

## APPPAH 2016 Regional Conference, Seattle

Location: **Bastyr University** 14500 Juanita Dr NE, Kenmore, WA 98028

**FRIDAY**  
September 16th

8:00-9:00 am  
9:00-10:00  
10:30AM -12:00 pm  
12:00-1:00  
2:30-4:00

Opening: **Joel Evans**  
**Stephen Bezruchka** and **Adam Burtle**  
**Wendy McCarty**  
**Gerhard Schroth**  
Panel: *Powerful Societal and Relational factors impacting Prenatal Health*  
**Concurrent Breakout sessions**  
Dinner (on your own)  
Documentary Film: **IN UTERO**  
Panel discussion on the film

**SATURDAY**  
September 17th

9:00-9:15 am  
9:30-11:00  
11:30-1:00 pm  
2:30-4:00  
4:30-6:00

Opening: **Joel Evans**  
**Kate White**  
**Jennie Joseph**  
**Vincent Felitti**  
Panel: *Prenatal and Perinatal trauma and prevention of adverse birth and health outcomes*

**SUNDAY & MONDAY**  
September 18-19

**POST CONFERENCE 2-DAY WORKSHOP**  
Wendy Ann McCarty, PhD, RN presents *The Wondrous Beginnings Approach* to EFT Tapping during Pregnancy & Birth

### Conference Sponsors

**ANTIOCH UNIVERSITY**  
SEATTLE



### FILM SYMPOSIUM FRIDAY NIGHT: *In Utero*

*IN UTERO* is an award-winning cinematic exploration of the sciences supporting birth psychology and humanity's potential for personal and societal healing. The film features interviews with APPPAH co-founder, Thomas Verny, MD. On a groundbreaking and ambitious mission to investigate *how our experiences in utero shape our future*, it asks "How are we formed? Who are we? Why are we who we are?" *IN UTERO* weaves together disparate and dynamic fields of scientific research, expert interviews, insights from ancient and modern mythology and fairy tales - including Disney films, *The Matrix* and the superhero blockbuster film phenomenon.

[www.inuterofilm.com](http://www.inuterofilm.com)



## The Association for Prenatal and Perinatal Psychology and Health

APPPAH is Birth Psychology  
To register: [www.birthpsychology.com](http://www.birthpsychology.com)

**2016 Regional Conference, Seattle**  
Bastyr University  
September 16 & 17, 2016

*"Pathways to Prenatal Wholeness: Integrating Healthcare Disciplines in a 21<sup>st</sup> Century Dialogue"*

#### Keynote Speakers:

- Stephen Bezruchka, MD, MPH
- Adam Burtle, BA, filmmaker
- Joel Evans, MD
- Vincent Felitti, MD
- Jennie Joseph, LM, CPM
- Wendy McCarty, PhD RN
- Gerhard Schroth, MD
- Kate White, MA, CMT, CEIM, SEP

#### **Gerhard Schroth, MD** Psychiatrist and Psychoanalyst

*The Powerful Impact of Prenatal Bonding (BA) in the Prevention of Postpartum Mood Disorders*

A new orientation in the treatment and understanding of Postpartum Mood Disorders appears in a strategy called **Prenatal Bonding (BA)**, available in the US since 2011. The method shows a vast preventative effect. Less than 1% of mothers giving birth suffer from PPD after application of the method compared to about 19% in general reported by a recent WHO publication. The experience of more than 7000 applications of Prenatal Bonding (BA) worldwide support these findings.

[www.schroth-apv.com/PrenatalBondingBA.html](http://www.schroth-apv.com/PrenatalBondingBA.html)



Gerhard Schroth, M.D.

#### Continuing Education:

- ACOG [medical]
- CES [mental / behavioral health]
- ICEA [childbirth educator / doula]
- NBCMB [massage therapy / bodywork]
- IMUSA [infant massage]

#### Bringing together:

- Medicine
- Psychology
- Mental Health
- Birthing Professionals
- Parents, parents-to-be

#### **Wendy McCarty, PhD, RN**

*Supporting Babies' Multidimensional Wholeness and Optimal Relationships from the Beginning of Life*

The heart of all healing and human potential lies in generating greater wholeness, coherence, and right relationship. Our understanding of babies' wholeness is in the midst of a profound evolution from a biologically-based to a more inclusive consciousness-based landscape. PPN findings reveal that babies enter physical life as capable, conscious beings who already have an I AM sense of self and are seeking relationship and meaningful connection. We will explore this new terrain of early development and how we can communicate with and support our multidimensional babies and parents to have greater intimacy and optimal development during the prenatal period.

