

The APPPAH Newsletter

News From the First Frontier: Conception To Birth
Official Bulletin of the Association for Prenatal & Perinatal Psychology & Health, Fall 2013

APPPAH's new Pre and Perinatal Psychology Educator Certification Program

Over 50 students from around the world are now participating in the newly launched Pre and Perinatal Psychology Educator Certification program. Opened on November 11, 2013, this unique online experience offers 11 modules in pre and perinatal psychology core competencies:

- History of PPN
- Ethical Considerations
- Epigenetics and Prenatal Development
- Neuroscience and its implications for PPN
- PPN Psychology Theories
- Cultural Impacts of Prenatal Awareness
- Bonding and Learning -- Attachment
- Labor and Birth
- Breastfeeding and Self Attachment
- Parenting Styles
- Implications and Inspiration

Most modules include videos from a variety of sources, but most especially from the Touch the Future Foundation and the work of Michael Mendizza. Each module concludes with an interactive quiz to test comprehension. A group of mentors is available for students to ask questions and get support. Students can enroll at any time and have two years to complete the course. "We are at the very beginning of a comprehensive educational program," says program administrator Kate White. "We are currently developing a training of trainers in pre and perinatal psychology education so we can regularly offer regional weekend seminars to students to improve their education skills and understanding of pre and perinatal psychology." APPPAH is also developing an online education seminar system so that pioneers and leading educators can offer monthly online lectures for students and APPPAH members alike. "We want to develop handouts, class outlines, and study guides for students as well," White says.

For more information on the curriculum, visit the curriculum website at:

<http://www.birthpsychologyedu.com>

You can also visit the classroom at: <http://classroom.birthpsychology.com>

The administrator can be reached via email at: educate@birthpsychology.com

Editor: Peter G. Prontzos.

APPPAH Office: 1467 Siskiyou Blvd. # 261 Ashland, Oregon 97520
president@birthpsychology.com • (916) 949-9938 • www.birthpsychology.com

Letter from the Presidents

Dear APPPAH Members and Friends,

After 25 years as an APPPAH member, 16 as a board member, one year as Vice President, six years as President, and the accomplishment of my goals, it is time for me to step down as President. I accomplished an unprecedented but carefully planned board-turnover of nearly 100% over the last two years in order to prepare APPPAH to provide online and onsite education via a Certification Training Program.



Sandra Bardsley is the new President, and I could not be happier. Like other board members, she was hand-picked because of her leadership skills and her ability to carry out my project: The 2014 - 2016 Certification Training Program. Like never before, the new board is professionally diverse and able to represent and serve our students and our membership, both of whom are multidisciplinary. Our emerging student membership includes doulas, childbirth educators, midwives, nurses, doctors, psychologists, cranial therapists, osteopaths, chiropractors, expectant parents, parents, and other professionals. At present, we have over 60 students and counting, and APPPAH is fulfilling its educational imperative like never before. At the same time, the certification program (see classroom.birthpsychology.com) provides an unprecedented financial base that APPPAH has never had before (long ago, we learned that on-site conferences were an unreliable funding source and were overwhelmingly labor-intensive).

Accomplishing the Certification Program was a team effort. The APPPAH Web Page was completely revamped (thanks Maureen Wolfe) to accommodate our massive volume of articles, published in over 25 years of peer-reviewed quarterly APPPAH journals, including 500 articles and 7000 pages. The most relevant journal articles were chosen as content for the certification program. Happily, Kate White was hired to design and administer the Certification Program. Two years ago, we talked and dreamed of an educational outreach program for APPPAH, and now it is a reality. Other than that, the Certification Program would not have come about without the extensive efforts of the Certification Committee headed by Sandra Bardsley, aided by Deb Puterbaugh, and enabled by the hard work of Kate White. John Ham, and Dennis Hertenstein were also instrumental in designing the program.

In closing, I want thank the APPPAH membership. You've been inspiring in your passion and devotion to our cause, and without your support over the decades, we would not be at the historic place we now are.

