2013 Congress: Welcome from Congress Chairs

APPPAH’S 18TH INTERNATIONAL CONGRESS

BIRTH PSYCHOLOGY in ACTION:
TRANSFORMATION through the
CREATIVE & HEALING ARTS

November 14-17, 2013 - Asilomar Conference Grounds, Pacific Grove, CA

The 2013 annual international Birth Psychology Congress is pleased to return to the natural beauty of Asilomar State Park in Pacific Grove, California, on the Monterey Peninsula.

Within the supportive surround of salt air, ocean breezes, majestic pines, ambient sounds of the waves, and the rustic beauty of Asilomar’s architecture, this Congress has a mission to highlight the sensory experiences of pre and perinatal psychology and health focusing on how the healing and creative arts play a primary role in this field. We will bring to the fore the necessity of using somatic and creative healing arts in both preventative and restorative aspects of conception, gestation, birth, and the perinatal period for babies and their families. This Congress will be a true marriage of the arts within the sciences. We encourage presenters and attendees in the fields of creative and expressive arts to attend along with psychologists, social workers, NICU staff, ob/gyn professionals, childbirth educators, doulas, pediatricians, early childhood educators, health advocates, and professionals in somatic healing practices.

Please join us!

Ellynne and Peg

Congress Chairs

Ellynne Skove is a licensed creative arts therapist and Polarity therapy practitioner, focusing on pre and perinatal health. She is the founder and director of GoGo Babies and True North Wellness, and has supported hundreds of babies and families providing through the arts as well as birth trauma healing. Ellynne co-chaired the 2012 APPPAH CONGRESS, was a guest of OMEAP at the UN Commission on the Status of Women, and is the mother of two.

Peg Bledsoe is an Occupational Therapist who has been working with birth trauma since 1988. She has been involved in birth training with William Emerson and Ray Castellino and is training in pre and perinatal psychology. She also has had Craniosacral Training, Myofascial Release Training, and done Neurolink Integration System work.
Letter from the President

Dear APPPAH members, prospective members, and past members,

APPPAH is an important professional and lay organization that works to improve the health and well-being of our most important resources - our mothers, fathers, and babies. Research shows that the long-term physical and psychological health of mothers and newborns is especially dependent on what happens before, during, and after conception, in the prenatal and perinatal stages, and the 12 months after birth. These primal stages are the most influential periods in the human life span. APPPAH educates professionals and parents to provide mother-baby pairs (and fathers) with what they need to prevent developmental delays and trauma. APPPAH also trains practitioners how to intervene therapeutically if emotional and developmental needs are not met, or traumas occur.

APPPAH is on the move. A key component is the 2014 Certification Training Program, which begins at the November 2013 Congress and runs until December 2014 (Module 1), and from January until December 2015 (Module 2). Completing Modules 1 and 2 leads to certification as a pre and perinatal educator (PPE). Participation in Module 3 (2016) and Module 4 (2017) require completion of Modules 1 and 2, and lead to certification as a pre and perinatal practitioner (PPP). The program is designed for maternity-care personnel including doulas, midwives, nurses, and physicians (especially family docs, obstetricians, and pediatricians). It is also for psychology and somatic professionals who diagnose, treat, and/or prevent trauma, and who apply birth psychology to the needs of babies, children, and parents. After July 30, contact Sandra Bardsley for more information (you can use APPPAH's facebook page or her email: sjbardsley1@yahoo.com). In addition, APPPAH has upgraded services for members and nonmembers, who can now purchase and download recordings from the 2012 Congress online, at APPPAH's website (birthpsychology.com). It's also possible to read 25 years of journal abstracts for free, and inexpensively download entire articles or journals (membership discounts apply).

APPPAH has also initiated a YouTube channel to increase the visibility and competence of APPPAH members, an added benefit of membership. Members are invited to submit video clips to the APPPAH office (apppah@birthpsychology.com) and, if approved by the committee, the video clips will be posted. An additional benefit is APPPAH's facebook page, which now has 1500 members. It's a wonderful way to network and have a voice. We are taking applications to manage this important site, so please contact the APPPAH office if you are interested. Many thanks to Jeane Rhodes for managing the site for so long.

