

The APPPAH Newsletter

News From the First Frontier: Conception To Birth

Official Bulletin of the Association for Prenatal & Perinatal Psychology & Health, Winter 2011/12

Echoes from the APPPAH 16th International Congress

Since its founding, APPPAH has been on the cutting edge in exploring the long-term importance of pregnancy, birth, and bonding. We were pioneers in this field, and still are. We continue to research, learn, teach, and apply what we discover. Every year we hold a Congress to come together to reconnect and share our knowledge and ways to apply that information. As Chair of the 2011 Congress, my vision was that APPPAH would expand and grow, including new speakers and ideas, while still retaining the warm community feeling that is so much a part of APPPAH. Together with committees, the administration, and lots of input, we forged ahead. It was indeed a wonderful event. I would like to share a few of my experiences from the APPPAH's 16th International Congress.



Bruce Lipton, Ph. D., was one of the presenters. He spoke of research revealing that, from the beginning in the womb, cells are responding to the mother's environment and are either in growth or protection. He reminded us that each individual is a community of trillions of cells communicating within a body. I wondered what my own internal environment was like...toxic or nurturing? I thought about APPPAH and how we can make sure we are providing a nurturing and growing environment for our association. *continued on page 7*

Robin Lim named CNN Hero of the Year



Robin Lim, an American woman who has helped thousands of poor Indonesian women have a healthy pregnancy and birth, was named as a 2011 CNN Hero of the Year last December.

Through her Yayasan Bumi Sehat health clinics, "Mother Robin," or "Ibu Robin" as she is called by the locals, offers free prenatal care, birthing services and medical aid in Indonesia, where many families cannot afford care. "Every baby's first breath on Earth could be one of peace and love. Every mother should be healthy and strong. Every birth could be safe and loving. But our world is not there yet," Lim said.

APPPAH is honored to recognize our longtime friend, Robin Lim, for her commitment to life and birth. Congratulations Robin for winning CNN Hero of the Year...You are truly our hero. We would like to share this personal tribute that Robin Lim wrote regarding the immense influence one of our founding members, Jeannine Parvati Baker, made on her life and work.

Robin Lim wrote: Imagine being a "mom" living in a foreign land, and suddenly you are hurled into midwifery! That was me, many years ago. Who does one turn to for courage? I turned to a few willing Crones, women who I wished to be like someday, if I was blessed: *continued on page 11*

Letter from the President

Dear APPPAH Members and Supporters,

As we face 2012, there are brighter prospects for prenatal and perinatal psychology than ever before, and APPPAH's efforts to spread the word the past twenty-five years is beginning to pay huge dividends. Some signs that prenatal and perinatal psychology are penetrating deeper levels of cultural awareness include the scientific study by Moscow pediatrician Bystrova, published in the June 2009 issue of *Birth*, verifying the findings of Marshall Klaus' 1976 classic study on infant bonding. Bystrova substantiated that there is a sensitive period immediately following birth, when bonding is greatly enhanced by breastfeeding and skin-to-skin contact, and which has long term positive effects on maternal and infant development. This combined with research on children at-risk for crime and violence reveals that bonding is essential for reducing violence. Magid & McKelvey's classic book, *High Risk: Children Without A Conscience*, explored reasons why children without a conscience are growing in number, and are at risk of becoming 'trust bandits,' con-men, liars, dance-away lovers, backstabbers, and even psychopathic killers. The main reason? Failure to bond and attach.



Further evidence of prenatal and perinatal psychology's cultural emergence is 2011 Congress keynoter Annie Murphy Paul and her book *Origins*, documenting that prenatal events have long term impacts on physical symptoms such as heart disease, cancer, obesity, and other major health problems. More recently, the American Academy of Pediatrics (AAP) issued a policy statement asserting what APPPAH researchers like Dr. David Cheek have asserted and documented for decades—that early stress in the time before birth and afterward, has profound negative effects on physical health and well-being over the long term. They write, “Protecting young children from adversity is a promising, science-based strategy to address many of the most persistent and costly problems facing contemporary society, including limited educational achievement, diminished economic productivity, criminality, and disparities in health.”

Pregnancy is not just an uncomfortable interruption, or as Marcy Axness cautions, “a nine-month grace period before parenting begins.” Parenting begins before conception and attachment needs to be an ongoing process during pregnancy and birth, as Dr. Jenö Raffei's research and Dr. Gerhard Schroth's workshops demonstrate. We must promote stress-free pregnancies and attachment-positive births.