Much gratitude,

William R. Emerson, Ph.D.
Emeritus President, APPPAH

Dear Members,

APPPAH recently celebrated it's 30th birthday (1983 to 2013) and is beginning a new chapter of growth. At the recent 18th International Congress held at Asilomar, a new board took office. As your new President, Sandra Bardsley, I want to extend to you a warm greeting and also an invitation. Your newly elected board consists of: Dennis Hertenstein, John Ham, Peg Bledsoe, Leanne Brock, Deb Puterbaugh, Jay Hathaway and Sandy Morningstar. We all are happy to be serving APPPAH.



So much is happening. We have launched APPPAH's new Pre and Perinatal Educator certification program (PPNE) and have enrolled over 50 students. We also have plans to increase APPPAH's presence and our message through co-branding with many organizations and forming regional contacts. With our European partners, OMAEP and ISPPM, we are working on international issues through the UN.

During my presidential address, I used the example of the honey bee. I told how each honey bee contributes only one-twelfth of a teaspoon of honey to the hive during its lifetime, but collectively imagine what an entire hive of bees produces. I spoke also of the wondrous, strong, yet very thin filament of wax that forms the cones that hold the honey. These are formed in a hexagonal shape. Because the hexagon is the strongest geometric shape, that thin filament of wax can hold hundreds of pounds of honey. Interestingly the DNA molecule for Oxytocin, the hormone of trust and love, is formed in the same shape. It too forms strong bonds of love and trust when properly formed & nurtured. The APPPAH "hive" produces that kind of love, trust and support when its members all work together.

At the Congress, two fabulous musical artists, Gary Malkin and Lisa Rafel gifted APPPAH with two songs that helped launch APPPAH's new era of expansion & growth. Gary & Lisa's music of love, waxing throughout the weekend was, for me, a metaphor of binding APPPAH's strengths together. Forming & building filaments of strength, trust and love to launch this new level of growth. The songs were, "Do You Remember Who You Are", and "Safe In the Arms of Love".

In January we will be sending out a special request for our membership to sign up under one of the 6 areas I mentioned at the Congress. If you feel you are unable to serve on one of the committees forming, think of other ways you can serve. Your ongoing membership dues, financial gifts and other volunteer services are that 1/12 of a teaspoon of support each person can give to APPPAH's "hive". Every little bit will insure the growth and sustainability of APPPAH. I appeal for your steady support and diligent work on behalf of the Association as it reaches out to professionals, para-professionals, parents and babies everywhere.

APPPAH NEEDS YOUR SUPPORT!

Wishing you all very fun and enjoyable holiday season.
Joy & Blessings,

Sandra Bardsley, R.N., LCCE, FACCE, CD
President of APPPAH

MEDIA WATCH

This section features 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.

Inadequate Pregnancy Weight Gain a Risk Factor for Infant Mortality. [ScienceDaily; Dec. 19, 2013: <http://www.sciencedaily.com/releases/2013/12/131219162944.htm>]

Pediatricians advise pregnant women, children against drinking raw milk.

The American Academy of Pediatrics warned that pregnant women and children should not drink raw milk and said it supports a nationwide ban on the sale of raw milk because of the danger of bacterial illnesses. [December 16, 2013; Los Angeles Times: <http://fw.to/Crtg1ED>]

Otis Kryzanauskas, Canada's lone male midwife, is an anomaly. Canadian Association of Midwives represents more than 1,000 midwives, with all but 1 being female. [December 14, 2013; Canadian Broadcasting Corporation: <http://cbc.sh/ePo0deW>]

Father's diet before conception may play role in health of offspring. Sheryl Ubelacker. [December 10, 2013; The Canadian Press: <http://www.calgaryherald.com/touch/story.html?id=9270398>]

Ten Things Everyone Should Know About Babies. Darcia Narvaez.