The 18th International APPPAH Congress will convene at Asilomar Conference Grounds, in the woods overlooking the Pacific Ocean - a perfect destination for contemplation, learning, sharing, and networking. You'll learn how music, the arts, yoga, dance, prenatal bonding, attachment techniques, somatic techniques, and other approaches are used to prevent and treat birth distress and trauma, and improve childbirth. There will be a special celebration to honor birth artists Gary Melkin, Lisa Rafel, and David Surrenda. Many thanks to co-chairs Ellynne Skove and Peg Bledsoe for organizing such a wonderful venue and program.

Finally, the spring issue of the Journal (Volume 27, Issue 3) is posted on our website and is ready for mailing. Congratulations to co-editors Kate White and Kerry Cerelli for an excellent job.

In service of Birth Psychology,

William R. Emerson, Ph.D.
CONGRESS 2013

International Highlights

**BIRTH PSYCHOLOGY IN ACTION:**
TRANSFORMATION through the CREATIVE and HEALING ARTS

Our 2013 Congress, “Birth Psychology in Action: Transformation through the Creative & Healing Arts”, features many new international presenters who will bring us a global outlook on how the work of pre & perinatal psychology and health is being expanded and addressed in many ways within many cultures. We encourage you to join us for this wonderful event, November 14-17 at Asilomar in Pacific Grove, CA. Find out how the world is engaging with birth and healing birth related trauma!

http://birthpsychology.com/2013-conference/registration

AUSTRALIA: Elly Taylor with Diane Speier, PhD. (UNITED KINGDOM)

**Fostering the Couple Connection in the Transition to Parenthood**
The presenters join forces to present a dynamic workshop that explores the relationship challenges new parents face and ways to enrich the couple bond as they step over the threshold into parenthood. The impact of a new baby on the parental relationship is profound. Creative strategies that strengthen the bond for couples before the baby arrives are a powerful antidote to relationship stress and are also the basis for healing, growth and stability in the years ahead. This experiential workshop will blend demonstrated energy medicine techniques, visualization tools and role play activities that the presenters use in private counselling and in The Birth Empowerment Workshop® couple’s retreat.

Elly Taylor is a perinatal relationship counselor, researcher and writer from Sydney. Her passion is facilitating family bonding: between mum and bub, dad and bub, and mum and dad. Elly also supports birth professionals by researching, writing and speaking on perinatal relationship issues. Elly created the Becoming Parents and Being a Mum programs for Interrelate, writes a monthly relationship column in Australia’s largest parenting magazine, *Practical Parenting*, writes the weekly “Dear Elly” column for the *Sydney Morning Herald* and Daily Life website, and is the author of the book *Becoming Us, Loving, Learning and Growing Together*. 
Before immigrating to the UK in 1998, Dr. Diane Speier was the founder and director of The Family Tree Center for Parents in New York for 15 years. A certified childbirth educator since 1978, Diane used her case notes as the data for her PhD research (The Childbirth Educator as Ethnographer, University of Manchester, 2002). As a perinatal psychologist, Diane created THE BIRTH EMPOWERMENT WORKSHOP® as a weekend intensive for pregnant couples seeking a mind/body/spirit approach to birth and parenting. The workshop evolved into a couple’s retreat that deepens their intimacy while empowering the family space.

NEW ZEALAND: Shelley LeMaire

Incoming Souls: Listening to the Soul of the Child Preparing for Conception and Birth

Shelley will share from her practice working with the soul of the child in preparation for conception and birth. She will introduce the concept of an ‘etheric womb’ that holds the higher dimensional frequencies of the soul arriving. Through listening to the soul of her child she is more easily able to feel the unique soul personality, and surrender to the divine orchestration of the conception and journey to birth.

Shelley has a Masters in Neuropsychology and 15 years clinical experience. She is an international speaker and teacher, training doulas, midwives, and therapists.

