



**birthlight**

for the greater enjoyment  
of pregnancy, birth and babies

**From Womb to World**

**Conference 1: 2 October 2010**



To develop the Birthlight 2006 Cambridge international conference 'Visions of Infant Joy' with interdisciplinary research perspectives, a series of day thematic day conferences '**From Womb to World**' will be held in Cambridge starting on 2 October 2010.

The aim is to bring together scientists, doctors and midwives, academic researchers, practitioners involved in maternity care in the hospital or in the community and also interested parents in order to explore apparent gaps between research and practice. Basically, why is the extensive research on the transition of babies from womb to world not translated into more widespread clinical and social applications? By improving communication across disciplines, thematic conferences can foster a greater understanding of the evidence on which care needs to be based as well as of social constraints for implementation of findings.

The first event in the series addresses maternal emotions before and after birth. In recent years scientific research has brought about a greater understanding of the biochemistry of maternal emotions and their implications for fetuses, newborns and infants. At the same time prenatal and postnatal anxiety and depression have become better diagnosed yet continue to raise complex issues for prevention and treatment. The day conference highlights Kirstin Uvnas Moberg's prominent research on oxytocin. We are honoured to welcome various speakers who have made important contributions to maternal and infant mental health from different disciplines and perspectives.

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### **Maternal Emotions in Mother-Fetus-Baby Interactions: Interdisciplinary Perspectives**

**Saturday 2 October 2010**

**Venue:** Little Hall, University of Cambridge (Sidgwick Site)

**Conference Fee:** (morning and afternoon refreshments, lunch, conference pack) £45

**Conference dinner:** £20

Book Now & Further Information: [www.birthlight.com/wombtoworld](http://www.birthlight.com/wombtoworld)

## Conference Programme

10.00 - 10.30 am	<i>Registration / Coffee &amp; Refreshments</i> Short address on Birthlight Day Conferences 'From Womb to World' at Cambridge: <b>Francoise Barbira Freedman</b>
10.30 - 11.30 am	<b>Amali Lokugamage</b> (consultant obstetrician, Whittington NHS Trust, London): 'The Heart in the Womb': an obstetrician's exploration of the psychobiology of birth' <b>Keynote Lecture: Kerstin Uvnas-Moberg</b> (author of 'The Oxytocin Factor' and coordinator of the most comprehensive scientific research on oxytocin in Sweden): Research on oxytocin and its implications for pregnancy, birth and after
11.30 - 12.30 pm	<b>Panel Discussion:</b> How to link neuroscience, clinical practice and maternity care?
12.30 - 1.00 pm	<i>Buffet lunch</i> Lunchtime exhibitions / Informal presentations / Posters
1.00 - 2.00 pm	<b>James Newham</b> (School of Medicine, University of Manchester): 'Pilot intervention to reduce maternal anxiety during pregnancy'
2.00 - 2.30 pm	<b>Terri Apter</b> (to be confirmed) (Ph.D. psychologist and writer and Senior Tutor at Newham College, Cambridge): 'The neurophysiology of attachment: interpretation of current knowledge'. 20 minute presentation followed by Q&A.
2.30 - 3.00 pm	<b>Christophe Becquerau</b> (osteopath and experimental researcher): Insights on muscle chains
3.00 - 3.30 pm	<i>Refreshment break</i>
3.30 - 4.00 pm	<b>Stella Acquarone</b> (Ph.D. Founder of the School of Infant Mental Health, London)
4.00 - 5.00 pm	<b>Jane Barlow</b> (Professor of Public Health, School of Medicine, Warwick): 'Prevention of Postnatal Depression'
5.00 - 6.00 pm	<b>Panel Discussion:</b> How to link research findings, clinical practice and care in the community
6.00 - 6.30 pm	<i>Drinks</i>
6.45 - 7.30 pm	<i>Conference dinner, strictly with advance booking. All participants welcome.</i>
7.30 - 9.00 pm	

Parking free on site. Walking distance from railway and bus station; venue close to bus route from railway stations

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