong genetic component...But we don't know what in the environment is interacting with genes to contribute to this huge increase in cases.””

New York Times, October 18, 2002

[Editor's note: The Editor received copies of the following correspondence between APPPAH Journal editor Bobbi Jo Lyman and Dr. Robert Byrd, the pediatrician/epidemiologist quoted in the above article on the dramatic increase in the diagnosis of autism in California.

First, Dr. Lyman writes, to Dr. Byrd:

...“I have read excerpts from your recent study on the increase of autism cases in California, and was compelled to write...[We] believe that the psychological vulnerability of the developing human being can be altered by a myriad of environmental events, such as birth asphyxia, anaesthetic delivery, difficult forceps delivery, and induced labor, to name a few...the increasing intervention in obstetrical management to include the invasive premature/natal intensive care environments, we feel, is also a place to look. Another factor that might be influencing the lack of significance in your data from the parental questionnaires may be that the mothers of autistic children...may not be aware of factors that they **could** report...”

And the reply from Dr. Robert Byrd:

...“Thanks for the thought that you put forward in your letter...Much of the comparisons that I made between the two autism age cohorts was [sic] to look at what changed between the two groups that might explain an increase. It does not address the associations such a perinatal adverse events and autism; it

just shows that, based on parent report, these events are no more common in the younger cohort. Based on what I have read, it seem that perinatal events do contribute to autism.”

Yes, friends, you read it here, first: the lead author in a major epidemiological study confirming that perinatal events do contribute to autism. Ed.

Also, The November/December issue of Mothering magazine includes a cover story, “Vaccines and Autism” that may be of great interest to APPPAH Newsletter readers. Articles include: “Poison in our Vaccines: Investigating Mercury, Thimerosal and Neurodevelopmental Delay”; “Searching for Reasons Why: A Mother's Report on Autism”; “Fighting for Matthew: A Parent's Activism”; and “Toxic Overload: Assessing the Role of Mercury in Autism”.]

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from the new video: "Breaking Peaces: Babies Have Their Say About Domestic Violence"

Written and produced by Michael Trout, Director of The Infant-Parent Institute in Champaign, Illinois, "BREAKING PEACES" is a moving, 18-minute video that gives voice to the experience of those too young to speak for themselves. Available for \$70 (postpaid), this film can be an important training tool for understanding the impact of domestic violence on prenatals, infants and toddlers.

To order, to acquire information about any of the other videos in our training library, or to learn about our clinical training courses in infant mental health, see our website (www.infant-parent.com), call 217-352-4060, or email mtrout@infant-parent.com.

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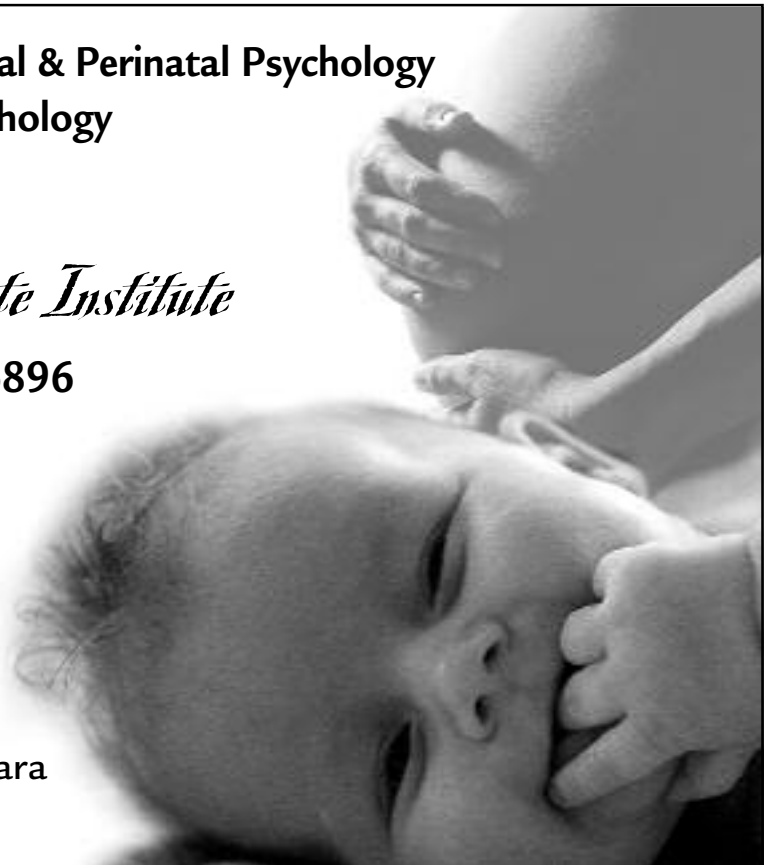
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Arrow De Groot 206-992-1339
- Feb 28 - Mar. 2 (3-4) Petaluma, CA
Zahira Rabinowitz 707-763-7024
- April 23-28 Seattle, WA
Arrow De Groot 206-992-1339
- May 16-18 (19) New Orleans, LA
Patricia Dunbar 504-899-2335
- June 21-27 Mill Valley, CA
Zahira Rabinowitz 707-763-7024
- July 18-19 Vancouver, BC
Duncan Fraser 604-885-0887

(Dates in parentheses are for trainees or qualified professionals only)

4940 Bodega Ave • Petaluma CA 94952 • 707-763-7024 Tel • 707-778-7074 Fax

APPPAH Board of Directors 2002

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APPPAH Mission Statement

The Association for Pre- and Perinatal Psychology and Health is an educational, non-profit organization dedicated to the in-depth exploration of the psychological, emotional, and social development of babies and parents from preparation for pregnancy through the postpartum period.

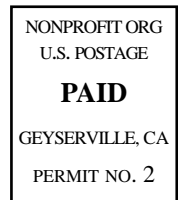
We find that pre- and perinatal experiences have a profound impact on health and human behavior. Life is a continuum which starts not, as is commonly thought, at birth, but at conception. We see mother and child as fundamentally interconnected, and understand that babies are sentient beings who are best nurtured when their mothers are provided with a supportive and healthy prenatal environment in which their choices are respected. A strong and loving pre- and perinatal foundation can encourage human bonding and sensitivity to others, with lasting benefits. Womb ecology becomes world ecology as the seeds of peace - or violence - are sown by parents, educators and caregivers.

APPPAH task forces publish a newsletter and journal, hold regional and international conferences, promote research, serve the public with information and resources, work to enhance the pregnancy experience and prevent birth trauma, and offer training in methods for healing the psychological wounds of pregnancy and birth.

The APPPAH Newsletter



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