HUNGARY: Zita Makoi, M.D., P.hD.

How love is born for a newborn baby

It is one of the most transforming experiences in life to love and be loved. The confluence of birth and love should not be taken for granted. Significant numbers of people carry the memories of an unhappy childhood lacking motherly and/or parental love. Objective: To discover and describe how mother's love arises

Conclusion: The development of love for the newborn has clearly identifiable stages. Usually, the mother's newly awakened love, the newborn, and the relationship between them brings the transformation.

Dr. Makoi spent 32 years practicing clinical pediatrics and neonatology. She has authored two books about mother-baby communication and infant crying. She also teaches pregnant mothers about mother-baby communication and yoga teachers about basic anatomy and physiology.
TURKEY: Nese Karabekir, M.A.Psych.

**Childbirth classes and birth itself in Action**

Childbirth needs to use more right brain during labor. Right brain covers all senses, feelings, insight, creativity, spontaneity, etc. rather than thinking, evaluating, and questioning. That’s why I use lots of games, role playing, and art in childbirth classes: so the body memories can work. The body remembers all details during the labor without thinking. The cortex stops, the body works. All bodily records can be remembered easily during labour and birth itself.

Nese has been an individual /couple and group therapist, psychodrama therapist and trainer for 22 years. Co-founder of Istanbul Psychodrama Institute and Istanbul Birth Academy. BA in Psychology in Istanbul University, MA in Psychological Counseling Studies at Keele Unv/ England. She has been training psychodramatists since 1996. Recently she added her work as a birth psychologist and childbirth education. She is the part of a ‘Birth Without Regret’ team working with obstetricians and midwives.

GERMANY: Gerhard Schroth, M.D.

**HEALING POSTPARTUM DEPRESSION BEYOND PSYCHIATRY**

One of seven women giving birth will be confronted with postpartum depression, a real taboo subject. Shame, guilt-feelings, and devaluation in the face of the miracle of birth are a burden. Psychiatric medication can alleviate but seldom prevent months of suffering. Often medication conflicts with breastfeeding.

Considering the effects of Prenatal Bonding (BA) we are wondering that postpartum depression had never been reported after facilitation in a sample of meanwhile more than 2000 pregnancies. Even though Prenatal Bonding (BA) is not intended as a psychotherapy it is obviously a save prevention. Even high risk mothers with previous or continuing postpartum depression during their next pregnancy experience healing and never have been seen falling back after facilitation by Prenatal Bonding (BA).
DENMARK: Helena Vissing

Healing Through Poetry:
A Creative Approach to Processing The Motherhood Transition in Psychotherapy

In psychotherapy, writing poetry can be used to process and further one's understanding of countertransference reactions. I have written countertransference poems in my work as a therapist. I have experienced that motherhood themes are particularly rich in this creative energy. I propose an interactive model that encourages therapists to use creativity in the form of poetry writing in the therapeutic process with women, pregnant or trying to conceive, who are struggling with their maternal transition. Inspired by Marcy Axness’ book Parenting for Peace, the aim is to contribute to mindful reproduction through emotional preparation for parenthood before conception.

Helena Vissing is a Danish psychologist and doctoral student in clinical psychology specializing in the psychology of motherhood with a focus on the dynamics of mother-daughter-relationships and how women’s transition to motherhood is deeply affected by their own experience being mothered. She works with psychoanalysis, depth psychology, pre- and perinatal psychology, and somatic theory.

RUSSIA: Elena Tonetti-Vladimirova

Limbic Imprint Re-Coding

Limbic Imprint Re-Coding is a form of art. My unofficial name for it is ‘Magical Theater’. It is an experiential, free flowing format, inspiring a slightly altered state of being. It depends on a group of 14 processes and 14 exercises invoking a powerful healing effect, utilizing concepts of epigenetics and neuroplasticity. The goal is to divert the focus from previous traumatic experiences, creating new neurological memory of blissful formative period. Some processes are designed to uninstall the harmful early ‘programming’.

