

Ludwig Janus

# Ludwig Janus

Inspiration für meinen Weg in die  
psychosomatische Geburtshilfe





INTERNATIONAL SOCIETY OF  
PRENATAL AND PERINATAL  
PSYCHOLOGY AND MEDICINE (ISPPM)



**18th International  
Congress of the ISPPM**

**Preliminary Program**

***Prevention - Early Dialogue***

**10. – 12. October 2008 in  
Heidelberg, Germany**

Under the patronage of:

**Dr. Ursula von der Leyen**  
Federal Minister of Family, Senior Citizens,  
Women and Youth

**Introduction to the topic**

Over the past few decades, research in the field of prenatal psychology and medicine has shown that the course is set for key patterns of experience and behaviour in the prenatal, perinatal and postnatal period. This research has taken an interdisciplinary approach at the various methodological levels of brain research, psychobiological development research, stress research, psychotherapeutic case studies and self-awareness; it has also been conducted at an empirical level by midwives, obstetricians, neonatologists, baby therapists and others in the way they deal with pregnancy and birth.

The unambiguousness of these research results calls for practical consequences to be drawn to refine the way in which we deal with pregnancy, birth and infancy. The ISPPM has thus addressed this topic at its most recent conferences: In 2006, a conference was held in Heidelberg on the causes of conflicts during pregnancy and the consequences that arise from them. An international congress in Moscow in 2007 examined the unborn child's status in society. This led to a need to characterise the methodological levels in this field in more detail, thus paving the way for plans for a conference on early prevention, including the prenatal and perinatal period.

Leading representatives of this area of research and practice will be meeting at this conference in Heidelberg on 10 – 12 October 2008.

The title "Prevention – Early Dialogue" highlights the significance for development of the interaction between mother, father and child from the prenatal period onwards. The latest research on this topic at the various methodological levels will be presented, ranging from research in the natural sciences to empathy-based and relationship-focused approaches.

The topic of the conference adds a decisive new dimension to current debate about postnatal prevention and improving parenting skills, a dimension whose key significance is now undisputed on the basis of the aforementioned research. Back in 2005, the ISPPM thus adopted a Charter on the Rights of the Child Before, During and After Birth. Ultimately, the aim is to promote society's responsibility for the psychosocial dimension of the early stages of life.

This congress will allow participants to familiarise themselves with these fascinating new developments. At the same time, it will stimulate new ideas for practical applications in the participants' own areas of work.

