

The APPPAH Newsletter

News From the First Frontier: Conception To Birth

Official Bulletin of the Association for Prenatal & Perinatal Psychology & Health, Winter 2014

\$25 Spent on Sexual Health per Woman per Year Would Dramatically Reduce Deaths

This expenditure would also give women the choice of smaller, healthier, and more productive families, according to a UN report

December 4, 2014 / By Kate Kelland

LONDON (Reuters) - Spending \$25 per woman per year on full sexual health services would dramatically reduce mother and baby deaths and give women the choice of smaller, healthier, and more productive families, according to a UN report on Thursday.

The report, by the United Nations Population Fund UNFPA and the Guttmacher Institute, described "a staggering lack of basic sexual and reproductive health services in developing countries" which means 225 million women who want to avoid pregnancy don't have access to modern contraceptives to help them.

It also found that tens of millions of women do not receive the basic pregnancy and delivery care needed to protect their own and their babies' health. Babatunde Osotimehin, UNFPA'S executive director, urged all governments to put women's right to choose how many children to have and when at the heart of national health services.

"We know what to do and we know how to do it," he told a briefing in London. "These investments save lives, empower women and girls, strengthen health systems, and have a profound and lasting impact on development."

Analysing data from Africa, Asia, and Latin America and the Caribbean, the report said it would cost on average \$25 per woman aged between 15 and 49 -- roughly double the current level of spending -- to provide essential sexual health services to all women in developing countries each year. These include contraception advice and services, pregnancy and newborn care, HIV care including medicines to help prevent mother-to-child transmission of the virus, and treatments for four other sexually transmitted infections.

Providing these to all women who need them in developing countries would have a dramatic impact, it said -- cutting unintended pregnancies by 70 percent, unsafe abortions by 74 percent, dramatically reducing maternal and newborn deaths and virtually eliminating mother-to-baby HIV transmission. "This is an affordable goal that will have a dramatic impact," said Ann Starrs, CEO of the Guttmacher Institute.

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While the report was loaded with numbers, she said it was critical "to keep in mind the people behind the statistics." "That includes adolescent girls, married or not, who know that pregnancy right now will mean the end of their schooling and, very likely, the end of their dreams for a better life.

"And women who have already four, five, or six children and know that they cannot afford to bear and raise another one."



APPPAH Professional Development Series to Start in January with a New Day and New Time.

The APPPAH Professional Development series has shifted to Monday evenings once a month at 4 pm PST, 7 pm EST, 11 pm GMT. The new series starting January 12, 2015 is:

Meet Prenatal and Perinatal Psychology and Birth Pioneers.

- **Michel Odent, MD on January 12, 2015: Do We Need Midwives? Plus addendum: Can Humanity Survive Modern Medicine?**
- **Barbara Findeisen, MFCC, PhD on February 9, 2015: 40 years of learning to Heal Pre and Perinatal Traumas, How Far We Have Come**
- **Kelduyn Garland, PhD, DD on March 9, 2015: The Ties That Bond, The Foundational Origins of Bonding and Attachment**
- **Thomas Verny, MD, D-Psych, DHL, FRCPC, FAPA on April 13, 2015: The Pre and Perinatal Origins of Adult Diseases and Personality Disorders**
- **William Emerson, PhD on May 11, 2015: The Omnipresent Vanishing or Lost Twin: How To Create Rhapsody and Avoid Anguish**

We are offering two amazing bonus talks, too, with the purchase of the complete series:

- **Michael Trout, MA on February 16, 2015: Searching For Aunt Rosie: Accounting For Non-Clinical, Benevolent Influences On The Lives Of Babies And Young Children**
- **Michelle Emanuel, OTR/L, CIMI, CST, NBCR, RYT 200 on April 20, 2015: Safe Sleep from a Baby's Perspective: Understanding the Connection to Autonomic Nervous System Regulation**

NEW: The APPPAH Professional Development Series, Clinical Skills with PPN Masters #1 presentations, recorded calls, and handouts only will be available on the APPPAH Website for \$100, members, \$150 non-members.