Elena Tonetti-Vladimirova is the creator of ‘Birth As We Know It’ (2006, 74 min.). She facilitates, on average, 20-25 ‘Birth Into Being’ courses in 10 countries per year, and has over 150 apprentices in 22 countries. She maintains her leadership of her ever expanding international organization, dedicated to conscious evolution of humankind, utilizing the training and healing modality she calls ‘Limbic Imprint Re-Coding’ (LIR). Elena was one of the pioneers of the Conscious Birth Movement in Russia since 1982.
UNITED KINGDOM: Althea Hayton
Womb Twin Survivors – the Untold Story, Told at Last

My research into the biology and psychology of womb twin survivors has revealed that there are characteristic signs in the life of the womb twin survivor, whether they know about their twin or not. I propose to share some stories sent to me by womb twin survivors and explain how personal story writing/recording can be integrated into almost any style of therapy. I would then encourage the people present to tell their pre-birth story, both in spoken words (to a partner) and/or in writing, in prose or poetry. Attendees who are womb twin survivors can bring any previous written work. If they are not womb twin survivors themselves, they can bring case studies of any clients who are (or may be.) I would explain how a therapist can identify an undiagnosed womb twin survivor among their clients.

Counsellor, womb twin survivor, writer, teacher and self-publisher. Started a private research project of womb twin survivors. Founder of Womb Twin, a non-profit organisation helping womb twin survivors. Author and publisher of Womb Twin Survivors - the lost twin in the Dream of the Womb, and A Healing Path for Womb Twin Survivors, and editor of two other books. Experienced workshop facilitator with womb twin survivors and therapists.

Birthing The Future

Birthing The Future is a non-profit organization that is directed by Suzanne Arms. The purpose of this project is to focus global attention on the critically important nature, and long-term impact, of birth and the entire Primal Period. The first phase consists of intimate Roundtables held in different parts of the world, to gather knowledge and synthesize it into a body of wisdom that can be transmitted to any audience. There have been 4 International Roundtables so far.

The Roundtable bring together women and men of widely diverse backgrounds, experience, age and expertise, to look at what is significant during the Primal Period and how best to reach the world, especially the general public about this most critical phase of human life and development. These unique gatherings take place in small retreat settings, for 4-7 days, where people can focus deeply on the Primal Period and social change. The 1st four sessions have already produced important ripples of change. In addition, each Roundtable is filmed and professionally edited into an education DVD.

Suzanne is planning a special Roundtable for this summer that brings together up to 20 individuals who have been working on one or another aspect of the Primal Period, but who believe that the Primal Period is the key to transforming human beings from what has been a fear-and-defense based species into a peaceful, cooperative species capable of addressing the planetary changes that are upon us. We will gather and synthesize knowledge and look at how to create social change at the grassroots level - in families and communities. This US Roundtable will look at strategies for the next 5 years.

If you're interested in participating in this US Roundtable, or any other, or know of someone who should be invited, please contact Suzanne in Colorado @ 970-946-6994, btfroundtable@gmail.com.

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Congress Update ~ May 12, 2013

2013 Full INTERNATIONAL LEVEL CONGRESS! Please join us as the next Full Congress featuring International presenters will not be until 2015.

Early registration savings available through June 15, 2013.

Pre-Congress Workshops

Thursday, November 15, 9:30 AM - 4:30 PM
(Full Day ~ $75 if registered BEFORE June 15)

- Annie Brook: How Birth Influences Behavior: A Somatic Approach for lasting Resolution of Shock and Trauma
- Ray Castellino: Birth to Breast and Supported Attachment
- Marti Glenn: Experiencing the New Art and Essential Practices of Prenatal and Perinatal Psychology and Medicine

Register Now

Post-Congress Workshops

Sunday, November 18, 1:30 - 5:30 PM
(Half Day ~ $50 if registered BEFORE June 15)

- Wendy Anne McCarty: A Healing Time for Mothers
- Pam England: A Teaspoon of Birth Story Medicine
- Gary Malkin: Nourishing Heart Intelligence From the Start: Cultivating a Meaningful Connection Between Parent and Baby From Conception to Birth

Register Now

Not a Member?