As the premier organization for prenatal and perinatal psychology in North America, APPPAH has an obligation to oversee and endorse programs in our field, and that is what we are in the process of doing: APPPAH's 'Skin to Skin' evidence-based advocacy training program is designed to support optimal bonding in the two hour period just after birth. You are invited to train to implement this protocol in hospitals and to donate to the cause. Donations earmarked 'Skin to Skin' will be directed to that project, and a tax deductible receipt provided. Together, we can reduce crime, violence, and ill health. (To make a donation for this project: www.birthpsychology.com/donation.)

In closing, I want to thank all of you who came to the November 2011 Congress in San Francisco, and to the volunteer staff and speakers who made it such a profound and wonderful experience. The 2012 Congress, Nov 15-18, promises to extend that success as we continue to build a structure that involves all participants. In addition to keynote panels and speakers, there will be interactive session involving participants, and training sessions by leading experts, so join us and learn psychological and spiritual approaches to optimizing development and health in our children, families, and professional groups.

In your service,
William R. Emerson, PhD, APPPAH President

Passing the Torch

Marcy Axness has been the Editor-in-Chief extraordinaire for APPPAH's newsletter for many years. With the publication of her new book, *Parenting for Peace*, Marcy's life is taking on a whole new path! We have been so fortunate to have the competent, enthusiastic and talented support of Marcy. We thank you for all the valuable work you have given to APPPAH and our mission. Thank you Marcy and good luck with your new book!

Although we are sad that Marcy is leaving we are incredibly lucky to have discovered a talented and experienced journalist, Peter Prontzos, who has joined APPPAH as the new Editor-in-Chief for the newsletter. We extend a warm welcome to Peter and think you will agree that this edition of the newsletter, Peter's first, is overflowing with news and events! Welcome aboard Peter!

In the words of Peter Prontzos and Marcy Axness

It sure took some of the farewell sting out of my departure when Peter Prontzos stepped up to serve as the newsletter's next Editor in Chief. What a blessing to have such a dedicated, capable successor materialize (seemingly out of nowhere, since I wasn't at the 2010 Congress, when he'd first arrived on the APPPAH scene). He brings new and important perspectives, enthusiasm and rigor to this post, and I hope you'll welcome him with the warmth and support you have shown me these past five years!



I am delighted to be able to help APPPAH by taking over the editing this newsletter, and I am indebted to Marcy Axness both for her past years as editor, and for the valuable help she has provided in my new endeavor. Although I teach political science, my B.A. was in psychology, and for the past few years I have been catching up on some of the exciting developments in this field, including working with Dr. Arthur Janov. I hope to promote APPPAH's goals in a number of ways, especially considering the social and economic determinants of health.



For news items and commentary, Peter Prontzos may be reached at pprontzos@langara.bc.ca

APPPAH's 17th International Congress
New Frontiers in Birth Psychology

November 15-18, 2012

Kabuki Hotel, San Francisco, CA

Register Before April 14th for Early Rates

www.birthpsychology.com

Healthy Baby Project 2020

At APPPAH's conference last November, we launched a new campaign – *The Healthy Baby Project 2020*. The brainchild of APPPAH members Deborah Puterbaugh and Peter Prontzos, the aim of the Project is to make the right to a healthy pregnancy, birth, and infancy a reality for all women and children. This goal is already recognized by UNICEF as a fundamental human right, and a legally binding international obligation.

At the APPPAH conference in 2010, Dr. Marti Glenn, noted that, “Economists, writers, and researchers are beginning to discover what we have known for decades: that the events and environment surrounding pre-conception, pregnancy, birth, and early infancy set the template out of which we live our lives.” She also highlighted the most important point of all: that it is relatively easy and inexpensive to prevent damage in the first place. For instance, a father's supportive involvement during pregnancy can play a role in reducing infant mortality.

Nobel prize-winning economist James Heckman points out that every dollar invested ‘in the very young’ not only saves lives and prevents illness, but will save from \$4-17 dollars in future costs. Around 400,000 women die each year in childbirth from complications which could easily be prevented. Most of them could be saved for the cost of...six fighter jets. Protecting mothers and children requires dealing with related issues, such as poverty, women's rights, the lack of medical care, and so on. The most horrific figure is this: over 22,000 children die every day from hunger and preventable diseases – 9 million every year. Those who survive will be damaged for the rest of their lives.