Letter from the President

Hello APPPAH members,

Winter is upon us and in many places signs of that have definitely begun. I hope that all of you are warm and safe. I enjoy writing to you quarterly and letting you each know how APPPAH is progressing with our current goals. In our last Newsletter I mentioned that the board was looking forward to a rich harvest following a year of great transition and new growth. In many ways, that has come to fruition.



It was once said by another leader, "I stand on the shoulders of giants." In my first year as APPPAH's current president, I have surely felt that way. Having great previous presidents, like Thomas Verny, David Chamberlain, Barbara Findeisen, Wendy McCord, and William Emerson to guide & support me has given me a wonderful feeling of security. These great leaders have laid such a firm foundation for APPPAH to build upon that it is a joy for the current board members to continue guiding this important work.

One of the fun things we are beginning to see and feel is how scientists, psychologists, and medical professionals are beginning to lend more support to what we, in APPPAH, have known, and been gathering information about, since the early 1980s. Medical professionals are beginning to understand and believe that babies truly are conscious, sentient human beings who are reacting to and recording information that will impact their life from conception on through pregnancy, birth and the first year of life. APPPAH will continue our effort to make significant changes in the way Mothers and Babies are cared for during pregnancy and birth. Studies in social epigenetics, neurobiology, and endocrinology are lending more and more support to APPPAH's mission.

APPPAH's current education department is working to take advantage of this surge in several ways. The online prenatal and perinatal educator course (PPNE) continues to grow. APPPAH now has over 100 students around the world studying PPN and planning to get this information out further to the public in many ways. The growth of the course continues with two wonderful new mentors for the students. Recently joining the team are leaders Susan Highsmith, PhD and Karen Strange, CPM. Several young APPPAH leaders, have also stepped forward to provide further grounding for the students by teaching the required 16-hour experiential workshop of the PPN course. These experiential workshops will be held in several parts of the world in order to provide accessibility and support to students world-wide. Kate White, our education director, is organizing this effort.

Another aspect of growth coming from the education department has been the professional development monthly Maestro Conference calls. Throughout the year, several leading APPPAH professionals provided very informative lectures with accompanying professional materials. These lectures were a dynamic addition for members wishing to increase their understanding of PPN principles and how to apply them to their own practice. Simply by selecting and ordering this education option on the APPPAH website, members wishing to learn more about a particular aspect of PPN had access to great information and great teachers. In the coming year, check the APPPAH website to register for an entire professional development series or for one of the individual monthly lectures (www.birthpsychology.com). I guarantee it will be worth your purchase as another group of wonderful pre and perinatal psychology leaders offers trainings.

The board has been working with our very capable webmaster, Gary Gustofson of Newpress, on upgrading the APPPAH website. We were gifted with professional direction from Phillipa Games of "Websites that Win" and many of you members also gave feedback concerning ways to make improvements. We appreciate everyone's input, because we want the APPPAH website to compliment your practices and be "user-friendly." Please continue to let us know of ways we can make improvements. Send your suggestions to: **consultant@birthpsychology.com**

APPPAH receives approximately 8,000 "hits" daily, but we noted that our retention rate is less because parents often cannot find what they are searching for. In order to help with that issue, we are presently working on creating a link from our **birthpsychology.com** site to APPPAH's new parenting site: **consciousbaby.org**. Parents coming onto the *birthpsychology* site will be directed to the Conscious Baby parenting site for more information related to their specific needs. The new site is not functioning yet, but will be soon. We are seeking funding to make it a reality. In relation to our goal, APPPAH recently received a wonderful gift from Kindred Magazine. Kindred is transferring to a new format and donating their old website domain to APPPAH. That is a wonderful gift as it is already set up for us to soon begin formatting articles and information for parents about birth psychology. APPPAH is hoping to attract more parents with this new tool.