Join now and save on conference registration fee plus receive other member benefits. Membership rates as low as $65 per year.

Join Now!

There will be a four-day Emerson Workshop from July 12-15 (Friday through Monday) in St. Louis. The location is a lovely home with serene grounds. It will be a small group of 9 to 15 participants - a great opportunity to experience support for personal work in healing wounds from prenatal and birth experiences. Workshop Registration is $610.00; meals are an extra $70 (includes 4 lunches and 3 dinners), lodging isn't included. There are several motels within 2-4 miles of the workshop. For more information and to register, contact Noel Flynn: mnflynn122@gmail.com, or 314-963-9710.

To schedule an individual consultation on July 16 or 17, email or call Zahira, emersontraining@comcast.net or 707-763-7024.
2013 Congress Keynote Speakers

Annie Brook, somatic psychotherapist and movement artist, is a highly skilled clinician, author, and public speaker. Her presentation "How Birth Influences Behavior: Working with the Earliest Brain States and Cellular Repair" - a session not to be missed!

Pam England, teacher and midwife for over 20 years, will explore the social seeds of birth trauma and discuss ways to minimize emotional birth trauma in her presentation "Birth Story Medicine" ~ a way to change the U.S. birth culture.

Gary Malkin, an award-winning composer dedicated to making a difference in the world by creating music that inspires the heart and catalyzes healing.

Wendy Anne McCarty has worked with families for over 40 years using energy psychology to help heal and support babies and families. She will share stories in her presentation "Aligning Our Multidimensional Wholeness and Awakening our Human Experience within Its Embrace: Babies, Families and All of Us!"

2013 Congress Training Sessions

"Sensory Integration: Tools and Tips for Integrating Birth to Health" ~ Peg Bledsoe, an occupational therapist, will teach a variety of treatment techniques that support Sensory Integration and healing of birth trauma.

"Creative Arts Solutions for Perinatally Based Relationship Issues" Kathlyn Hendricks will show how unresolved dynamics from the pre- and perinatal period shape partner choice and relationships. Learn to notice these patterns and heal them.

"The Sacred Hour: Critical Importance of Uninterrupted Skin to Skin in the First Hour after Birth" Raylene Phillips, 2012 recipient of the Thomas Verny Award, will illustrate and describe practical ways to change the culture of hospitals to support uninterrupted skin to skin after birth.

This is going to be a fabulous congress! Be sure to register early!
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.

Reinventing the Journal

With our new team of gung-ho editors, Kate White and Kerry Cerelli, we are about to embark on making the Journal more practice oriented and relevant to our readers’ interests. With that in mind we plan on creating sections within the Journal that will fall into the following categories: Research, Clinical Practice, Interviews, Reflections, and Book Reviews.

The Research section will be peer reviewed and contain papers similar to what the journal has offered in the past. In addition to publishing findings from the USA and Canada we intend to reach out to our colleagues abroad and solicit papers from them about their research. The Clinical Practice section will publish papers by therapists, counselors, nurses, psychologists and others who utilize pre and perinatal psychology in their work. The Interviews section, as the name implies, will be with practitioners in the field who may not have the time or inclination to write about their work but who still have great insights to share about how they incorporate pre and perinatal psychology into their daily practice. The Reflections section will be similar to the Sharing Space of the past containing brief communications from our readers. The Book Review section will remain unchanged.

All of us at the Journal hope that these changes will meet with your enthusiastic approval. And by all means, let us know what you think. We are open to suggestions. This is your Journal. So make sure it serves your needs.

Thomas R Verny MD, D.Psych., FRCPC, FAPA
Editor-in-Chief
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.

APPPAH Members: Please send news items, reviews, events, commentary, and other items to the Newsletter Editor, Peter G. Prontzos at: pprontzos@langara.bc.ca

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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.