Rupert Linder and Ludwig Janus



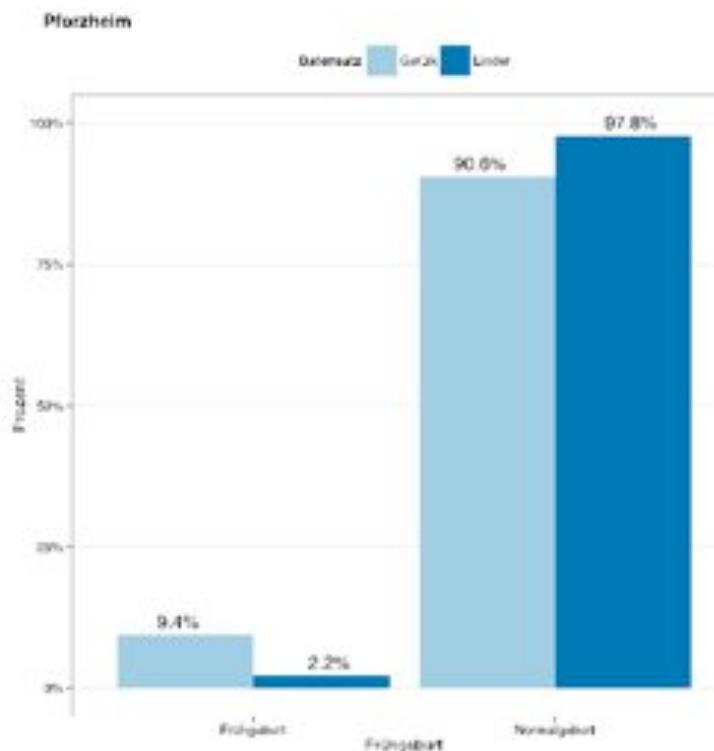
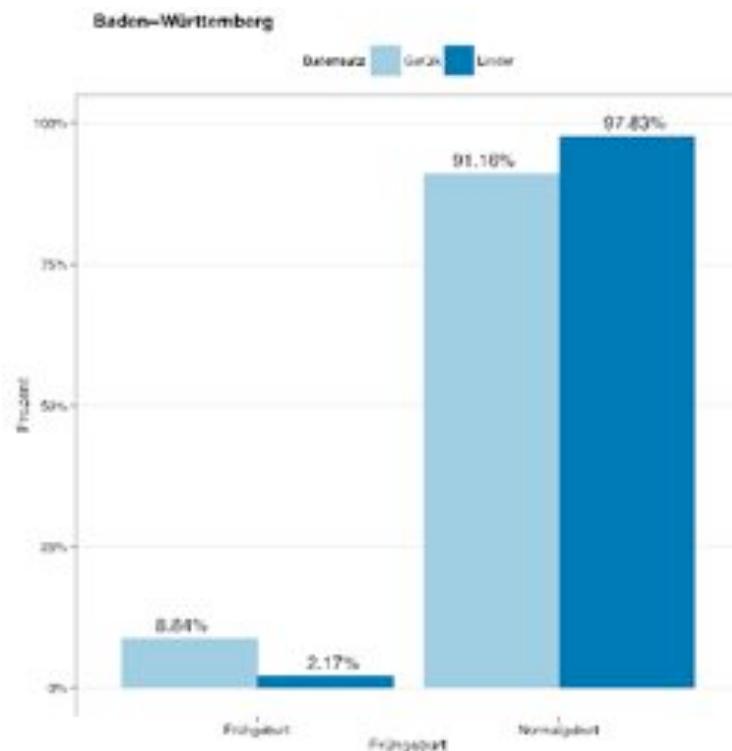
# Psychosomatic Aspects of Impending Premature Delivery

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*Rupert Linder*

Birkenfeld, Germany

# Frühgeburt



Bei den Frühgeburten unterscheiden sich die Datensätze:

- In BW und PF werden ca. **9%** der Kinder **21** Tage oder früher vor ET geboren
- Bei Herr Linder lediglich **2%**

# Probleme in der Schwangerschaft mit psychosomatischen und psychosozialen Hintergründen

(wiederholte) Fehlgeburten

Hyperemesis (nausea gravis)

Drohende Frühgeburt

Präekampsie/HELLP-Syndrom

Fehleinstellungen

Ängste

Depression

Selbstbild/Kontaktstörungen



# **Auswirkungen von Belastungen aus Vorgenerationen: Möglichkeiten der positiven Einflussnahme und Prävention**



**Prof. Dr. Gerlinde A.S. Metz**

*Professor of Neuroscience,*

*Canadian Centre for Behavioural Neuroscience,  
University of Lethbridge, AB, Canada*