Having an additional parenting website will allow APPPAH to keep its strong foundation of medical and professional information on **birthpsychology.com**. It is a very important part of our mission to continue to educate medical professionals and provide a place for all of our professional members to find instructive articles, maestro conferences, and webinars related to their individual practices. APPPAH has a wealth of very valuable information, such as our professional journal articles and evidence based information that we want to keep well cataloged and accessible to professional members.

Our medical director, Joel Evans, MD, is working with us to create an APPPAH Medical Professional group to strengthen and enhance our continuing efforts to provide valuable scientific and evidence based information to our medical professional members. The board continues striving to make your membership dollars benefit each of you and your profession. Your loyalty to your professional organization deserves the best from each of us. By each member supporting and benefitting APPPAH, that enables APPPAH to support and benefit you.

Again I want to thank each of you for your individual efforts to help us build APPPAH this year. It has been a good year and I believe that we will continue to expand our influence concerning APPPAH's work with pre and perinatal psychology in the coming year. Your APPPAH board members and I hope you each have lovely holidays and that you invite in the New Year of 2015 with enthusiasm and commitment to your professional association.

Joy & Blessings,

Sandra Bardsley, APPPAH president

APPPAH's 19th International Congress - December 3-6, 2015
Birth and Society:
How Birth Impacts Society and How Society Impacts Birth



Join **APPPAH** for the **19th International Congress** at the Double Tree Berkeley Marina Hotel, December 3-6, 2015. We invite you to celebrate new trends, old friends, great views, and lots of topics related to birth effects on society. Our lives are changing with the changes of how we deliver babies. As we explore the past, present, and future with the supportive surround of salt air, ocean breezes, majestic sights, and ambient sounds of the waves and rolling fog and peaking city light of San Francisco and the Berkeley Marina, come and share the mission of how society effects and birth effects society. The Congress keynote presenters will share the evolution of ethology as it relates to skills and techniques for birth and how all this impacts society which will impact birth. Keynote speakers will be: Thomas Verny, MD, DPsych., DHL, FRCPC, FAPA, Dr. Jack Panksepp, Dr. Gerlinde A. S. Metz, Robbie E. Davis-Floyd, PhD, Michael Mendizza, Karen Strange, CNM, Jeanne Ohm, DC, and Peter Prontzos, MA. We encourage presenters and attendees in the fields of medicine, psychology, researchers, and the arts to attend, along with psychologists, occupational and physical therapist, social workers, NICU staff, ob/gyn professionals, childbirth educators, doulas, midwives, pediatricians, early childhood educators, health advocates, professionals in somatic healing practices, and parents from all walks of life. Celebrate life and join us!!

Early Birds Discounts Available at Congress website through December, 2014:
https://birthpsychology.com/2015-conference/welcome-congress-2015#.VIIWxDHF_bA

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.

Type 2 diabetes risk starts in pregnancy. The risk of developing type 2 diabetes, obesity, and cardiovascular disease is affected by exposures in the uterus, research shows. Experts are now calling for updated guidelines in light of research evidence from the past decades. The fetal programming hypothesis hinges around the idea that the intrauterine environment, the milieu in which the fetus is exposed as it grows, impacts the trajectory for disease risk later in life. (ScienceDaily; 5 December 2014: www.sciencedaily.com/releases/2014/12/141205093758.htm).

Endocrine disruptors alter thyroid levels in pregnancy, may affect fetal brain development. A new study provides 'the strongest evidence to date' that endocrine disrupting chemicals such as polychlorinated biphenyls found in flame retardant cloth, paint, adhesives and electrical transformers, can interfere with thyroid hormone action in pregnant women and may travel across the placenta to affect the fetus.. (ScienceDaily; 4 December 2014: www.sciencedaily.com/releases/2014/12/141204141017.htm).

Low-risk pregnant women urged to avoid hospital births. Women with low-risk pregnancies are to be encouraged to have non-hospital births under new guidelines, which could see almost half of mothers-to-be planning to deliver their baby away from traditional labour wards. The changes have been made because women who give birth under midwife-led care have less chance of being asked to undergo medical interventions such as episiotomies, caesareans and use of forceps. (The Guardian; 3 December, 2014: <http://www.theguardian.com/lifeandstyle/2014/dec/03/low-risk-pregnant-women-urged-avoid-hospital-births>).