**Venezuela's New Labour Law: The Best Mother's Day Gift.** Venezuela announced that a new labour law, part of which will grant recognition to non-salaried work traditionally done by women, will come into effect in May. Full-time mothers will now be able to collect a pension. [May 15, 2013; rabble.ca: http://rabble.ca/columnists/2013/05/venezuelas-new-labour-law-best-mothers-day-gift]

**Flu in Pregnancy May Quadruple Child's Risk for Bipolar Disorder.** Pregnant mothers’ exposure to the flu was associated with a nearly fourfold increased risk that their child would develop bipolar disorder in adulthood, in a study funded by the National Institutes of Health. [May 14, 2013; Science Daily: http://www.sciencedaily.com/releases/2013/05/130514101459.htm#.UZOk6vYLmJ0.email]

**Prenatal Care from Midwives May Lead to Healthier Babies, Healthier Moms.** [May 9, 2013; MetroTrends: http://blog.metrotrends.org/2013/05/prenatal-care-midwives-lead-healthier-babies-healthier-moms]

**Chemicals of High Concern Found in Thousands of Children's Products.** An Environmental Health News analysis of thousands of reports from America’s largest companies shows that toys and other children’s products contain low levels of dozens of industrial chemicals, including some unexpected ingredients that will surprise a public concerned about exposure. [May 6, 2013; Scientific American: http://www.scientificamerican.com/article.cfm?id=chemicals-of-high-concern-found-in-thousands-of-childrens-products&WT.mc_id=SA_CAT_HLTH_20130507]

**Air Pollution Exposure in Pregnancy Linked to Cancers.** Children whose mothers have an increased exposure to air pollution from motor vehicles while pregnant may have a higher chance of developing certain cancers, a study found. [April 9, 2013; Bloomberg: http://www.bloomberg.com/news/2013-04-09/air-pollution-exposure-in-pregnancy-linked-to-cancers.html]

**Mom's Placenta Reflects Her Exposure to Stress and Impacts Offspring's Brains.** If a mother is exposed to stress during pregnancy, her placenta translates that experience to her fetus by altering levels of a protein that affects the developing brains of male and female offspring differently. [March 4, 2013; ScienceDaily: http://www.sciencedaily.com/releases/2013/03/130304151811.htm]
10 Best Countries for Moms
By Courtney Subramanian / Time - May 10, 2013

For Moms in Finland, every day is Mother’s Day. A new report from the non-profit Save the Children says the Nordic nation is the best country on the globe for mothers to live.

As the Atlantic reports, the child advocacy group’s 14th annual State of the World’s Mothers report [http://www.savethechildrenweb.org/SOWM-2013/#/1/zoomed] relied on five key metrics for its rankings: per capita income, lifetime risk of maternal death, mortality rate for children under 5, education levels, and the frequency of women in governmental positions of power...


Scandinavia is definitely a good place to be a Mom: Sweden placed second, Norway third, and Denmark sixth. In fact, all but one of the top 10 countries where Moms are the safest are European...The ten unsafest places for mothers are all located in Central Africa...An estimated 98% of newborn and 99% of maternal deaths occur in developing countries where basic health care services are scarce.

The best news… is a dramatic decrease in maternal and child deaths overall. The annual number of children under age 5 who die each year dropped by more than 40%, from 12 million to 6.9 million, while the number of maternal deaths declined almost 50%, from 543,00 to 287,000, since 1990. An influx of community health workers has also…to reduce infant mortality rates.

…the study ranked the U.S. 30th overall in mother and child well-being, with the most newborn deaths in the industrialized world. Though industrialized countries make up only 1% of the world’s newborn deaths, the U.S. still has 50% more first-day deaths than all other industrialized countries combined. The report attributes this to premature births and a high rate of teen pregnancy, among other reasons.

http://newsfeed.time.com/2013/05/10/10-best-countries-for-moms

SQUATFest 2013

Birthworkers will converge in San Francisco August 2-4 for SQUATFest 2013, an innovative conference organized by the SQUAT Birth Journal. The event will feature both seasoned elders and emerging voices from within the birthing community and will blend the sacred, the shamanic, and evidence-based aspects of birth work. The conference has a strong focus on social justice.