[www.wondrousbeginnings.com](http://www.wondrousbeginnings.com)



Wendy McCarty, Ph.D., RN

## Jennie Joseph, LM, CPM

*Empowering Mothers: Improving Birth Outcomes for Marginalized Populations*

*Pathways to Prenatal Wholeness: Integrating Healthcare Disciplines in a 21<sup>st</sup> Century Dialogue*

Disparities in perinatal outcomes impact all members of society. We'll discuss current approaches to eliminating these disparities. The contrast between traditional prenatal care with the JJ Way system of perinatal care will be described. Strengths and challenges of providing perinatal care through

the JJ Way system and a maternity medical home will be discussed. We'll discuss techniques to apply this model to your practice, facility or agency along with action-steps to implement future life-saving programs dedicated to improving the health of vulnerable women and babies.



Jennie Joseph, LM, CPM

[www.commonsensechildbirth.org](http://www.commonsensechildbirth.org)

## Vincent Felitti, MD

*The Adverse Childhood Experiences (ACE) Study and Pre- and Post-natal Family Support*



The ACE Study is a major American medical research project studying the relationship between ten categories of adverse life experiences during childhood or adolescence and the prevalence a half-century later of well-being, health-risks, biomedical disease, social malfunction, death, and

medical care costs. These ten categories turned out to be unexpectedly common in a general, middle-class population. The implications for medical practice are profound and have the potential to provide a new platform upon which to base primary care medicine.



Vincent Felitti, MD

[www.caipm.org](http://www.caipm.org)

## Joel Evans, MD

*Incorporating Prenatal and Perinatal Psychology Principles into an Obstetrical Practice*

The intrauterine experience has now been shown to be a major determinant of physical and emotional health from infancy to adulthood. Dr. Evans will describe how the illnesses

that plague developed countries around the world have their origins in utero, and how caring for pregnant women holistically is the ultimate upstream intervention.



Joel Evans, MD

[www.centerforwomenshealth.com](http://www.centerforwomenshealth.com)

## Our Mission

APPPAH educates professionals and the public, worldwide, that a baby's experience of conception, pregnancy, and birth creates lifelong consequences for individuals, families, and society. As a result of scientific discoveries and continually emerging evidence, we know babies are conscious and sentient beings.

[www.birthpsychology.com](http://www.birthpsychology.com)

## Stephen Bezruchka, MD, MPH and Adam Burtle, BA

*Determinants of Health: Socio-economic Factors and Perinatal Implications*



Stephen Bezruchka, M.D., MPH

The United States has worse health outcomes than people in the other rich nations and a number of poorer ones despite spending \$3 trillion on health care in 2014, almost half of the world's total health care expenditures. Poorer people have poorer health and the large economic gap in this country is the primary determinant of our worse health status.

Early life is when a substantial portion of adult health is programmed. The U.S. does not have the support for fetuses, infants and children required to produce healthy adults. National policy priorities are needed to support pre-conception, the fetal period and the first few years of life. Decreasing the economic gap will allow these policies to be funded.

[http://depts.washington.edu/hserv/faculty/Bezruchka\\_Stephen](http://depts.washington.edu/hserv/faculty/Bezruchka_Stephen)

## Kate White, MA, CMT, CEIM, SEP

*Craniosacral Therapy, Trauma Resolution and Somatic Experiencing™ In Perinatal Client Populations*



Kate White, MA CMT, CEIM, SEP

Bodywork combined with trauma resolution approaches are blending into an effective therapy for prenatal and perinatal clients. This presentation will detail a therapeutic triangle of craniosacral therapy and bodywork (touch therapies), trauma resolution in the pre and perinatal

field, and Somatic Experiencing™ (SE) as a container for recovery from difficulty in birth and improving health outcomes. Innate to these therapies are effective treatments of the autonomic nervous system.

[www.birthpsychology.com/courses/apppah-certification-program](http://www.birthpsychology.com/courses/apppah-certification-program)

## Conference Concurrent Breakout Sessions

- Buela Loretta Arvizu, RN, LMP, CCST—*From the Ground Up: Finding Mindfulness in Movement*
- Cheryl R. Azlin, Psy.D. and Susana L. McCune, Psy.D. - *The Psychological Impact of Infectious Disease Threat During Conception and Pregnancy: Impact on the Mother/Prenate Dyad*
- David Hartman, LCSW and Diane Zimberoff, LMFT—*Hypnotherapy as a Vital Component of Integrative Medicine in Treating Birth Trauma/Shock*
- Leubgythe (Nancy) Holm, Ph.D. and Barbara Decker, PPNE, HBCE, HBFC— *Revisioning Prenatal Parent Education: Support for Optimal Biopsychosocial-spiritual Development of the Prenate from Very Early Pregnancy in Support of Lifelong Health*
- Phyllis Klaus, LMFT, LMSW—*The use of Hypnosis and Brief Psychotherapy to Alleviate Medical and Psychological Complications of Pregnancy*
- Alisha Wilkes DNP, ARNP, CNM and Joanne Dorpat Halverson, Psy.D., LMHC—*Tending the Mother-Child Garden: Exploring the Relationships Between Maternal Mental Health and Infant Outcomes*