

I invite to my training course midwives, doulas, obstetricians and members of all professionals dealing with pregnancy and birth, birth traumas, reproductive medicine, baby therapy etc.

Learn how to help pregnant women develop a deep emotional bond with their unborn babies throughout the 9 months of their intrauterine life.

Course Fees: 850 Euro

All 6 modules will be video recorded. In case participants miss a lesson, they can easily catch up on the lesson content.

Further information about the online training courses are given on the following website:

www.academy-to-promote-prenatal-attachment.com



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ONLINE

TRAINING COURSE

**“BOPS”
Bonding-Oriented
Pregnancy Support**

**Promoting
Prenatal Bonding/Attachment**

In a growing number of European states, more and more midwives and other professionals who deal with pregnancy and birth in the largest sense discover the **significance of PRENATAL BONDING**. My training course – **B.O.P.S. - Bonding Oriented Pregnancy Support** is the only one offering the complete know-how enabling participants to immediately accompany pregnant women with my method.

B.O.P.S. contains elements of **BONDING ANALYSIS**, a revolutionary new method of to promote prenatal bonding which was developed by two Hungarian psychoanalysts Dr György Hidas and Dr Jenő Raffai enabling pregnant women to establish mental and emotional contact with their baby and to develop and deepen this contact throughout the pregnancy.

A significant element of my course is my new "self-care" concept which empowers the pregnant woman to deal with her pregnancy, her relationship with her partner, her life and work situation in general in a more positive and stress-free way. It also helps her to discover blockages that might prevent her from bonding with her baby. The baby benefits greatly from this!

If the baby experiences bonding/attachment security before it is born, this already creates the essential basic trust. Furthermore, the baby is enabled to develop an early awareness that it is an independent being. The interactions with the mother which take place via various communication channels, and the fact that the baby participates in everything its mother thinks, feels and experiences, all these elements contribute to strengthening the prenatal bond.

Lessons Plan

- Significance of prenatal bonding
- Brief introduction to prenatal psychology
- Concrete application of the BOPS method
- Advantages of BOPS for mother and baby
- Some statistical data
- Thorough study of the pregnant woman's anamnesis (biography)
- Elaborating fictitious and real anamnesis
- Impact of prenatal maternal stress on the unborn baby
- Bonding and brain development
- Birth trauma
- Prenatal twin loss
- Impacts of the ART technology on the baby's psychological health
- Birth preparation
- Epigenetics and intergenerational trauma transfer
- Special support of women having experienced trauma in form of sexual abuse or other forms of violence
- The BOPS method – a showcase for being an instrument of resilience, salutogenesis, and trauma prevention
- „Self-care“ concept

The course consists of 36 hours divided into 6 modules of 6 hours each.

It is exclusively offered ONLINE

Participants can obtain a certificate as „**PRENATAL BONDING ANALYST**“

Details will be given in the course.

The dates of the last compact course (6 modules) in 2024:

**10/17/24 Nov &
01/08/15 Dec.2024**