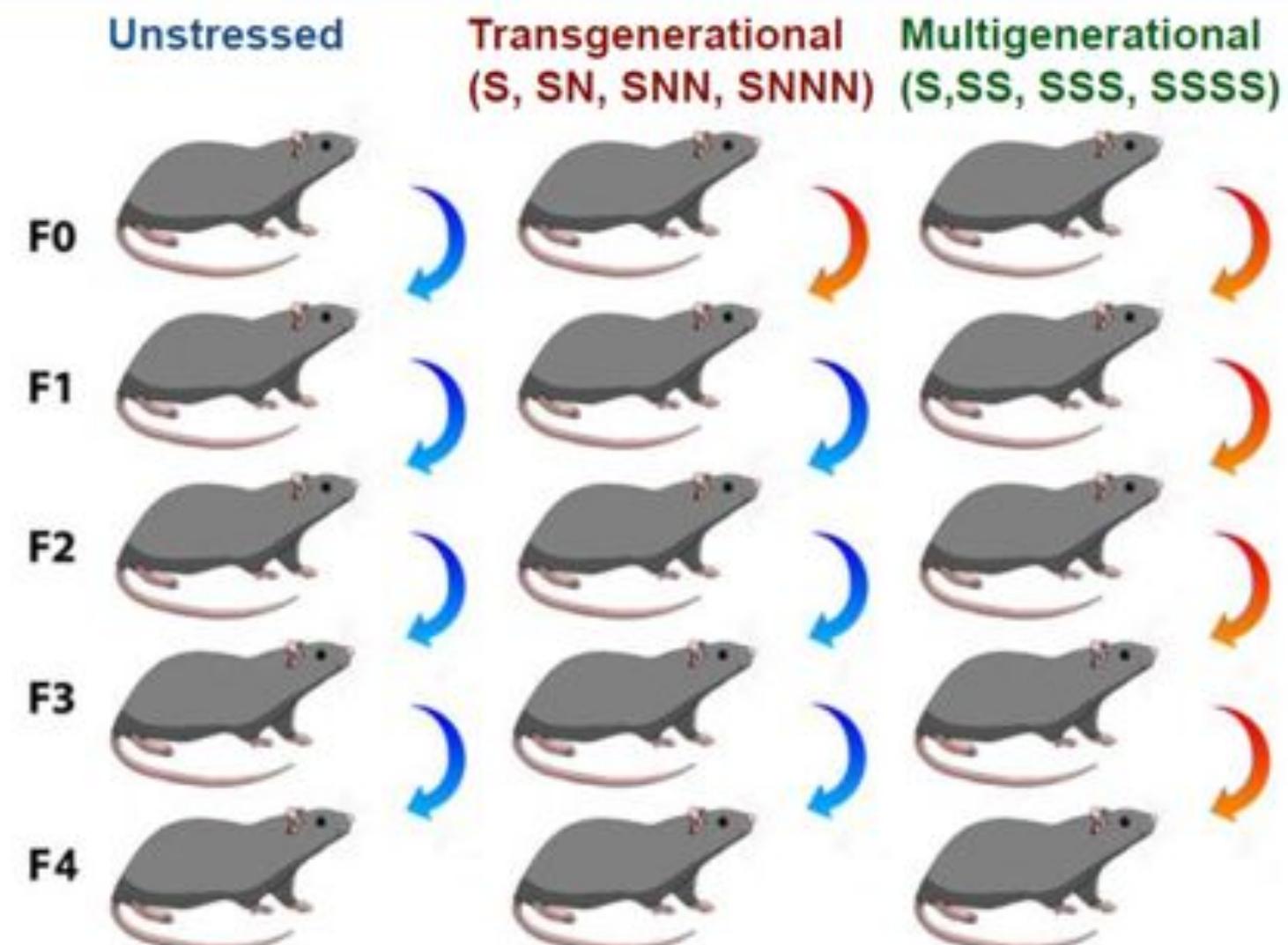
## Toxischer Stress erhöht Krankheitsrisiken

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- Erhöhter Blutdruck
- Herzkrankheiten
- Nierenfunktionsstörungen
- Depression
- Suchtkrankheiten
- Neurologische Erkrankungen
- ...

