

Factsheet



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A Practical Guide to Bonding Analysis
Bonding-Related Support in Pregnancy
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Prenatal-Attachment)

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Prenatal Psychology

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This practical guide presents BONDING ANALYSIS, a method developed by two Hungarian psychoanalysts, Dr. György Hidas and Dr. Jenő Raffai, that enables pregnant women to establish mental and emotional contact with their baby and to further develop and deepen this contact throughout the course of pregnancy.

It is through prenatal bonding that the pregnant woman has the chance to play an important role in contributing to her baby's psychological and physical healthy development in utero. The significance of prenatal bonding has been worked out by experts in prenatal psychology, such as Dr. Thomas Verny, Dr. David Chamberlain and Dr. Ludwig Janus, to name but a few.

One of the findings of prenatal psychology is the proven fact that everything the pregnant woman does, thinks, feels is being transmitted to her baby via different communication channels and everything the unborn baby experiences is stored as a memory in all its cells.

BONDING ANALYSIS is a preventive method to avoid prenatal traumatisations and to help dissolving blockages that may impair the building up of an intensive, deep, prenatal bonding between mother and baby.

Christa Balkenhol-Wright has developed a variant form of BONDING ANALYSIS which she also presents in this practical guide. She focuses on a bonding-related support in pregnancy, identifies emotional deficits the pregnant woman is not aware of and applies her concept of „Self-Parenting“ so that the pregnant woman is psychologically stabilized and empowered to deal with her pregnancy, the relationship with her partner, her life and job situation in general in a more positive and stress-free way.