Dangerous premature births decline in states that expanded Medicaid. The percentage of babies born prematurely fell to 11.4 percent in 2013, its lowest level in 17 years, according to an annual March of Dimes report released this week. While many factors contributed to the decline, officials say the health law's expansion of Medicaid to adults with incomes up to 138 percent of the federal poverty level has played a role. (Huffington Post; 10 November 2014: http://www.huffingtonpost.com/2014/11/10/premature-births-obamacare-medicaid_n_6133936.html?ncid=fbklnkushpmsg00000013).

ScienceDaily[®]

Your source for the latest research news

Many of the stories listed in Media Watch are originally from ScienceDaily. This **free** service provides up-to-the-minute information on the latest research. You can sign up for emails on general topics, (e.g. Health & Medicine, Mind & Brain) and/or areas that are of specific interest to you (e.g. Pregnancy and Childbirth, Breastfeeding, Infant's Health, Child Psychology, Parenting, Children's Health, Stress, Child Development, Neuroscience, and Epigenetics).

To see the entire list of their Newsletters, visit: www.sciencedaily.com/newsletters.htm

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From the APPPAH Department of Education And the Journal

Available Online ~ www.birthpsychology.com

The Fall APPPAH Journal is now available from the website:

- When Humanity is Born by Cesarean at the Dawn of a Paradigm Shift by Michel Odent
- What Cells Remember: Toward A Unified Field Theory Of Memory by Thomas Verny
- Coming into Form: The Unique Experiences of Practicing Prenatal and Perinatal Therapists, by Patricia Lucas
- Thomas Verny, Founder of APPPAH, Interview by Kerry Francis
- Review: Two Layers of Support: Creating the Conditions for Healing. by Kate White

Thomas Verny's paper *What Cells Remember: Toward a Unified Field Theory of Memory* is the new FREE download.

Also NEW Educational Opportunity!



Coming soon: All the recorded teleconference calls with the first series, Clinical Skills with PPN Masters #1 will be available with the handouts for each call will be available in a bundled package.

This excellent call series had these remarks:

"I felt like I was actually with her."

"I felt very nurtured by this call."

"This was such a useful seminar. I appreciated the level of preparation, information shared and detail in responding."

"Thanks Kate for another excellent program! I am impressed with the way you connect the group and are sensitive to the flow of the session. . . . [the] material is just so embodied, even online!"

Members: \$100, Nonmembers: \$125. Available on: birthpsychology.com

See more about the Professional Development Program Here:

https://birthpsychology.com/courses/pro-series-one-clinical-skills-ppn-masters#.VIU4F8l_T1V

APPPAH'S 19th INTERNATIONAL CONGRESS
DEC. 3-6, 2015

Call for Proposals

Official Invitation to Submit your Proposal for Breakout Sessions

Contact Congress Chair, Peg Bledsoe, conference@birthpsychology.com
to obtain the submission form. Only proposals submitted on this form
will be entered into the blind review process.



Deadline: Monday, February 16, 2015, 11:59 PM Pacific Time

Proposals will be accepted anytime between this official notice and the above deadline.

Remember - you need to be an APPPAH member to be considered - to join or renew your
membership, go to [Membership](#)



<http://birthpsychology.com>

ISPPM Congress

**November 1-2
Maastricht Netherlands**



Jeane Rhodes, PhD

It was my privilege to attend and present my research at The International Society for Pre- and Perinatal Psychology and Medicine Congress in early November. Attending an ISPPM Congress has long been on my “bucket list” and when the announcement came last February, I immediately registered. As it turned out I went as APPPAH’s representative and was invited to speak when another speaker had to cancel. My presentation was called, “Body Language and Birth Memory” and was based on two research projects, one interviewing 2-3 year old children about their birth memories and the follow-up with 5-9 year old children using body language as a clue to their prenatal and birth experience.