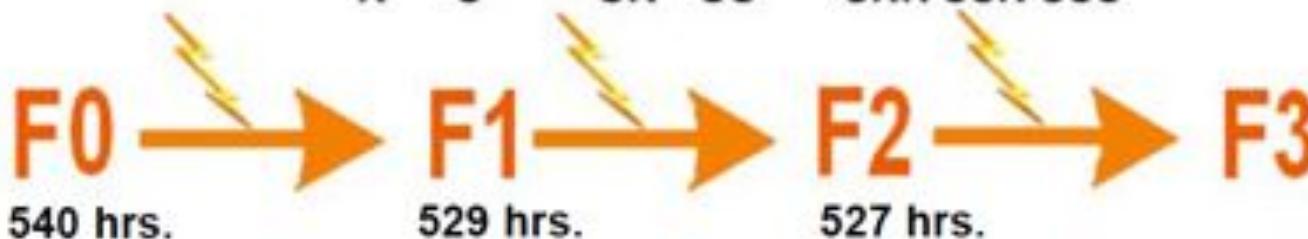
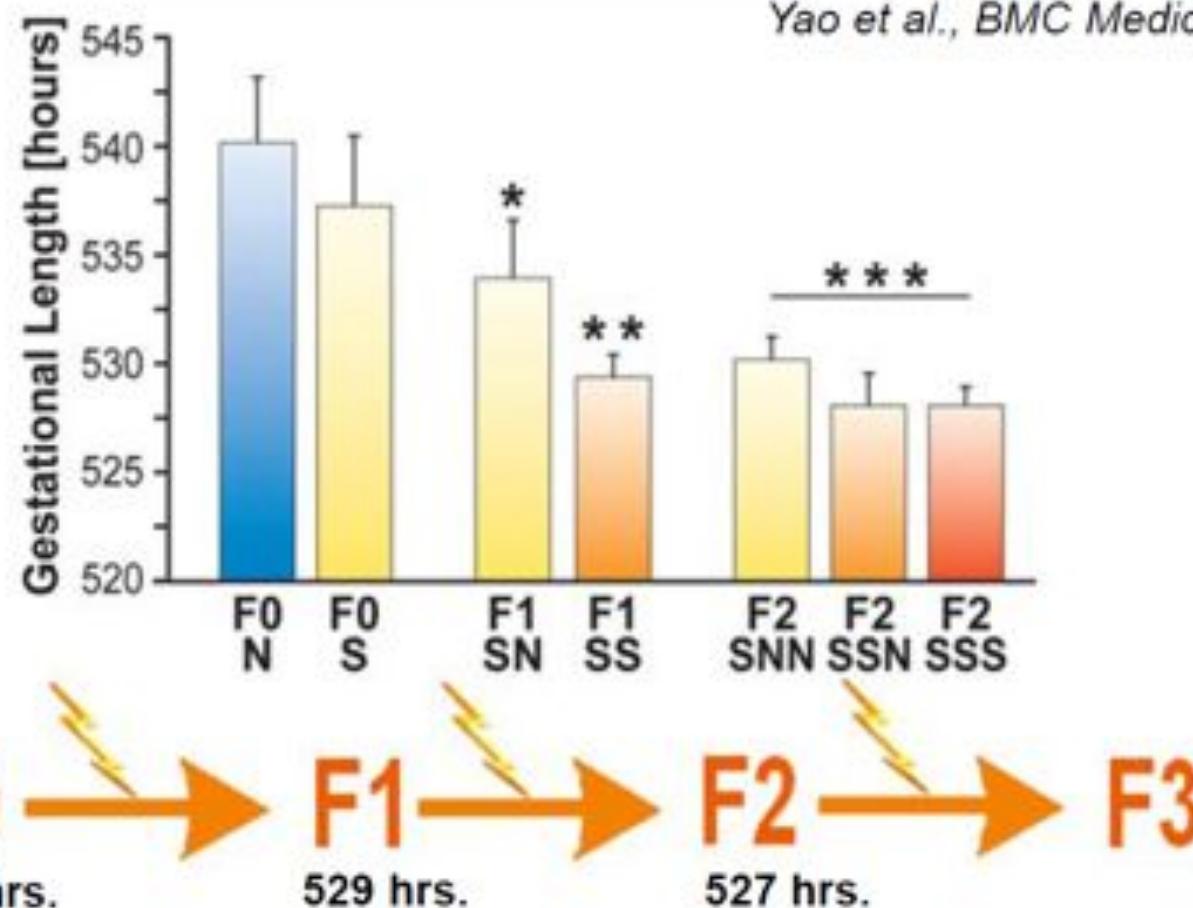


