

The APPPAH Newsletter

News From the First Frontier: Conception To Birth

Official Bulletin of the Association for Prenatal & Perinatal Psychology & Health, Winter 2010/11

Diet During Pregnancy Impacts Infant's Sense of Smell and Alters Brain Development

A major new study, conducted at the University of Colorado Denver's School of Medicine, has shown that a pregnant mother's diet not only sensitizes the fetus to smells and flavors, but physically changes the brain, directly impacting what the infant eats and drinks in the future. The study, funded by a grant from the National Institutes of Health, was published Dec. 1, 2010 in the *Proceedings of the Royal Society of Biological Sciences*, a major biological research journal and picked up by *Science Daily* and other publications.

"This highlights the importance of eating a healthy diet and refraining from drinking alcohol during pregnancy and nursing," said Josephine Todrank, PhD, who conducted the two-year study while a visiting scientist at the UC Denver School of Medicine. "If the mother drinks alcohol, her child may be more attracted to alcohol because the developing fetus 'expects' that whatever comes from the mother must be safe. If she eats healthy food, the child will prefer healthy food."

In her study, Todrank, now a research fellow with collaborator Giora Heth, PhD, at the Institute of Evolution at the University of Haifa, Israel, fed one group of pregnant and nursing mice a bland diet and another a flavored diet. At weaning age, the pups from mothers on the flavored diet had significantly larger glomeruli than the others. They also preferred the same flavor their mother ate, while the other pups had no preference.

Due to the similarities in mammalian development, she said, there is no reason to think that experiments would produce different results in humans. "What an expectant mother chooses to eat and drink has long-term effects – for better or worse – on her child's sensory anatomy as well his or her odor memory and food preferences in the future," Todrank said. "It is not yet clear how long these changes and preferences last, but we are currently investigating that question."

RELATED LINKS

Royal Society of Biological Sciences:

<http://rspb.royalsocietypublishing.org/>

Science Daily:

<http://www.sciencedaily.com/releases/2010/12/101201095559.htm>

Study Abstract:

<http://rspb.royalsocietypublishing.org/content/early/2010/11/24/rspb.2010.2314.abstract>

Note: Thanks go to Jeane Rhodes who is our guest editor for this edition of the Newsletter

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Letter from the President

Dear APPPAH Members and Nonmembers,

This is the final President's letter of 2010, and I wish all of you a wonderful and happy holiday season, and a robust and successful 2011. The current issue of the APPPAH Newsletter is focused on the recently concluded 2010 Congress at Asilomar Conference Grounds near Pacific Grove, CA, from Nov. 11-14. A wonderful and enriching time was had by all, and many participants said they plan to attend the next Congress November 17 - 20, 2011, in San Francisco, at the Kabuki Hotel. Please save the date! Barbara Findeisen is the Congress Chair and Bruce Lipton will be a featured speaker and workshop leader. (More information on page 5 of this newsletter.)



One of the highlights of the 2010 Congress was a first-ever, brain-storming session with participants, who networked together in small groups to give feedback about the ways in which APPPAH could be more supportive of membership needs, more effective as an organization, and more helpful to society in terms of outreach. In many of the seven groups, participants seemed eager to participate in helping the new ideas come to fruition. It was a very exciting time for all, and built a type of momentum I have not seen before.

We had another "first-ever" at the Congress, a bookstore, comprised of used book donations from members and speakers-only books, run by Kit (BJ Lyman's husband) and Ken (Marti Glenn's husband) and other volunteers. This resulted in a needed fund raiser for APPPAH. Many thanks to the program committee and to Ken and Kit for making this possible. We plan to do the same during the 2011 Congress in San Francisco.

The major theme of the November 2010 Asilomar Congress was research with clinical applications to psychology, education, medicine, and other fields. Most of the speakers were either clinicians or researchers, and many were both. This led to very interesting and compelling presentations, with a "solidity" and validity rarely found in conferences that focus on theory, or eschew research. The Congress was a big success in describing evidence-based practices. There are many examples of this, but I must limit my comments to three presenters for the sake of brevity.

Christof Plothe from Germany is an osteopath who has done extensive research on synthetic oxytocin, documenting that it has been used in almost 80% of births for over four decades. He finds there are long-term social consequences, as the natural form of oxytocin in the body is highly conducive to relational caring, understanding, and empathy, whereas the artificial form used during birth impedes the natural hormone and its relational impacts.

Robbie Davis-Floyd is a cultural anthropologist and former APPPAH Board member who presented research from her 2009 book, *Birth Models That Work* (edited with 3 others). The book describes research on successful childbirth models in cultures as wealthy, poor, and diverse as Holland, Japan, UK, Samoa, Brazil, and others. With this type of applied research happening all over the world, no one can say the US maternity care system is impossible to change, or say that nothing can be done to correct the high degree of interventionism and the poor birth outcomes in the US. *Birth Models That Work* is a celebration of success, but also a plea for change.