1. Babies are social mammals with social mammalian needs.
 2. Human babies are born "half-baked" and require an external womb.
 3. If adults mess up on the post-birth "baking," longterm problems can result...
- [Psychology Today; December 8, 2013: <http://www.psychologytoday.com/em/139405>]

Babies Have Self-Awareness From The Minute They're Born. Stephanie Pappas. With their uncoordinated movements and unfocused eyes, newborns may seem pretty clueless about the world. But new research finds that from the minute they are born, babies are well aware of their own bodies. [Huffington Post; November 22, 2013: http://www.huffingtonpost.com/2013/11/22/babies-self-awareness_n_4323481.html]

Exercising While Pregnant Gives Newborns a Real Head Start. New research shows that as little as 20 minutes of exercise, three times a week, is enough to give their babies a head start in brain development. [Scientific American; November 16, 2013: http://www.scientificamerican.com/gallery_directory.cfm?photo_id=A59BCB47-B816-3DFF-C76EE2C88E7C763D]

How Big Formula bought China. Alexandra Harney. In the two days after Lucy Yang gave birth at Peking University Third Hospital, doctors and nurses told the 33-year-old technology executive that while breast milk was the best food for her son, she hadn't produced enough. They advised her instead to start him on infant formula made by Nestle. [Nov 7, 2013; Reuters: <http://www.reuters.com/article/2013/11/08/us-china-milkpowder-specialreport-idUSBRE9A700820131108>]

Diet During Pregnancy and Early Life May Affect Children's Behavior and Intelligence. Evidence is accumulating to show that nutrition pre-birth and in early life "programmes" long term health, well-being, brain development and mental performance. [Sept. 13, 2013; ScienceDaily: <http://www.sciencedaily.com/releases/2013/09/130913101815.htm#.UjR7rCOu29A.email>]

APPPAH is on Facebook!

<https://www.facebook.com/APPPAH>

Check out our site for the latest news, research, and events promoting healthy births and healthy babies.

APPPAH Publications: *The Journal & the Newsletter*

JOPPPAH (Journal of Prenatal & Perinatal Psychology and Health) is our peer-reviewed publication whose original mandate to publish current findings from the growing field of prenatal & perinatal psychology later became refined and expanded to cover:

- Psychological factors that affect conception, pregnancy, labor, delivery and the post-partum period;
- The reciprocal mechanisms of interaction between the pregnant mother and her unborn and sentient child and the mother and her newborn;
- The influence of the family, society, and the environment on the pregnant mother and her unborn child;
- Evidence-based measures that will improve the emotional well being of mothers, fathers, and newborns;
- The psychological effects of medical technology during conception, pregnancy, labor, and delivery on all parties concerned;
- Methods of prevention and intervention/resolution of prenatal and perinatal traumas with children and adults;
- Interfaces between prenatal and perinatal psychology and medicine, genetics, developmental psychology, anthropology, ethics and the law.

JOPPPAH is looking for high-quality research or clinical papers focused on the psychological dimensions of human reproduction and pregnancy, as well as the mental and emotional development of the unborn and newborn child.

Please contact the editors at journal.editor@birthpsychology.com for complete author guidelines and/or to submit your manuscript of 2,000 to 8,000 words.

//////////

APPPAH's quarterly **Newsletter** is a bulletin featuring notable accomplishments of our worldwide membership, information on upcoming events, our collaborations with other organizations, brief book reviews, and notes/commentary on prenatal issues in the press and popular culture.

ALERT! The next issue of the Newsletter will cover the highlights of APPPAH's 18th International Congress. Please send any stories and/or photos (as well as other news items, book reviews, events, commentary) before January 15, to the Newsletter Editor, Peter G. Prontzos at: pprontzos@langara.bc.ca

Do You Have A Story to Tell?

APPPAH is interested in documenting the stories of members who want to tell their story of how they discovered pre and perinatal psychology, how they learned, and then how it affected their practice. These stories will be included in Module 11 for the APPPAH PPNE certification program to inspire students.

Please contact Kate White at: educate@birthpsychology.edu

GOLD Perinatal Care Online Conference!

The GOLD Perinatal Care Online Conference is a continuing education conference for health care professionals working in perinatal health care. Focusing on health care from the 3rd trimester of pregnancy through childbirth and into the newborn post partum period, GOLD Perinatal Care is appropriate for nurses, midwives, physicians, lactation consultants, doulas, dieticians and other health care workers providing care to women, infants and families.