The Congress was fully booked with 150 participants from many European countries, the UK, and the US. For ISPPM this was a first, important step closer to the aim to make ISPPM known in the Benelux countries. Of particular note were presentations from Dr. Franz Rupert, Matthew Appleton, Franz Renggli, and Japp vander Wal. The evening talk from Ludwig Janus, whom many in APPPAH know well, was a highlight. This talk was given at a museum, which was the venue for the Saturday evening dinner and a tour of the museum.

The two afternoons of the congress were reserved for workshops. Here, participants were given the opportunity to increase their knowledge of theoretical aspects along with practical applications and self-experience. Barbara Schlochow presented her work with the “lost twin,” Franz Renggli demonstrated his therapeutic work with a baby, and Elena Tonetti presented her work.

As we share information and attend each other’s conferences, APPPAH’s relationship with ISPPM, our sister organization in Europe, will be strengthened. I am grateful for having had the opportunity to participate in that strengthening.

Do You Have A Story to Tell?

APPPAH is interested in documenting the stories of members who want to tell 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.com

David Chamberlain Memorial Scholarship Fund

This scholarship fund has been established to honor Dr. Chamberlain and further his desire to share information about pre and perinatal psychology. Scholarship funds will assist deserving individuals with congress registration or with tuition for the APPPAH Pre and Perinatal Educator Certificate program.

APPPAH's international congresses attract people from around the world and could attract more of those who work with underserved populations if scholarships were available.

APPPAH's Pre and Perinatal Educator Certificate has been developed to provide a basic education, including history, ethics, and principles, in pre and perinatal psychology and will enable those who earn the certificate to share this information with others in various learning environments.

Support the Memorial Scholarship Fund. You will be honoring Dr. Chamberlain and playing a vital role in changing how babies are welcomed into this world. This, in turn, will benefit society and future generations, and will further Dr. Chamberlain's dream to "enlighten as many people as possible about the indispensable and irreplaceable baby – innately affectionate, mysteriously precocious, multidimensional beings, capable of leading the gentle revolution in who we think we are and want to be."

Information on contributing to the Scholarship, or to apply:

<https://birthpsychology.com/content/david-chamberlain-memorial-scholarship-fund#.U69eQbHlrct>



BirthKeeper Summit



April 30- May 3, 2015

Berkeley City College / Berkeley, California

Plenary Speakers:

Robin Lim , 2011 CNN Hero of the Year

Katsi Cook, Aboriginal Midwife

Dr. Michel Odent, Primal Health Research Centre

<http://birthkeepersummit.com/>

APPPAH EMBODIMENT SEMINARS FOR EDUCATORS, PARENTS, AND BIRTH PROFESSIONALS

APPPAH is offering a basic course to help educators develop attributes and skills when teaching difficult material, including:

- Pacing
- Tempo
- Harmonic Resonance
- Modeling
- Naming
- Group tracking
- Use of Social Engagement and other autonomic nervous system functions

Participants will take away a valuable tool kit for working in groups. Exercises include:

- PPN Principles as a Tool for Establishing Safety and Connection
- The Sequence of Birth as a Pattern in Life
- Use of Story as a Tool: How do you use your own story?
- Use of Embodied Storytelling to Support a Teaching Point

Embodiment Seminars

With Karen Strange, CPM, and Kate White MA, LMT, RCST(c)

Place: 1710 Allied St. Suite 20 B, Charlottesville, VA 22903

Dates: January 23, 24, 25 - 2015

Times: Friday at 7 pm

Saturday 9 am - 5:30 pm (with optional evening film and discussion),

Sunday 9 am - 3 pm

Fee: \$195 early bird before January 15, \$225 after that.

More Information: Kate White, katercst@gmail.com([link sends e-mail](#)) 434-996-2002

Registration: [online registration](#) ([link is external](#))

With Ahara Vatter, BA, LMT, LMMT, WABA

Place: Austin, TX

Dates: April 17-19, 2015

More Information: Ahara Vatter, Aharava1@hotmail.com([link sends e-mail](#)),
303-808-9606

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 to 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;
- 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.