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President's Letter continued...

Barry and Janae Weinhold presented their theory of traumatology, making important developmental distinctions between trauma, shock, and distress, upgrading distinctions Frank Lake and I made during the late twentieth century. Their book is a very valuable contribution to effective trauma resolution, and a must-read for professionals treating pre and perinatal trauma. See a review of their book, *Healing Developmental Trauma: A Systems Approach to Counseling, Social Work, and Marriage & Family*, also in this Newsletter under Book Reviews.

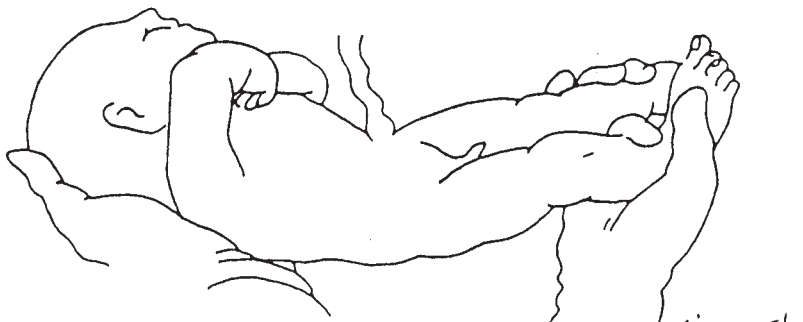
All-in-all, this Congress represents a step forward for APPPAH, with a focus on furthering the validity of our field, while looking to the future. The 2011 Congress promises to be even more inspiring. Start making your plans now.

In your service,
William R. Emerson, Ph.D.,
President, APPPAH

Spreading the APPPAH News

APPPAH member **Sarah Buckley MD** from Brisbane Australia is teaming up with New York-based Childbirth Connection to produce a report on the hormonal physiology of childbirth. Drawing on her scientific reading and research, encapsulated in her 2009 book *Gentle Birth, Gentle Mothering*, Sarah and her worldwide team of reviewers, is drawing together scientific finding from a variety of disciplines to present a powerful case for the benefits of physiologic birth. Watch this space for online publication, which will be followed by articles in peer-reviewed journals, Sarah will also be touring Europe in May 2011, speaking in London (along with APPPAH member Patrick Houser), Edinburgh, Switzerland, and Italy. See www.sarahbuckley.com for more details.

Leslie Butterfield, PhD celebrates 15 years as an APPPAH member and is now the chairwoman of *Postpartum Support International*. Leslie has worked tirelessly to increase awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum and to share APPPAH's information with her colleagues. She will also be hosting a conference in 2011 (see conferences of interest for details).



Book Notes

Recommendations from Members

Verbal First Aid: Help Your Kids Heal From Fear and Pain—And Come Out Strong by Judith Simon Prager.



In **Judith Simon Prager**'s latest book, , she includes material on “prenatal babies” and “premature babies and other infants.” She and co-author Judith Acosta discuss research indicating that they are conscious and listening *in utero*, and that the mother’s stress during pregnancy “can manifest in an increased chance of premature birth, reduced birth weight of the baby, reduced motor maturity in infants, sleep disorders in toddlers, unconscious coping and survival skills such as hypervigilance and hyper-reactivity, deficits in regulatory control of behavior during childhood, and psychiatric disorders in adulthood.” They also discuss the Verbal First Aid tools for infants that include talking to the child using “words of love, of safety, of blessing—whether you believe that the baby can understand the precise meaning or not.”

Submitted by Barbara Findeisen

Healing Developmental Trauma: A Systems Approach to Counseling, Social Work & Marriage & Family Therapy (2010) by Barry Weinhold, PhD and Janae Weinhold, Phd. 434 pages. ISBN 2009939848.

Drs. Barry and Janae Weinhold head the Carolina Institute for Conflict Resolution and Creative Leadership. The Institute fosters trauma resolution and conflict resolution for individuals, cultural groups, and corporations worldwide. Their new book, *Healing Developmental Trauma*, features the following important distinctions and approaches:

- The Trauma Continuum, differentiating the subtle symptoms of developmental shock, trauma and stress as to brain function, time orientation, autonomic nervous system response and suggested interventions;
- A four-stage meta-theory, Developmental Systems Theory (DST) showing how the effects of unrecognized and unhealed developmental shock, trauma and stress are transmitted through intergenerational fractal patterns of recapitulation;
- A comprehensive intervention model, Developmental Process Work (DPW), for healing developmental shock, trauma, and stress; and
- A comprehensive interdisciplinary research review.