<http://www.goldperinatal.com>

0 0 0 0 0 0 0

From Julie Eliason: julieeliason@sbcglobal.net

Over the next three years, I am creating large paintings showing optimum infant care in about six areas; in the womb, birth, kangaroo mother care - skin to skin, breast feeding, baby massage, and other aspects of caring for an infant for the first year of life.

I want to help people envision optimum baby care. There is a lot of information on this kind of care in books - for example, *The Feeling Child* (Arthur Janov) and *The Aware Baby* (Aletha Solter). I will be researching this topic thoroughly over the next three years and use it in my Bat Mitzvah presentation.

I plan to have prints made of the paintings so they will be available at affordable prices. I am doing this project to "save the world" - not so much to make money. I'll allow it if it happens, but my main motivation is to change how people care for babies.

Julie

248-890-5096

www.artbyjulie.me

julieeliason@sbcglobal.net



The Fall Issue of JOPPAH

Dear APPPAH Members and Supporters:

The long summer produced a bountiful harvest of papers for JOPPPAH. This fall issue features the fruits of the changes we want to see in our Journal: young and adventurous researchers trying out their ideas and spreading their wings; clinical perspectives to inspire new and experienced practitioners; interviews with pioneers in the pre- and perinatal field, and inspiring work from talented writers that offer different perspectives.

Members are letting us know they are enjoying the NEW Interview section of our journal. This issue features an interview with midwife Mary Jackson by Kerry Cerelli.

As always, we welcome your feedback. This is your journal. Please send us letters and emails, journal.editor@birthpsychology.com

Kate White, MA and Kerry Cerelli, MA, Associate Editors

NEW: Monthly FREE Article Feature



We are starting a new feature on the website called a **Featured Monthly Article**. Each month you will receive a paper from our peer reviewed Journal for Prenatal and Perinatal Psychology and Health. This month we have featured an article by Marti Glenn and Robin Cappon entitled: Essential Clinical Principles for Prenatal and Perinatal Psychology Practitioners. This article, also a day long skills workshop at the recent Congress offered by Marti Glenn, inspired us so much, we are building a course for professionals on skills with suggestions from a great line up of practitioners. Stay tuned!

Volume 28, Issue 1 [Read Online](#)

Articles Include:

Research: The Effects of Prenatal Yoga on Birth Outcomes: A Systematic Review of the Literature

Kelly Riley, RN, BSN

Emily Drake, PhD, RN, CNL

Clinical Perspective: Essential Clinical Principles for Prenatal and Perinatal Psychology Practitioners

Marti Glenn, PhD

Robin Cappon, PT, MA

Interview: Mary Jackson, Certified Professional Midwife, The Integration of Pre and Perinatal Psychology in Midwifery Practice

Kerry Cerelli, MA

Reflections: Implantation Journey: The Original Human Myth part 2

Karlton Terry

NEW: APPPAH Prenatal and Perinatal Psychology Educator Certification Course



Birth Psychology Many very fine articles from JOPPPAH are part of APPPAH's new certification course for educators. This 11 module course offers articles, papers, books, videos and more for students wanting to understand and teach in PPN core competencies. These include history, ethics, prenatal development and bonding, attachment, birth, breastfeeding, epigenetics, neuroscience and more, all from a PPN perspective. We are inspiring our learners with JOPPPAH papers and commissioned papers. Have a look at our curriculum and consider becoming a part of a lively student body. Currently over 50 students from all over the world are enjoying this course under the gaze of professional mentors. You can see more at birthpsychologyedu.com, and apply through [our website](#), and the [Classroom website](#), too.

Not a Member?

[Join Now!](#)

Join now and read full online journal articles, save on conference registration fee, and receive other member benefits.

Membership rates as low as \$75 per year.

Even if you are not a member, you can purchase our articles to read, and whole journals, too.

[All at our website](#)

www.birthpsychology.com

apppah@birthpsychology.com



APPPAH illuminates the life-long impact of conception, pregnancy and birth on babies, families and society.