SQUATFest 2013 will take place at The Women’s Building in the Mission District of San Francisco and will include workshops, discussion circles, keynote speakers, live entertainment, and the opportunity for midwives to earn Continuing Education Units (CEUs). Featured presenters include Makeda Kamara, Elizabeth Davis, Gail Hart, Mary Cooper, Whapio Diane Bartlett of the Matrona, Racha Tahani Lawler of The Community Birth Center, and Miriam Perez of Radicaldoula.com

The event is supported via registration fees and generous donations. Tickets are available on an affordable sliding scale and scholarships are still available.

Conference program and registration forms are available online at: www.squatbirthjournal.org/squatfest
PARENTING FOR PEACE news
Marcy Axness
May, 2013

P4P on TV

The **EVOLUTIONARY PARENTING PARADIGM SHIFT** has begun...and this revolution will indeed be televised! **BEING MOM with Sarah Ripard** is a ground-breaking show soon to launch. I'm thrilled to be the resident expert for this T.V. talk show that will finally reflect and speak to *us* -- mothers, fathers, caregivers, educators...*humans!* -- who are seeking a healthier, more balanced way of raising thriving, happy, global citizens through leading-edge parenting.

If you make it a point to support institutions or causes that contribute to social enrichment, **I urge you to PLEASE take 4 minutes** and join the critical mass that will advance this imperative movement and bring P4P principles & tools to millions. Click here & help turbo-charge the launch of **BEING MOM!**  [http://beingmom.tv](http://beingmom.tv)

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**Sister- An Intimate Portrait of a Global Crisis**
A Film by Brenda Davis

*Sister*, the story of health workers in Ethiopia, Cambodia and Haiti, explores how they work under difficult circumstances and shows maternal and newborn death as a human rights issue.

An intimate portrait of a global crisis woven from indigenous scenery and vérité footage, *Sister* captures colors, sights and sounds while exploring dedicated health workers and those in their care through intense and beautiful moments.

Goitom Berhane, a charismatic Ethiopian health officer in residency in a Masters of Surgery and Obstetrics Program at a rural hospital. Pum Mach, a direct but gentle rural midwife living and working within a heavily land mined area of Cambodia. And Madam Bwa, a captivating Haitian midwife, herself fighting poverty, working in a volatile, densely populated urban area.

Their stories reveal strategies in place to improve maternal health and address the crisis in maternal and newborn mortality to show when the strategies work, when they don't work and how the lack of transport, communication and education create weak links along the way.

[sisterdocumentary.com/sister-movie.html](http://sisterdocumentary.com/sister-movie.html)
How to start a BIRTH rEVOLution

By Deb Puterbaugh CPM, CD(DONA), ICCE

"The work of the political activist inevitably involves a certain tension between the requirement that positions be taken on current issues as they arise and the desire that one's contributions will somehow survive the ravages of time." (Angela Davis)

The BIRTH rEVOLution began on April 2, 2013 in Eugene Oregon, at the bi-annual conference hosted by Midwifery Today. Groups like Amnesty International, The United Nations, and other NGO’s united to stop the “Medical-Obstetrical Industrial Complex” that is dictating how humans are born on our planet. As far as that machine is concerned, there is only one way, theirs.

The Obstetric-Industrial Complex

For over 5,000, women had been losing ground in regard to ownership and control of their own bodies, thanks to patriarchy. The American Congress of Obstetrics and Gynecology (ACOG), founded in 1951, is a trade association that controls approximately 97% of all births in the United States. The creation of ACOG marked a merging of these misogynistic roots and the commodification of health care. Women’s reproductive lives became BIG business. Under ACOG’s “expert” care, the amount spent on maternal care in the U.S. is greater than any other country, yet it has a maternal mortality rate higher than 49 countries. The U.S. ranks last in infant mortality rates among the top 33 most advanced nations. Women and babies are dying at an alarming rate - but the BIRTH rEVOLution is here to stop this insanity! Armed with the methods found in Gene Sharp’s legendary, From Dictatorship to Democracy, the BIRTH rEVOLution is ready to fight for the lives of mothers and babies.