Social Determinants of Health

The single greatest negative influence on one's health – especially that of babies – is social and economic inequality. This is just as true for wealthy countries as it is for poor ones, since “high levels of inequality have a negative impact on population health in both rich and poor nations alike.”

It is obvious that trying to “live” on \$2/day or less is dangerous to one's physical or emotional health, but almost half the world's population is trapped in this predicament. In North America, the primary factors that shape our health are not lifestyle choices, but rather our living conditions – how income and wealth is distributed, whether or not we are employed, and if so, by the working conditions.

Almost everything that is vital to a healthy community, from mental illness to crime rates to infant mortality, is affected by how equal – or unequal – a society is. In other words, our health, for the most part, is determined less by individual decisions and more by social and economic factors, like the quality of housing, food, and social services. The lack of these necessities also leads to severe stress, with all of its serious health consequences, for parents and children alike.

Moreover, problems in the womb, at birth, or in early childhood affect brain and biological development and may leave an epigenetic memory that affects gene function. “Biological embedding” may help explain why health disadvantages linked to a lower socio-economic origin — including obesity, mental health problems, heart disease, diabetes and other chronic illnesses — can last a lifetime even if living conditions improve later.

Poverty can also lead to significant brain damage. Researchers have found that U.S. children from “low socioeconomic environments” displayed a brain response that was similar “to the response of people who have had a portion of their frontal lobe destroyed by a stroke”.

Continued next page

Healthy Baby Project 2020 (continued from page 4)

The most important point is that the measures required to provide a healthy prenatal and perinatal environment are not expensive. Saving 6 million poor children every year would cost only \$5.1 billion - a tiny fraction of what we spend on advertising, corporate subsidies, or the military.

For information about the Healthy Baby Project: Deb Puterbaugh: deb@femininechange.com

Footnote: In Canada, child advocates are working together to remind the federal government of its international legal obligations. In early February, Lynell Anderson and Susan Harney, from the Coalition of Child Care Advocates of BC, along with representatives of several other children's rights groups, traveled to Geneva to appear before the United Nations Committee on the Rights of the Child and present their brief, "A Tale of Two Canadas: Implementing Rights in Early Childhood."

The United States is only one of two countries that has not ratified the Convention on the Rights of the Child. The other is Somalia.

Story about the child care advocates' concerns: <http://theyee.ca/News/2012/02/06/Child-Care-Advocates-in-Geneva>

The Coalition's website: http://www.cccabc.bc.ca/res/rights/ccright_tale2can_brief.pdf

Circumcision

As a victim of infant surgery without anesthesia performed in 1945, I would like to comment Terry T. Monell's compelling article, "Living out the past: Infant surgery prior to 1987," published in *JOPPPAH* 25(3), 159-172. I agree fully with Monell's description of the consequences of living with the implicit memory of such a trauma. Like Monell, I believe that those "who are suffering the effect of fundamental neurological changes shaping their relationships, world view, and life course . . . have an undeniable right to understand what implicit forces may be corrupting their resilience and impoverishing their potential."

My only reservation about the article is that it appears that male infant circumcision is not one of those included in Monell's statistics regarding numbers of individuals in America likely to be affected. It is my belief that circumcised men must be included in estimates of the adult population subjected to early life medical trauma. Doing so would dramatically increase the size of this population from Monell's estimate of 3,562,500 to perhaps a third of the population of the U.S.

Circumcision has been so thoroughly 'normalized' in American consciousness that it isn't even thought of as surgery. I think many people consider it a necessary part of the birth process.

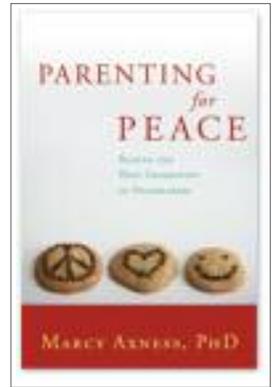
Submitted by Robert Clover Johnson

(Robert Clover Johnson, a retired research editor at Gallaudet University in Washington, D.C., is the author of "The impact of neonatal circumcision: Implications for doctors of men's experiences in regressive therapy," a chapter in *Genital Autonomy: Protecting Personal Choice*, edited by George C. Denniston, Frederick M. Hodges, and Marilyn Fayre Milos (Springer Dordrecht Heidelberg London New York), 2010. He presented a paper, "Men's feelings about circumcision" at the East Coast Regional Meeting of APPPAH, Bethesda, MD, on August 9, 2011).

