

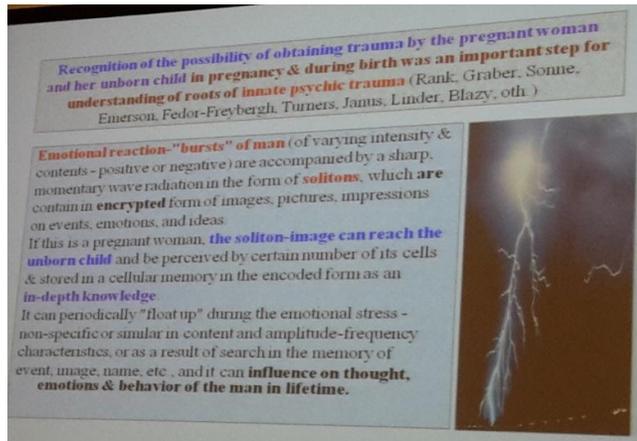
1st International Congress on Psychic Trauma: Prenatal, Perinatal & Postnatal Aspects (PTPPPA 2015)

Belgrade, Crown Plaza Hotel, May 15th – 16th, 2015

Congress Report

I want to describe to you some impressions of the Prenatal Trauma Congress from May 2015 in Belgrade. It was organized by our most appreciated old friend Grigori Brekhman together with Mirjana Sovilj and Dejan Rakovic from Belgrade. The atmosphere of the place was lovely – a recently new build comfortable Hotel adjacent to the Sava river – a little above its flowing into the Danube. Although the issue of prenatal trauma certainly is no light fare, it got better digestible by the friendliness of the organizing staff and the lot of experienced older and young presenters from the impressingly busy Institute for Experimental Phonetics and Speech Pathology in Belgrade. There have been friendly connections since decades with the ISPPM and some meetings earlier in Heidelberg.

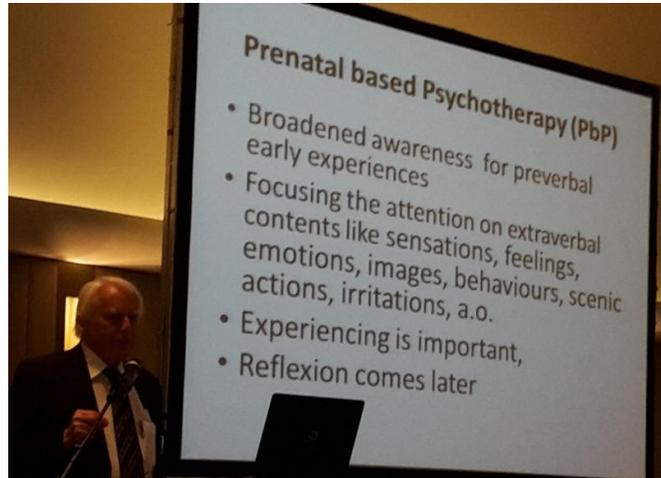
I can describe here just a few of the many impressions. **Grigori Brekhman** was opening the session with his remarks on PREREQUISITES FOR THE DEVELOPMENT OF THE DOCTRINE OF PSYCHOLOGICAL/MENTAL TRAUMA. Originating from 'quasi consciousness of every living cell' he was mentioning the EINSTEIN dualism of matter and the



wave genetics of Gurvich and Garyaev. From even mothers social and ecological environment deep imprints are going over to the unborn and can impair their later mental and physical health. This can be reinforced by actual difficult prenatal conditions. It may cause deeply negative impacts on stress coping and higher vulnerability for receiving mental traumas in later

lifetime.

Ludwig Janus was figuring out the necessities for practical psychotherapy. By formulating a Prenatally Based Psychotherapy (PBP) he was claiming an awareness for preverbal early experiences, attention on extra verbal sign like sensations, feelings, emotions, images, behaviors, scenic actions and others. Experiencing comes before reflection. **Jon and Troya Turner** were describing their practice of transpersonal Whole-Self Prebirth Psychology. The energetic psychic trauma communication is precisely the key to their evolutionary integrative medicine hypothesis and practical healing.



Shamil Tashaev from St. Petersburg was describing his work with prenatal and early postnatal trauma: In impressing video examples he was showing the formatting and processing of such information during his *age regression* when the patient is fully awake. This allows neutralizing the effects of prenatal and early postnatal trauma in adult life. **Rupert Linder** described his work with pregnant women to prevent somatic and psychological disturbances. Complications can be strongly reduced. It is always important to have the pre-

and perinatal violations of the mothers in focus and to help them (and sometimes also their partners) into equilibrium with much lower stress levels. **Kostas Kafkalides** from Athens was demonstrating an impressing dialogue about personal traumatic memories on sperm cell level. Besides giving an introduction into the methodology of Dr. Athanasios Kafkalides he gave this very personal testimony where he relived a traumatic experience at pre-conception stage, a pre- conception rejection, due to my mother's fear about being left pregnant risking her life after a previously almost deadly labor giving birth to his older brother.



Mirjana Sovilj pointed out the results of her studies showing the connection of transgenerational and transpersonal (Grandmother- Mother-child) informations through questionnaires, drawings, monitoring emotional states of pregnant women and prenatal reactions of the unborn to sound. This



was done with emphasis on reactivity direction and a longitudinally overview of reactivity changes using a follow up period of 10 years. She was demanding an integrated knowledge from different scientific areas: obstetrics, prenatal psychology, special education, pedagogy, developmental psychology, pediatrics, psychophysiology etc. All their efforts should be directed towards prevention of prenatal, perinatal and postnatal trauma.

Again: I was impressed by the active and interested lecturers and participants. It was a joy to meet so many friendly and competent people. There was a lovely boat trip at night enjoying the night skyline of this old and historic town and a delicious dinner right aside the shore of the Danube. The town itself shows itself busy and going forward with a lot of young people, galleries of modern art and blasting from music of all kinds on a high level. Thanks to all who were working on this!



I put in two posters, the program and abstracts of the congress and a few more pictures under this link <https://app.box.com/s/opqd9zh7hvvuq5sqqsgylubry65zrapw>

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