We have identified the oppressor, the “Medical-Obstetric Industrial Complex”. We have begun to identify the pillars that hold the oppression up. First, the use of propaganda: used to convince women that their bodies are defective, incapable and too week to do the work of giving birth. That birth is overwhelming, painful and out of their control. And that the obstruction is the “EXPERT” who will save the day! Second, a monopoly of self-interest based on a triangle of power: 1) corporate medicine (hospitals, teaching institutions) 2) Health care and Malpractice Insurance, and 3) pharmaceutical industry. And lastly, the cultural hypnosis that pregnancy, birth, and parenting must come second to the much more important work of, getting and education and working nonstop. The BIRTH rEVOLution has just began to analyze the ways the oppressor has found to dominate women’s bodies, birth and human rights. We invite you to join the discussion and the BIRTH rEVOLution.

We have a Facebook page and 40 organizers globally. Our first action was a rally at the ACOG’s meeting in New Orleans . The BIRTH rEVOLution will join with Amnesty International, the UN Council on Women, NOW, Midwifery Today, Human Rights in Childbirth, EcoBIRTH, LoveDelivers, , Improving Birth, BOLD, Nocirc, Intac America, Birth Power, ICEA, APPPAH, CAPPA, Lamaze International, DONA, and other NGOs, along with MD’s, ObGyn’s, RN’s, CNM’s, CPM’s, Midwives, Traditional Birth Attendants, Healers, Doulas, Childbirth Educators, mothers and fathers, and activists from around our planet to heal birth.

For more information, contact us at:

BIRTH rEVOLution on facebook

www.sagefemme.com and www.femininechange.com
**Book Review**

The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are. by Daniel J. Siegel (Guilford Press)

At UCLA last year, I heard Dan Siegel say something that is a fundamental departure from the way that most of us think about ourselves. “The self”, he explained, “is composed of three elements: our brain, our body, and other people.” We are vitally affected by our relationships in the Primal Period. Siegel writes about the need to create secure and safe attachments for infants and children:

“Attachment relationships may serve to create the central foundation from which the mind develops. Disorganized forms of insecure attachment may serve as a significant risk factor in the development of psychopathology.”

On the other hand, children who have attuned, secure attachments and who feel loved will tend to be happier and more resilient over their lifespan. This is because, “early experience shapes the regulation of synaptic growth and survival, the regulation of response to stress, and even...gene expression.”

Siegel also explains that, earlier in life, intrauterine factors may have a significant effect in determining a person’s temperament.

Another key concept is differentiation and integration. As our brains grow, each region develops in specific ways - such as memory, vision, and empathy. These areas need to be integrated so that there is a smooth flow of energy and information between them. A complex “unity in diversity” (Murray Bookchin) is vital for stability in ecological systems in general, and for our brains in particular. When the flow of energy and information is disrupted, our thoughts and feelings can become either shut down or more chaotic. Siegel believes that all psychiatric disorders reflect “chaos and/or rigidity” resulting from such “impaired integration.”

Regarding relationships, compassion is beneficial for everybody. "Studies of happiness, health, and wisdom each reveal that positive attributes are associated with helping others and giving back to the world”, Siegel writes. "Being compassionate to others, and to ourselves, is a natural outcome of the healthy development of the mind."

While these problems usually have their roots in infancy and childhood, they are often caused, or made worse, by the “social determinants of health”. High levels of inequality and child poverty correlate with higher rates of emotional, intellectual, and even physical problems. For instance, research in the U.S. found that poor children were more likely to suffer brain damage almost as severe as having a stroke.

*The Developing Mind* is neither a “self-help” book nor light reading - its almost 400 pages of text covers topics such as “self-states”, semantic memory, and “modes of processing”. This detail, however, should not discourage the reader who wants to get a state-of-the-art picture of what it means to be human, from the author of such books such as the very insightful, "Parenting from the Inside Out".

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