



A Conference by
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ERUDITO

January 11, 2008 | 7:00 pm | Centro Amayal

Conscious Parenting From Conception Onwards: health vs. illness, love vs violence

by **Thomas R. Verny, MD**

This lecture will explore the effects on the unborn child of psychological stress, anxiety and depression in the prenatal period. Emotional disturbances in the pregnant mother lead to increased production of stress hormones, particularly, cortisol and norepinephrine. These, in turn, have adverse impact on gene regulation, as well as precipitating excessive destruction of neurons and synapses, changing organization and function of the brain and damaging the baby's future ability to deal with stress. Particular attention will be paid to the effects of stress on brain structures underlying memory, the immune system, personality, and on increasing the risk of the development of many childhood and adult diseases.

The cumulative impact on health risk from modest dysregulations in multiple systems can be substantial, even if they individually have minimal and insignificant health effects. Psychological stress during pregnancy produces lasting undesirable changes in both mothers and their children. Experience changes the organization and function of the brain.

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Cost: \$300.00 MN **Includes** Simultaneous Translation

More information: www.amayal.com

**Thomas R. Verny, MD, D. Psych., DHL,
FRCPC.**

Thomas R. Verny is a psychiatrist, writer and academic presently on the faculty of the Santa Barbara Graduate Institute. He has previously taught at Harvard University, University of Toronto, York University, Toronto and St. Mary's University, Minneapolis, Minnesota.

In 1974 Verny wrote his first book, *Inside Groups*, for McGraw Hill. *The Secret Life of the Unborn Child* (with John Kelly), Summit Books, 1981 followed this. *The Secret Life of the Unborn Child* has become an international bestseller published in 24 countries. *The Secret Life* has changed the pregnancy and childbirth experience for millions of mothers and fathers.

In 1983 Verny founded the Pre- and Perinatal Psychology Association of North America (PPPANA, renamed APPPAH in 1995), and served as its president for eight years. In 1986 he launched the Association's Journal (Human Sciences Press, New York), which he edited from its inception until 1990. In 1987, Verny edited *Pre- and Perinatal Psychology: An Introduction*, published by Human Sciences Press. Verny's next two books were *Parenting Your Unborn Child*, Doubleday, 1988, and *Nurturing the Unborn Child* (co-author Pamela Weintraub), Delacorte Press, 1991, and Dell, 1992. Verny's latest book, *Tomorrow's Baby: The Art and Science of Parenting from Conception through Infancy*, written with Pamela Weintraub, was published in hardcover by Simon and Schuster, New York, in 2002 and in paperback under a new title, *Pre-parenting: Nurturing Your Child From Conception* in 2003.

Verny's books, professional publications and founding of the PPPANA and the Pre- and Perinatal Journal, have established him as one of the world's leading authorities on the effect of the prenatal and early postnatal environment on personality development. He has lectured and given workshops on Prenatal and Perinatal Psychology throughout Canada, the United States, Europe, South America and Southeast Asia. In 2004 *Mothering Magazine*, in recognition of Verny's contributions to the field of parenting and child rearing, named him one of their "living treasures". In 2005 the Santa Barbara Graduate Institute bestowed on Verny a Doctorate of Humane Letters (DHL).

Dr. Verny currently practices psychiatry in Stratford, ON, Canada and serves on the faculty of the Santa Barbara Graduate Institute. You can find more about Dr. Verny at his website: www.trvernymd.com