NEW: APPPAH Prenatal and Perinatal Psychology Educator Certificate Course



Many very fine articles from JOPPPAH are part of APPPAH's certificate 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 100 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.

ALERT! Please send any stories and/or photos (as well as other news items, book reviews, events, commentary) that you wish to submit before March 1 to the Newsletter Editor, Peter G. Prontzos:

pprontzos@langara.bc.ca

APPPAH is on Facebook!

https://www.facebook.com/groups/birthpsychology/?ref=br_tf
or
<https://www.facebook.com/APPPAH>

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



APPPAH PPNE Student Spotlight: Pamela Yenawine, CST - D

(Diplomate Certified CranioSacral Therapist)



As a late life career change, I began to study CranioSacral Therapy (CST) in late 2001. I had received CST for 7 years prior to this, and my own results convinced me of the power of this gentle herapy. I decided to take Pediatrics as I was often the one in the room who could help a baby settle. I came away from that class with more than I expected - having experienced my own body's memory of my conception, gestation, birth and bonding and (lack of) attachment.

One of the teaching assistants in the class was a doula. I had never heard of a doula, and I could see that she really connected with the babies. I asked about the role of a doula. And, within days of my return home, a close friend told me that she was going to a doula training! I signed up right away! However, my private practice of CST really prevented me from attending many births.

Then I worked with a woman as she prepared to birth her first child. She and another woman were expressive therapists, and the three of us had been providing therapeutic services to women in recovery from drug addiction who were pregnant or who had small babies and children. One of the expressive therapists told me about APPPAH. I investigated and joined immediately in 2003. I devoured each Journal that came.

Slowly, in my private CST practice, I began to attract pregnant women and women with babies and children. I also worked part time for 1.5 years in a clinic that served children on the autistic spectrum. I was amazed at how much those children taught me! One of my early experiences was with a very young child whose step-grandmother was referred to me by a doctor whose twin girls had received benefits from working with me. The step-grandmother first met this boy (I'll call him Robert) when he was 11 months old. Robert was in a crib, still in a fetal position. She took him to all kinds of doctors who said he would never walk, talk etc. He responded so well to our sessions - the doctors were amazed. Robert was another of my "teachers" --showing me that what lies within is just waiting for the support and enough love in order to manifest. He received many other kinds of therapies, and the grandmother felt that CST was the key to helping him unlock his life. Today Robert is smiling, using a computer, goes to school. He's so happy and proud of himself.

In the APPPAH newsletter, I read about the Congresses. I longed to attend one, yet it seemed next to impossible for many reasons. I also read about the PHD program at the Santa Barbara Institute. However, being a woman of a "certain age" - I just didn't have the time nor the resources to make that commitment. I so enjoyed reading about the students and the program. My older son had relocated to San Francisco and when APPPAH decided to move the Congress to an in-town hotel, I made the leap to attend. I even volunteered to help out at the registration desk - both years! Truly, there were a few times, when attending sessions, that I became overwhelmed (I hadn't yet met Ray Castellino and Mother Earth/Father Sky.)

After attending the two Congresses in San Francisco, I HAD to attend when the Congress returned to Asilomar. And just before that conference, APPPAH announced the PPNE Certification program. YES! There was no doubt in my mind. I paid for the entire course even though I really had no idea what it entailed or how it would play out in my life. A little like a second conception? Nearing the end of the first year of the program, my own journey into pre- and perinatal learning has greater breadth and depth. Even integrating just a little of what I am learning into my CST practice - with my passion for working with moms and babies - the outcomes of sessions are much more apparent, not only to me but to the parents and many of the birth care providers. And my dialogue with the babies and their parents has grown and deepened consistently.

My goal is to complete the coursework by the end of 2014 and then seek further support from our excellent administrator, Kate White, and my wise mentor, Dennis Hertenstein, in how to begin to share this wonderful, significant and transformative wisdom not only to parents and their babies, but to my colleagues and others in our strong and growing birth community in Louisville, KY.