Briefly Noted ~ Members Recommend

***Parenting for Peace: Raising the Next Generation of Peacemakers*, Marcy Axness, PhD (2012). Boulder, CO, Sentient Publications. 434 pages, ISBN 978-1591811763**

Parenting for Peace is a timely and necessary book for the world’s troubled times, but at the same time, it’s nothing less than an adventure into exciting new findings that compel us to explore and reinvent ourselves, and raise peaceful and peacemaking children in the process. *Parenting for Peace* guides parents at all stages from pre-conception through adolescence. At every step of the way, and with substantive evidence, Axness describes what is happening in the underworld of the body and brain, and how the central nervous system and neurophysiology are wired at every stage of development to promote protection or growth, violence or peacefulness.



Axness writes, “...heartened by the promise of simple principles backed by leading-edge research, parents can feel confident in their ability to raise children who are ‘hardwired for peace.’” The book is a thorough solution to violence because peacemaking relations between parents and children create the inner conditions where violence can not exist in the first place, nor ever take hold. But peace and peacefulness are much more than the absence of violence. Peacemaking children are nonviolent to be sure, but they possess essential qualities of empathy, self-regulation, self-esteem, curiosity, imagination—they are personally and socially aware and responsible, in tune with their own unique natures. They are equipped for innovative success in a changing world.

Axness acknowledges that despite the inherent simplicity of her approach, the journey is not always easy, and she is gracious and tenacious in describing her own challenges with motherhood. As it was for her, the process for some parents becomes a “hero’s journey” with challenging lifestyle shifts, meaningful encounters with the psyche, and sometimes difficult recurrences of childhood memory, but ultimately accompanied by resolve and joy at the end—perhaps akin to bliss. Axness invites parents to cultivate a deep trust in nature’s plan, and suggests ways in which they can support and facilitate (rather than thwart) the unfolding of their children’s unique magnificence.

For each stage she provides practical exercises in parenting, self-experiences in human consciousness, mental exercises to stretch perceptions, affirmations to alter negative belief systems, thought-provoking anecdotes to inspire change, and enlightening vignettes to bring about an understanding of what peacemaking is all about. In the end, one longs for and strives to be the kind of parent that Axness envisions, and we are forever renewed, inspired and changed by the experience.

Have I said how much I loved this book, and how much it has changed my life? Just reading through a stage called ‘The Enchanted Years’, which I didn’t personally experience, provided a model for parenting that changed my inner child and rewired some of the desolation I encountered during those years. Other stages of the book had similar effects. I can’t recommend this book enough. It was a pleasure to read, and it provides essential information for being and becoming more peaceful and enlightened parents and human beings.

Reviewed by William Emerson

***APPPAH Members: Please send news items to newsletter editor Peter Prontzos at
pprontzos@langara.bc.ca***

16th International Congress (continued from page 1)

Speaking of books, Debby Takikawa and her team did an attractive and effective presentation of the bookstore. One morning I came down to the conference and discovered that the book store had been moved over night to another space. The team spent most of the night getting it nicely set up in the foyer.

Raylene Phillips, M.D., is head of a very large Neonatal Intensive Care Unit in California. Dr. Phillips invites parents to be an active part of her team and allows them round-the-clock access to hold, comfort, and stay with their babies. She shared research which reveals that skin-to-skin holding of babies affirms the bonding and supports secure attachment. "They feel safer." It is no surprise to us that being held in the arms of a loving person when you are helpless and small makes a difference in the way relationships are later experienced. As Dr. Gabor Maté says, "Our coping styles are formed in our earliest experiences." Dr. Phillips is doing wonderful prevention work which will echo in the lives of the babies and their families for the years to come. She was another inspirational speaker who touched our hearts.

There were unexpected delights, like the press conference when Dr. Arthur Janov stopped by and participated. Janov, who developed Primal Therapy and was one of the pioneers in prenatal and perinatal psychology, signed copies of his brand new book, *Life Before Birth*. What an experience it was to hear him and Bruce, William, David, and Phyllis Klaus. The small group of attendees shared ideas and opinions and asked questions. Agree or disagree, the panelist are all giants in the field. WOW! (Thanks to Deb Puterbaugh for making the arrangements!)