# Tiermodell zu Transgenerationalem Stress



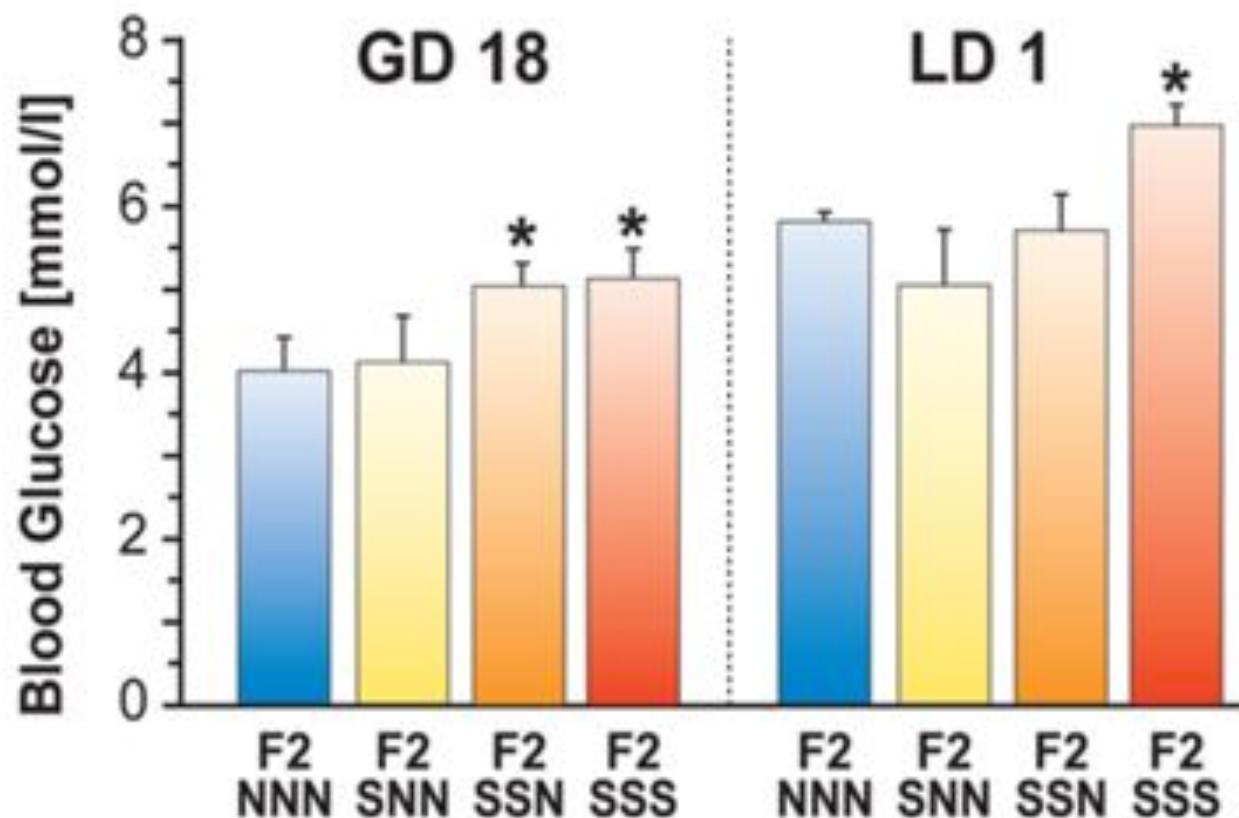
# Vorgenerationenstress erhöht Risiko für Frühgeburten