Submitted by William Emerson, PhD

Int'l Congress Looking Ahead to 2011:

Message from Congress Chair, Barbara Findeisen

On Thursday, December 16th, Maureen Wolfe, our Executive Director, and I spent several hours making final arrangements for the 2011 APPPAH Congress. We are excited about returning to San Francisco, the beautiful city by the bay. The Kabuki is a small hotel located in the center of Japan town in a vibrant neighborhood just a few blocks from Union Square the center of the city. Nearby are many restaurants of all prices and ethnicity, art galleries, and coffee and tea shops. Everything is easy access. Step into the Kabuki and you find yourself in a zen-like atmosphere, calm and welcoming. I especially like the small Japanese sunlit gardens some opening into the breakout rooms, with some providing nearly comfortable chairs to sit and chat with old and new friends. Since it only has about 230 rooms we may have the entire place to ourselves. We feel the Kabuki Hotel, in San Francisco, will be an excellent place for us gather together for our next International Congress.

APPPAH is a diverse group reaching across many professions and interests. What we share in common is our belief that babies are conscious and learning from the beginning, that birth is a natural process and every baby needs and deserves to be welcomed into loving arms. What they experience before, during, and after birth has a powerful lasting influence on their mental, emotional, and physical well being. Our focus for 2011 is on what is being done to further and support prenatal and perinatal psychology and health. In therapy rooms, birth centers, hospitals, medical offices, chiropractors, body workers, midwives, in homes, and in a host of birthing locations, in families, and one by one, with high tech and no tech, people on every continent are applying the best of ancient wisdom and 21st century knowledge. Even the media is beginning to catch up to what we have been talking about for decades. In spite of an ongoing marketing campaigns to turn birth into a fearful medical emergency, what we are doing is gaining some ground. Magazine covers, articles, books, conferences, without even knowing APPPAH exists, are including APPPAH's point of view. Thanks to the work, research, and dedication of many, we are making a difference all over the world.

This Congress will be an opportunity to hear from individuals who are doing the work: teaching, writing about, making films, educating others, delivering babies, supporting moms and dads, and healing hearts and minds and bodies from the grip of early trauma. It has always been an inspiration to me to know there are many of us, each in our individual ways, making a difference, spreading APPPAH's vision and hope.

Come to San Francisco and share, participate, network, learn, and be inspired by informed Activists who are doing their part. We still have much to accomplish, so come to San Francisco and share, learn, participate and be empowered as we move forward. We will be joined by Dr Bruce Lipton, whose books and presentations have informed and inspired others, nationally and internationally. We are also fortunate to have joining us Annie Murphy Paul, author of the recent best seller *ORIGINS How The Nine Months Before Birth Shape The Rest Of Our Lives*.

**Save the dates: November 17 - 20, 2011 at the Kabuki Hotel in San Francisco
More information will be sent out via email soon!**

Volunteer Opportunities

Book Review Editor: JOPPPAH is looking for interesting folks—those with training, expertise, or even just a strong conceptual foothold in the field of prenatal and perinatal psychology—interested in writing book reviews for the Journal. In as many issues as possible, JOPPPAH tries to inform readers in approximately 600-1000 words about what's being written in the field. Contact Jeane Rhodes at joppah.rhodes@gmail.com or BJ Lyman at bjlyman@sbg.edu for more information.

Comments from last book review volunteer: In saying goodbye, Bronwyn Chambers, JOPPPAH Book Review Editor for the past 4 years, wrote, "Thank you for the wonderful experience with JOPPPAH. It is with fond memories that I'm moving on from my position as Book Review Editor to focus on my practice. I'd like to say a special thank you to all the PPN practitioners and avid readers who contributed their time and thoughts to the journal and I'm especially grateful to Bobbi-Jo Lyman and Jeane Rhodes for their stewardship and hard work in bringing this voice of the community to print." This is where you come in: if you love to read and feel inclined to share your thoughts with your peers, do your bit and volunteer to become a book reviewer. You even get to keep the books!

Facebook Monitor: We are seeking an enthusiastic member to host the APPPAH Facebook page. If you are "into" social networking and like to keep on top of the latest news in Prenatal and Perinatal Psychology contact Maureen Wolfe at appah@aol.com or Jeane Rhodes at joppah.rhodes@gmail.com to discuss the possibility.

