

In Memoriam
John Chitty RPP, RCST®
April 15, 1949 - February 28, 2019

The Association for Prenatal and Perinatal Psychology honors the passing of John Chitty, celebrated teacher of Polarity Therapy and Biodynamic craniosacral therapy, and an ardent supporter of babies. His blend of therapy combined ancient wisdom with current health practices, and he had a particular focus on the sacredness of early human development. He and his wife, Anna Chitty, started teaching polarity therapy in 1979 and opened the Colorado School of Energy Studies in Boulder, CO in 1992. At the end of his life, John created Polarity Counseling. He was a presenter at APPPAH conferences and a frequent lecturer in the Monday LIVE lecture series in the Prenatal and Perinatal Educator Certificate Program.

We are particularly grateful for John's contributions to understanding babies and the autonomic nervous system. In alignment with APPPAH's mission statement that babies are conscious beings, John took this one step further. He often said that babies are the royalty of humanity; they are super-sentient and deserve the best treatment. His protocols for working with babies started with the theme of recognition; to babies we say, "I know who you are (a unit of consciousness). I know where you come from (an invisible, spiritual, magical place). And I know why you are here (to have experiences on planet Earth to gain wisdom from experience.)"

Our efforts combined when educating students in our programs, especially in the domain of neuroscience and the polyvagal theory. John donated the 6th chapter of his book, *Dancing with Ying and Yang: Ancient Wisdom, Modern Psychotherapy and Randolph Stone's Polarity Therapy* (2013) to our education program. His lectures to our students emphasized understanding the baby's story, the use of energetic and nervous system state recognition, practitioner skills, and how special babies are. He was very generous in his teaching, offering many lessons through YouTube for free, podcasts of his exercises, and handouts of many kinds that can be found on his website: <http://www.energyschool.com>.

John was unable to attend his last lecture for APPPAH at the regional conference in Denver, 2018 because of his illness with cancer. That lecture, *Talking with Babies*, was one of his favorite topics because he represented the intelligence and super-sensitivity of babies, and how our current birthing practices need to be upgraded to be more thoughtful and gentler. His book, *Working with Babies: A Five-Step Therapy Method for Infants and Their Families* (2016), outlines a protocol that includes talking with, and listening to, babies in utero as well as newborns. He pioneered the use of the two-chair approach when helping families to understand the baby's experience. This approach combines the wisdom of pendulation within a polarity of nervous system states with direct experience, so that families can really communicate with, and understand, the baby. His books and presentations have stories of improving difficulties prenatally, during birth, and after birth by simply "putting the baby in the chair," or having the adults in the baby's life engage in gentle inquiry from one chair, and then switching to become the baby in the other chair. Many families benefited from learning this form of gaining insight into the consciousness of their children, and themselves.

John's teaching and presence in our community will be forever remembered. His pioneering teachings, often done with great humor and grace, encouraged a greater understanding of humanity. APPPAH was very fortunate to have his support and contributions.

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