Jeanne Ohm, Annie Murphy Paul, and Bruce Lipton were the Friday morning keynote speakers, followed after lunch by a dynamic panel moderated by Thomas Verny. Saturday morning we followed the same set up with Raylene Phillips, Michael Trout, and Gabor Maté giving terrific presentations. After lunch, Marti Glenn moderated a lively and exciting panel with lively interaction with the audience.

There is no way I could mention everyone who gave of their talent and wisdom. I was inspired by the quality and authenticity of who we are and what we know. In brain science terms, I could use the metaphor of the neurobiology of WE, who are APPPAH. We could not do it without the volunteers. I am especially grateful to Maureen Wolfe and Jeane Rhodes who did the lion's share of the work, the Committee with Pat Martin, Marti Glenn, and William Emerson, the APPPAH Board, as well as the ongoing support of Thomas Verny, and Donna and David Chamberlain, whose counsel is always appreciated. My gratitude extends to everyone.

It was perfect that we closed the program with Marcy Axness presenting, "Parenting For Peace," which is also the title of her first book, which has just been published (see page 6 for a review of this wonderful work which deserves a wide distribution).

We had fun and learned a lot. I look forward to next year. Don't miss it! Happy and peaceful 2012 - may it be a year of positive transformation that blesses the WE of us all.

Gratefully, Barbara Findeisen

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.

Study Shows Connection Between Armed Conflict and Birth Weights

A new study shows pregnant women exposed to armed conflict have a higher risk of giving birth to underweight babies, a result that could change the way aid is delivered to developing countries. The study will be published in the *Journal of Development Economics*.

[January 18, 2012; *ScienceDaily*: <http://www.sciencedaily.com/releases/2012/01/120118132332.htm>]

Mom's love good for child's brain

School-age children whose mothers nurtured them early in life have brains with a larger hippocampus, a key structure important to learning, memory and response to stress. The new research is the first to show that changes in this critical region of children's brain anatomy are linked to a mother's nurturing. Their research is published online in the *Proceedings of the National Academy of Sciences Early Edition*. "This study validates something that seems to be intuitive, which is just how important nurturing parents are to creating adaptive human beings," says lead author Joan L. Luby, MD, professor of child psychiatry. "I think the public health implications suggest that we should pay more attention to parents' nurturing, and we should do what we can as a society to foster these skills..." [January 30, 2012; Washington University School of Medicine:

<http://news.wustl.edu/news/Pages/23329.aspx#.TynWZLSvR0v.email>]

Effects of Premature Birth Can Reach Into Adulthood

In the longest running U.S. study of premature infants who are now 23 years old, University of Rhode Island Professor of Nursing Mary C. Sullivan has found that premature infants are less healthy, have more social and school struggles and face a greater risk of heart-health problems in adulthood. Sullivan has also found that supportive, loving parents and nurturing school environments can mitigate the effects of premature birth. She also found that premature babies are resilient and have a strong drive to succeed. Her latest work is based on the 'fetal origins hypothesis,' which states that the stress response of pre-term infants, called the hypothalamic-pituitary adrenal (HPA) axis, is a mechanism underlying fetal origins of adult chronic diseases. [June 15, 2011; *ScienceDaily*:

<http://www.sciencedaily.com/releases/2011/06/110615171408.htm>]

Risk of Disease Partially Set in Womb

According to a provocative new field of research, what happens during pregnancy can have lasting consequences that emerge decades after the child leaves the hospital. Studies are finding that adult illnesses like heart disease, stroke, cancer and diabetes can have roots in the mysterious months we spend in the womb. Although genetics and lifestyle choices certainly influence an adult's risk of getting a disease, researchers now believe that the food a pregnant woman eats, her weight and fitness, her stress level, and the drugs, pollutants and infections she is exposed to can trigger changes that also make her baby vulnerable to disease after birth. [November 13, 2011; *Chicago Tribune*: <http://www.chicagotribune.com/health/ct-met-pregnancy-guilt-20111113,0,1822393.story>]

Continued next page

Media Watch (continued from page 8)

An Integrated Scientific Framework for Child Survival and Early Childhood Development

