



Pre- in perinatalna psihologija: Jaz, dojenček
predavanje klinične psihologinje in strokovnjakinje za pre- in perinatalno psihologijo
Kati Orosz iz Budimpešte

Kdaj: sobota, 13.1.2018 ob 18.00

Kje: Ljubljana, Gimnazija Šentvid, učilnica Kemija 1

Obvezne prijave: svojo prijavo pošljite na email naslova marko@osmahisa.com ali ana@rdecisotor.com

Prostovoljni prispevki: Za udeležbo se zbirajo prostovoljni prispevki, priporočen prispevek 3 eur na osebo.

Vljudno vabljeni na predavanje Kati Orosz, klinične psihologinje iz Budimpešte, ki bo z nami podelila del svojega širokega znanja iz pre- in perinatalne psihologije, znanstvenega pristopa, ki raziskuje vpliv pred- in obrojstnih izkušenj na psihološki razvoj otrok in odraslih ter predstavila implikacije spoznanj pre-/perinatalne psihologije za naš pristop k nosečnosti in porodu.

Ključna spoznanja perinatalne psihologije nam kažejo, da človek ni rojen kot “prazen in nepopisan list papirja,” temveč z delno že oblikovano duševnostjo, ki se prične razvijati ob samem spočetju, ter se nato nadalje pomembno oblikuje skozi mesece znotraj-materničnega življenja in končno ob doživetju samega rojstva.

Ta znanstvena spoznanja nam ne kažejo le, da je otrok ob in po rojstvu polno zavesten, temveč tudi, da imajo dogajanja neposredno pred in po porodu ključni učinek na

človekovo kasnejše življenje. Med drugim vplivajo na zmožnost vzpostavljanja odnosov, prilagajanja spremembam, duševni razvoj in celo na splošno zdravstveno stanje.

Predavateljica bo predstavila osnovna dejstva in korelacije med intrauterinimi/perinatalnimi izkušnjami ter kasnejšimi duševnimi/zdravstvenimi manifestacijami. Perinatalno obdobje bo prikazala z gledišča plodovega/novorojenčkovega doživljanja, temelječ na njegovih odzivih.

Ta spoznanja, ki nam jih bo predstavila Kati Orosz, so pomembna tako za strokovnjake duševnega zdravja, kot tudi za obporodne zdravstvene delavce (porodničarke/porodničarje, babice in doule) in starše, saj so jim lahko v veliko pomoč pri optimalni pripravi na spočetje, podporo med nosečnostjo ter pripravo na porod – ne le matere, temveč tudi ploda, na njegovo intenzivno izkušnjo rojstva in zgodnjega poporodnega obdobja.

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Kati Orosz (67) je klinična psihologinja, ustanovna predsednica Madžarske zveze za transpersonalno psihologijo (1994) ter ustanoviteljica in direktorica Kheiron centra za transpersonalno psihologijo in raziskave (2003). Je voditeljica Fundacije Perinatus, ki s pomočjo perinatalne psihologije nudi podporo parom v pričakovanju otroka, materam in družinam. Je članica odbora in predavateljica pri Madžarski zvezi za pre- in perinatalno psihologijo in medicino (HSPPPM). Edinstveno metodologijo in pristop zveze je v zadnjih 17 letih razvila Kati ter skupina strokovnjakov, temelječ na terapevtskem delu z rojstno izkušnjo odraslih posameznikov. Od začetkov zveze je na delavnicah na Madžarskem, v Nemčiji, Rusiji in na Nizozemskem sodelovalo že več kot 1000 ljudi ter izkusilo globoke in dolgotrajne terapevtske učinke pristopa na mentalni, čustveni in celo na telesni ravni.

ENGLISH:

Pre- and perinatal psychology: Me, the baby

When: Saturday, January 13th at 6 pm

Where: Ljubljana, Gimnazija Šentvid, classroom Kemija 1

Attendance: Please inform us about your attendance by writing to marko@osmahisa.com or ana@rdcisotor.com

Voluntary contributions: You are invited to contribute a voluntary contribution, suggested amount is 3 euros per person.

You are kindly invited to attend an interesting lecture where Hungarian clinical psychologist **Kati Orosz**, will share with us her wide knowledge of Perinatal Psychology, a scientific field of inquiry, investigating influences of our earliest life experiences and its effects on our later psychological development as children and adults as well as present the implications of finding of pre- and perinatal psychology for our approach to pregnancy and birth.

The core findings of Perinatal psychology show us that we are not born a “a blank and empty slate” as Freud originally envisioned, but that our consciousness starts to develop much earlier, at the very conception and is then further and significantly influenced through months of intrauterine life and finally by birth itself.

These scientific findings show that not only is a new-born baby fully conscious, but that the events occurring in the period directly preceding and succeeding birth have crucial effects on later human life. Amongst other things, these influence the ability to make connections and adapt to changes, mental growth or even general state of health.

The lecture presents the basic facts of and correlations between intrauterine/perinatal experiences and later psychological/health manifestations. It draws an image of the baby’s experience based on her/his reactions.

These findings as we will explore during this lecture, are important for both mental health professionals and all birth professionals (OBs, midwives and doulas) and parents, as it will help them prepare for optimal conception and pregnancy and show them how they can support and prepare the fetus for the intense process of birth and the postnatal period.

Kati Orosz (67) is a clinical psychologist, founder president of the Hungarian Transpersonal Psychology Association (1994), founder and manager of the Kheiron Center for Transpersonal Psychology and Education (2003). She is psychological manager of the Perinatus Foundation that offers support for expectant couples, mothers and families with perinatal psychotherapy. She is board member and lecturer of the Hungarian Society of Pre- and Perinatal Psychology and Medicine (HSPPPM). The unique methodology and approach of the group has been developed throughout the past 17 years by Kati Orosz and a dedicated team of professionals, based on therapeutic work with the birth experience of adult individuals. Since the beginnings, over 1000 people participated in the workshops in Hungary, Germany, Russia and Holland, and experienced its deep long-term healing impact on the mental-, emotional- and even physical levels.