Yao et al., BMC Medicine, 2014

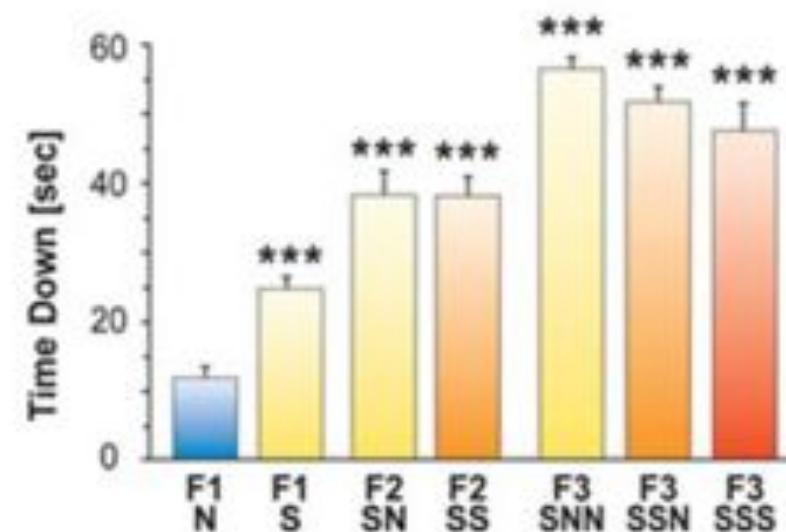




# Vorgenerationenstress erhöht Diabetesrisiko



# Vorgenerationenstress beeinflusst die Entwicklung der Nachfahren





# Können positive Erfahrungen die negativen Konsequenzen von Vorgenerationenstress kompensieren?

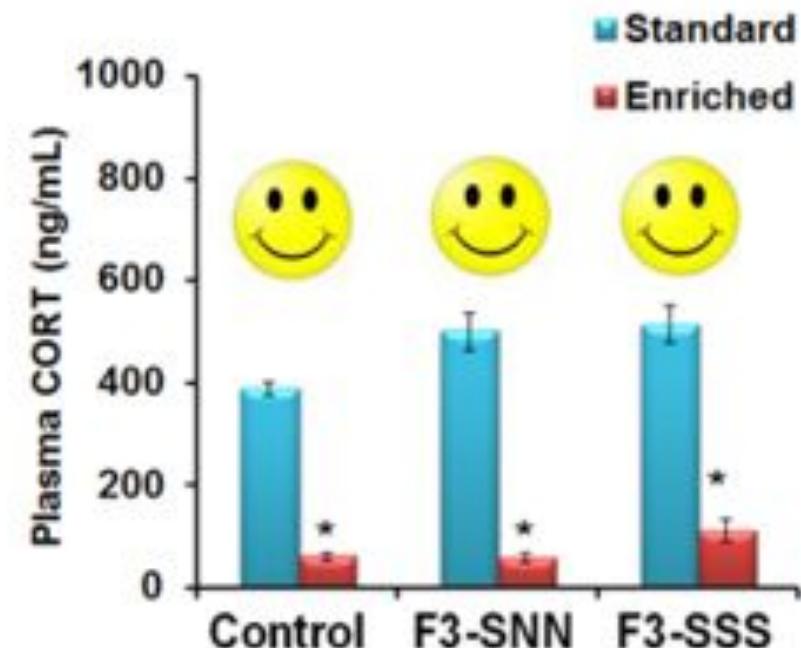


# Vielseitiger Lebensstil reduziert Stressprogrammierung

University of  
Lethbridge



## C Stress Response



McCreary, Erickson, et al., 2016

# The Economic Rationale for early intervention in ECD

About 250 million children under 5 are at risk of not reaching their full potential, resulting in about 25% reduction in average adult earning potential

Countries may lose up to 2- or 3-fold what they now invest in health or education

The Lancet Series on ECD Executive Summary:

[Advancing Early Childhood Development: from Science to Scale](#)

## Return on Investment

- At least 10-fold return on every dollar invested
- At least US\$100 billion as demographic dividends

## The Heckman Curve

The highest rate of economic returns come from the earliest investments in children, providing an eye-opening understanding that society invests too much money on later development when it is often too late to provide great value.

The graphic shows the economic benefits of investing early and building skill upon skill to provide greater success to more children and greater productivity and reduce social spending for society.<sup>1</sup>

[The Heckman Equation](#), James Heckman, Nobel Laureate in Economics.