Wikipedia Contributors: Wikipedia features a page on Prenatal and Perinatal Psychology. Their introduction reads "Prenatal and perinatal psychology is an interdisciplinary study of the foundations of health in body, mind, emotions and in enduring response patterns to life. It explores the psychological and psychophysiological effects and implications of the earliest experiences of the individual, before birth ("prenatal"), as well as during and immediately after childbirth ("perinatal") on the health and learning ability of the individual and on their relationships. As a broad field it has developed a variety of curative and preventive interventions for the unborn, at childbirth, for the new born, infants, and adults who are adversely affected by early prenatal and perinatal dysfunction and trauma. Some of these methods have not been without significant controversy, for example homebirth in the West and in earlier days, LSD psychotherapy for resolving birth trauma." Wikipedia invites feedback on its articles. The discussion page referencing this post reads, "This article is within the scope of WikiProject Psychology, a collaborative effort to improve the coverage of Psychology on Wikipedia. If you would like to participate, please visit the project page, where you can join the discussion and see a list of open tasks."

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.

INFANT FEEDING AND MATERNAL SLEEP. A study published online November 8th in the journal *Pediatrics* examines infant feeding methods and maternal sleep and daytime functioning during postpartum weeks 2 through 12. Researchers measured total sleep time, sleep efficiency and fragmentation, subjectively reported numbers of nocturnal awakenings, total nocturnal wake time, sleep quality and sleepiness/fatigue. They report no difference between women who were exclusively breastfeeding, exclusively formula feeding or using a combination of the two methods. They conclude that efforts to encourage women to breastfeed should include information about sleep. In particular, women should be told that formula feeding does not equal improved sleep. To review the study online, go to:
<http://pediatrics.aappublications.org/cgi/content/abstract/peds.2010-1269v1>.

SOFT DRINKS LINKED TO PRETERM DELIVERY? A study published in the September issue of the *American Journal of Clinical Nutrition* finds an association between high intake of artificially-sweetened soft drinks and the risk of preterm delivery. However, the association was not found with sugar-sweetened soft drinks, and the authors call for additional investigation. In WebMD's coverage, the lead researcher frames his findings for the public: "We simply need more studies to confirm or reject our findings. It is, however, reasonable to encourage pregnant women to eat healthy and consume non-nutritive foods and beverages in moderation."

EARLY BABY/MOTHER RELATIONSHIPS AND LATER OUTCOMES. A recently published American study shows that babies who are given more love and affection by their mothers cope better with stress when they grow up. The study used data from the Providence Rhode Island birth cohort, and rated the relationships between 482 eight-month-old babies and their mothers during routine developmental assessments. The children were then tracked down at age 34. Results showed that high levels of maternal affection at 8 months were associated with significantly lower levels of distress in adult offspring. These findings suggest that early nurturing and warmth have long-lasting positive effects on mental health well into adulthood. For more details of: *Mother's affection at 8 months predicts emotional distress in adulthood*, by J Maselko, and others, published in *Journal of Epidemiology and Community Health*, Online First, 26 July 2010, visit:
<http://jech.bmj.com/content/early/2010/07/07/jech.2009.097873.abstract?sid=0e8d39df-537a-4ed4-876b-fd18fe9ed998>

FROM THE AMERICAN ACADEMY OF PEDIATRICS

Clinical Report—Incorporating Recognition and Management of Perinatal and Postpartum Depression Into Pediatric Practice. Marian F. Earls, MD, THE COMMITTEE ON PSYCHOSOCIAL ASPECTS OF CHILD AND FAMILY HEALTH. Every year, more than 400, 000 infants are born to mothers who are depressed, which makes perinatal depression the most under diagnosed obstetric complication in America. Postpartum

depression leads to increased costs of medical care, inappropriate medical care, child abuse and neglect, discontinuation of breastfeeding, and family dysfunction and adversely affects early brain development. Pediatric practices, as medical homes, can establish a system to implement postpartum depression screening and to identify and use community resources for the treatment and referral of the depressed mother and support for the mother-child (dyad) relationship. This system would have a positive effect on the health and well-being of the infant and family. State chapters of the American Academy of Pediatrics, working with state Early Periodic Screening, Diagnosis, and Treatment (EPSDT) and maternal and child health programs, can increase awareness of the need for perinatal depression screening in the obstetric and pediatric periodicity of care schedules and ensure payment. Pediatricians must advocate for workforce development for professionals who care for very young children and for promotion of evidence-based interventions focused on healthy attachment and parent-child relationships.

INFANT PAIN, ADULT REPERCUSSIONS: HOW INFANT PAIN CHANGES SENSITIVITY IN ADULTS. Scientists at Georgia State University have uncovered the mechanisms of how pain in infancy alters how the brain processes pain in adulthood. ScienceDaily (Sep. 28, 2009)

Conferences of Interest and Call for Proposals

Whole Care for the Whole Family (Perinatal Mood Disorders)

CALL FOR PROPSALS: DEADLINE March 1, 2011

Seattle, WA September, 2011,

lesliebutterfield@hotmail.com.

The Mid-Pacific Conference on Birth and Primal Health Research

Honolulu, October, 2012.

<http://www.wombecology.com>

A 15th-century idea of the child's movements in the womb.