Building a strong foundation for healthy development in the early years of life is a prerequisite for individual well-being, economic productivity, and harmonious societies around the world. Growing scientific evidence also demonstrates that social and physical environments that threaten human development (because of scarcity, stress, or instability) can lead to short-term physiologic and psychological adjustments that are necessary for immediate survival and adaptation, but which may come at a significant cost to long-term outcomes in learning, behavior, health, and longevity. [4 January 2012; *Pediatrics*: <http://pediatrics.aappublications.org/content/early/2012/01/02/peds.2011-0366.abstract>]

A Poverty Solution That Starts With a Hug

Perhaps the most widespread peril children face isn't guns, swimming pools or speeding cars. Rather, scientists are suggesting that it may be "toxic stress" early in life, or even before birth. The American Academy of Pediatrics issued a landmark warning that this toxic stress can harm children for life...this is a "policy statement" from the premier association of pediatricians, based on two decades of scientific research. [January 7, 2012; *NY Times*: [http://www.nytimes.com/2012/01/08/opinion/sunday/kristof-a-poverty-solution-that-starts-with-a-hug.html?_r=1]

Maslow Updated

Reworking of the famous psychological pyramid of needs puts parenting at the top. Caring for your children, feeding them, nurturing them, educating them and making sure they get off on the right foot in life – all of the things that make parenting successful – may actually be deep rooted psychological urges that we fulfill as part of being human. The bottom four levels of the new pyramid are highly compatible with Maslow's, but big changes are at the top. Perhaps the most controversial modification is that self-actualization no longer appears on the pyramid at all. At the top of the new pyramid are three evolutionarily critical motives that Maslow overlooked – mate acquisition, mate retention and parenting. [August 19, 2010; *ScienceDaily*:

<http://www.sciencedaily.com/releases/2010/08/100819112118.htm>]

Conferences of Interest



International Society for Pre-and Perinatal Psychology and Medicine
"Hidden Truths: The responsible handling of memories from our earliest lifetime."

September 14 - 16, 2012

Frankfurt, Germany - <http://www.isppm.de/>



Mid-Pacific Conference on Birth and Primal Health Research

October 26-28, 2012

Honolulu, Hawaii

<http://www.wombecology.com/>

Conference Review: Do Babies Remember Trauma

Sponsored by the Margaret S. Mahler Foundation and The Columbia Center for Psychoanalytic Training and Research. The Miller Theater, Columbia University, New York, NY.

On October 1, 2011 Columbia University's Miller Theater was filled with about 200 therapists, social workers, psychiatrists and researchers for a day-long conference to discuss new evidence that suggests consciousness and nociception during prenatal development. A wealth of discussion regarding the implications for advanced medicine, such as prenatal surgery, was also introduced, as well as potential challenges for the integration of this thinking into mainstream knowledge.

The distinguished roster of speakers was exceptional, both in content and the compassion with which each presented their research. Susan Coates, PhD presented her work with implications of memory in terms of mentalization and representation in infant traumatic memory, and focuses on implicit/body sense as a means toward understanding non-verbal memory in utero. Sunny Anand, MD offered new insights into sub-cortical consciousness, and by comparing the emotional and relational capabilities of children with hydroencephalitis, (a disease which prevents development of a prefrontal cortex), argued that even prenatates, who do not yet have a prefrontal cortex, can actually experience emotions in the womb. The morning concluded with Theodore Gensbauer, MD, who detailed the neurobiological implications of early trauma on the central and autonomic nervous systems. He is interested in understanding the applications of dance/movement therapy within the trauma spectrum. In the afternoon, Lenore Terr, MD, a pioneering researcher in childhood trauma and author of "Too Scared to Cry", shared the stage with a client whom she had counseled in working with memory of prenatal trauma. This was a rare opportunity to witness the interpersonal aspects of trauma healing between therapist and client. The day concluded with a panel discussion of the presenters.

As a somatic psychotherapist and avid advocate of pre and perinatal psychology, I could not recommend this day-long conference enough. It was particularly inspiring to hear how even these prominent researchers suffered to publish their work because their topics were outside of current paradigms of scientific research. It was also inspiring to hear that these forward-thinking scientists are authentically invested in the potential of pre and perinatal psychology. I would suggest following the works of these researchers in order to build our understanding of this field.

BIO: Jennifer Frank Tantia, MS, BC-DMT, LCAT, is a somatic psychotherapist in private practice in New York City. She is a faculty member at both Pratt Institute and Adelphi University, and is currently completing a PhD in Somatic Psychology at the Chicago School of Professional Psychology.