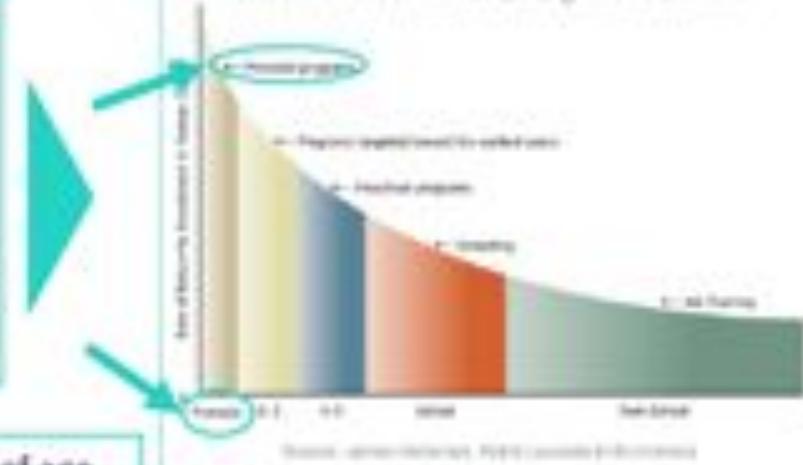
"If we're putting millions of dollars into Head Start which begins at three, four, or five years of age, and haven't developed the appropriate brain to receive the education, it will be a waste of money. It is important to be sure that the brain has developed well in utero."

So when you start the formal education, you have the nerve cells and dendrites that can respond."

[Professor Jennifer L. Bartz, Integrative Biology, Adjunct Professor at the University of California, Berkeley](#)

## EARLY CHILDHOOD DEVELOPMENT IS A SMART INVESTMENT

The earlier the investment, the greater the return



Source: James Heckman, 2006 Nobel laureate in Economics

PP

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go

PP

go

social

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go

social!



14-19 OCTUBRE 2018  
RIOCENTRO | RIO DE JANEIRO | BRASIL

[www.figo2018.org](http://www.figo2018.org)

- Pilot-Studie in Pforzheim 2006 – 2008  
(Guter Start ins Kinderleben) – erste Stadt in Baden-Württemberg
- Ab Jan 2012  
Gesetz zur Kooperation und Information im Kinderschutz (KKG)



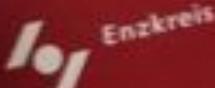
# Early childhood and family assistance in Pforzheim

Early childhood and family assistance General coordination Information, communication, consulting, system development Youth welfare office of the city of Pforzheim (Mrs Poschansky)	15	1 Welcome visit to all families with newborn babies including a welcome letter of the Lord Mayor, together with practical hints, Information as well as connection aids in the respective family centers Family centers	121
Counseling service Advise to families and professionals on early childhood assistance Youth welfare office of the city of Pforzheim (Mrs Speck)	16	1 Midwife-consultation Family-consultation Pro Familia – Midwife information and information to various topics on early childhood Family centers - Family consultation	131
Network of early childhood assistance and child protection with different participants from youth welfare and health care since Dec. 2008	17	Various targeted connection offers off early childhood assistance in the regional family centers (refer to No. 5)	14
Pregnancy counseling centers Information, support, contraception and pregnancy counseling	18	1 Family godparents Accompanying and relieving families by honorary staff Kinderschutzbund Caritasverband Center for remedial teaching Collaboration with various clinics 1) Children's hospital Pforzheim 2) Gynecological clinic Helios 3) Gynecological clinic Siloah 4) Social pediatric center Maulbronn 5) Center for Psychiatry in Hirsau	151

# ANGEBOTE

# Frühe Hilfen

Zur Unterstützung im Alltag  
und zur Förderung der Beziehungs- und Erziehungskompetenz  
von Schwangeren, Müttern und Vätern.



your world our health care since  
Dec. 2006

Various-targeted<sup>1</sup>  
connection-offers-off<sup>1</sup>  
early-childhood-assistance-in-the-  
regional-family-centers (refer to  
No. 5)<sup>1</sup>

81

## Pregnancy|counseling-centers<sup>35</sup>

Information, support, contraception  
and pregnancy counseling,  
medical and psychosocial  
counseling<sup>1</sup>  
Pro-Familia<sup>1</sup>  
Diakonisches Werk<sup>1</sup>

Developmental-psychological-  
counseling<sup>1</sup>

91

## Medical-educational- assistance<sup>45</sup>

Low-threshold practical assistance  
of various kinds at the earliest  
possible time<sup>1</sup>