APPPAH's PPNE Certification is the manifestation of a dream that I didn't even know I had. I am so grateful for our wise and courageous founders and the amazing collection of experts who have enriched our ability to begin to apprehend this powerful process of a life becoming embodied. From deep within my life, I bow humbly and will strive to share the fruits and wisdom of all those who have gone before, to honor their courageous work and dedication to truth-telling.

Pamela Yenawine CST-D
Louisville, KY

APPPAH Trainer Feature: Introducing Ahara Vatter

APPPAH trained over 20 of the most highly educated PPN practitioners this past summer to offer its newly created Embodiment Seminar for PPNE students and anyone interested in an entry level PPN experience. See birthpsychology.com under Professional Development for more information on the trainers and seminars they offer. We will be featuring trainers in newsletters on a regular basis.

Ahara Vatter has a BA in Psychology. She is a licensed massage therapist, licensed medical massage therapist, aromatherapist, doula, WABA therapist and instructor, and yoga instructor. She recently completed the Body Into Being training with Ray Castellino and Anna Chitty.



I live and practice in Santa Fe New Mexico, I frequently teach and spend time in the Denver-Boulder CO area and teach in Austin TX a number of times each year. I am honored to be part of the APPPAH Training Program by participating in and leading the Embodiment Seminar as part of the Educational on line module program.

Becoming an APPPAH PPNE Trainer is relevant in the support of postpartum care and education in which I have been involved for 25 years. The Embodiment Class offers necessary skills, useful education and relevant tools for doulas, whom I help support, instruct and educate. The embodiment pre and peri-natal course also supports the Trauma/Transitional Coaching and Bodywork, as well as Aquatic Bodywork session work and Aquatic Class Instruction. The Embodiment Seminar reinforces every part of

my life including my own personal work. I especially appreciate the supportive network in APPPAH for students, educators and trainers and members.

The information that is included in the Embodiment Seminar is potent: education and modeling joins in a supportive and unique experiential educational structure. The full module course is beautifully grounded in the Embodiment course with skills that reinforce personal presence with an outcome of polished professional educators, additional support and follow up opportunities.

I look forward to being part of the committed APPPAH teachers and educators who work diligently to assist people to understand and work with their early conscious history, and to create a presence in the world that is proactive in the early life of infants and unborn children.

I will be leading an APPPAH Embodiment Seminar in Austin Texas: April 17-19, 2015

Ahara Vatter

Aharava1@hotmail.com

303-808-9606

New Mexico Massage License and Nationally Certified Medical Massage Therapist

Advanced Aromatherapy Alchemist

WABA (World Wide Aquatic Bodywork) Instructor and a WABA *Certified* Aquatic Therapist

Ayurvedic Postpartum Doula, On Staff Sacred Window School

Bachelor of Arts Degree, Psychology, and Certified Kundalini Yoga Instructor

Not an APPPAH Member?

Join Now!

The primary benefit of APPPAH membership is the knowledge that you are supporting the educational efforts of APPPAH in disseminating vital information about the importance of the first nine months of life. You will become part of a community dedicated to improving life for babies and families.

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

- Current digital publications (Newsletter and Journal)*
- Regular email updates on APPPAH activities and opportunities*
- Listing in Members Registry*
- Listing in the Find-a-Practitioner Directory*
- Access to Full Journal Archives*
- Conference discounts*
- Membership discount for multiple year sign-up*
- Discounts on Maestroconference packets*

Membership rates as low as \$75 per year.

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

All at our website:

www.birthpsychology.com/memberships

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

* * * * *

AND BE SURE NOT TO MISS

APPPAH's 19th International Congress

**Birth and Society: How Birth Impacts Society and How Society Impacts Birth
Dec. 3-6, 2015, Doubletree Berkeley Marina, Berkeley, CA**

Early Birds Discounts Available at Congress website through December, 2014:

https://birthpsychology.com/2015-conference/welcome-congress-2015#.VIIWxDHF_bA