APPPAH Members: Please send news items to newsletter editor Peter Prontzos at pprontzos@langara.bc.ca

Robin Lim (cont. from page 1)

Nan Koehler, Mary Jackson, Mary Kroeger, Jan Tritten, Robbie Davis-Floyd, June Whitson...all steered me to their own personal heroine, Jeannine Parvati Baker. As a teenaged mom, I grew up on Jeannine's books, *Prenatal Yoga*, *Hygieia* and co-authored with her husband Rico... *Conscious Conception*, I was in awe of this Woman.

"Call her? Are you crazy? How could I disturb Jeannine Parvati? She is busy with Freestone Press, reinventing the world, healing Birth and healing our Earth. She has no time for a shy mom-at-home with so many questions and a dubious calling."

Because I had so many questions, and because I believe that asking the next, and the Next and the NEXT question, is the only way we humans learn, I contacted Jeannine. She was living in Hawaii at the time. I was struggling to find information on postpartum, foolishly writing a book, when I could barely formulate a sentence, but I had a passion. She seemed to sense my yearning and she nurtured my wide-open heart. She sent me ALL of her books, photocopies of articles. She encouraged me. Jeannine believed in me.

Today, I sit in an airport lounge, a grandmother midwife, the scent of the birth I just attended a few hours ago still with me as I depart for Haiti to do earthquake relief, and Jeannine is with me. I FEEL her love. I have stolen her motto, "Healing Birth Heals Mother Earth", and I know in my heart it's OK with her. The Indonesian project I have given my life to, Yayasan Bumi Sehat, prints it, in two languages, on t-shirts, on cloth bags, stickers.

Jeannine was always, all-ways generous. She cared for each and every fledgling mommy-midwife, like a daughter, a sister, a friend. She made time for "US"... she was our teacher, and her curriculum was simple, LOVE. She honored all of us, she trusted us to be impeccable as BirthKeepers. She believed in me so entirely, that I learned to believe in myself.

Traveling and meeting mothers from all corners of our planet, inevitably the mama-speak turns to talk-story about Jeannine. By golly, she was not just a catalyst for me, women-midwives-doulas from Australia, Japan, the Philippines, Holland, France, Austria, Germany, Norway, Canada, Mexico, Belize, Guatemala, Indonesia, and Italy have told me they were first inspired by Jeannine. This woman, weighing not much more than an owl's feather, forged an army of peace-keepers, to squat at the gateway of birth, the fulcrum of a dream of peace on Earth.

In late November, 2005, I was leaving again for the Tsunami relief clinic in Aceh. I called Jeannine; she had not spoken on the phone for a while, but her daughter Haley felt she would want to talk. Jeannine's voice was so weak; her body was literally giving up her ghost. "So you're going to Aceh again, hummm. This is the last time we will talk, hummm. You are blessed."

I was shaking, crying as silently as I could, so I could hear her tiny voice over the wire that stretched half way around the world, long silence, I waited, "I love you." she said. I felt she would never leave us, not really, because she taught us to trust in the power of love.

Jeannine Parvati Baker passed away on December 1 2005...at peace and at home. We who loved JPB along with APPPAH are proud to announce this special acknowledgement ... The Birth Keeper of the Year ... given to a humanitarian who has dedicated their life to the concept that, "Healing Birth is Healing our Earth".

APPPAH is pleased to acknowledge Robin Lim, for her dedication and devotion to Healing Birth.

APPPAH'S 17TH INTERNATIONAL CONGRESS

New Frontiers in Birth Psychology

November 15-18, 2012

Kabuki Hotel, San Francisco, CA



Make plans for the 2012 APPPAH Congress in beautiful San Francisco. We are carrying forward the wonderful energy created at the 2011 Congress and adding some innovative features:

Speakers include: Stan Grof, Suzanne Arms, Dennis Hertenstein, Julie Gerland, William Emerson, Robin Lim, Thomas Verny, Myrna Martin, Tony Madrid, Carista Luminare, Rupert Linder, Phyllis Klaus, Michael Mendizza, Mary Jackson, Ray Castellino, Robbie Davis-Floyd and many others.

Also....

3-hour training sessions sharing practical applications

Full-day pre-congress workshops and half-day post congress workshops



Don't miss out on early registration rates register online

www.birthpsychology.com