Kinderschutzbund<sup>1</sup>

## Opstapje -- Step-by-step<sup>1</sup>

101

Parent education program<sup>1</sup>

Family centers<sup>1</sup>

## Social-educational-visit<sup>51</sup>

at the two birth clinics and at the  
children's hospital<sup>1</sup>  
Kinderschutzbund<sup>1</sup>

## „Wellcome“<sup>1</sup>

111

Modern form of neighborhood-  
assistance for families with  
newborns<sup>1</sup>  
Kinderschutzbund<sup>1</sup>

2) \*Gynaecological clinic Siloah<sup>1</sup>  
1  
3)->Gynecological clinic Siloah<sup>1</sup>  
1  
4)->Social pediatric center  
Maulbronn<sup>1</sup>  
1  
5)->Center for Psychiatry in Hirsau<sup>1</sup>  
1  
6)->Addiction-medicine day clinic  
Pforzheim of the Center for  
Psychiatry Hirsau<sup>1</sup>

## Quality-circle<sup>1</sup>

151

Multiprofessional exchange  
between youth welfare and health  
care<sup>1</sup>

Mrs Poscharsky<sup>1</sup>  
Dr. Linder<sup>1</sup>

Cooperation-with-the<sup>1</sup>  
Association-of-Statutory<sup>1</sup>  
Health-Insurance-Physicians<sup>1</sup>

171

Mrs Poscharsky<sup>1</sup>

Cooperation-with-the-State<sup>1</sup>  
Youth-Welfare-Office<sup>1</sup>

181

Mrs Poscharsky<sup>1</sup>



Es brummt  
in der AU!

Wo?

Familienzentrum Au & Obere Augasse

# STADTTEIL- FEST MITTE

## 13. Juli 19

11-18 Uhr



Bühnen-  
programm



Kinder-  
Spielstraße



internationale  
Spezialitäten

VERANSTALTER:

anDorf interkulturell

FAMILIENZENTRUM IN DER AU

Sauerstr. 2-8, 1100 Wien | Tel. 01/33 - 49428

IM AUFTRAG DER STADTBAUMINISTERIEN MITTE



DEUTSCHLAND



# Salutophysiology by midwives

- Recognize and activate the resources, needs and competencies of the pregnant
- Endogenous resources are stimulated and harnessed and coping strategies developed
- Strengthening the physiological processes
- Strengthening of mother and child
- Promotion of physiological birth



## **Early Care Networks in Germany and Initiation of the Pforzheim Studie**

Rupert Linder, Thomas Bernar, Brigitte Joggerst, Uwe Jung-Pätzold, Gerlinde AS Metz, David M Olson, Petra Poscharsky, Valerie Unite and Doris Winter

### **Abstract:**

How can adverse developments in children be avoided? The most critical issue to support healthy development in children is prevention to mitigate the risks and build up resilience. The conditions and developments of these attempts are shown by the example of the city and region of Pforzheim, a middle sized town in the south-west of Germany. Besides pioneering attempts to improve early care by intense networking it is at the same time a special area struggling with relative economic poorness, a very special history of devastation in WWII and a strong immigration during the last decades.

<b>Social welfare recipients (2016)</b>	<b>11,3%</b>	<b>3,5%</b>	<b>5,9%</b>	<b>9,5%</b>
Private Debtors (% of all inhabitants)	14,6%	7,2%	8,34%	10,6%
Disposable Income (relative, BW=100)	94,7	103,6	100	n.a.
Jobless (2017)	6,3%	2,6%	3,5%	5,7%
Foreigners (Q II 2018)	25%	12,9%	15,4%	20%
Migrants < 18 years (2011), % of total population < 18 years	60,8%	28,3%	31,9%	n.a.

# Optimal Pregnancy Environment Risk Assessment (OPERA) Program



<http://operamtg.org/speakers/>



# OPERA Europe Workshop

Pforzheim, Germany

December 11-12, 2018

# **Dr. Rupert Linder:**

Frauenarzt

Facharzt für Psychosomatik und Psychotherapie

Pränatale Psychologie

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