



Self-hypnosis and Hypno-groupanalysis for the intrauterine relation and for the avoidance of foetal psych somatisation

Smilija Janjatovic

Psychologist, Italy Co-director for the Whole-Self Discovery & Development Institute, Inc. International, Italy

Abstract:

In the troubled and complex world we live in today, which is becoming more and more complex and whose troubles do not seem to diminish, a new life needs to be planned, prepared, desired, and wanted, in our mind first and before conceiving. My interest in the centrality of the prebirth relationship, that is, of the woman-mother-fetus relationships during the nine months of pregnancy stems from the belief that ALL IS BORN FROM BIRTH.

We need to view pregnancy in a perspective of prevention since the consequences of inopportune fertilization may result in pregnancies that are accepted only passively and as such may translate into a shattering of the maternal ego.

The nine months of pregnancy is a fundamental period of psycho-biological imprinting in which the formation of personality traits & style of affective attachment takes place, but also the nesting of potential pathogenic nuclei in the fetus. It is in this delicate & unique phase of life that the brain, the nervous system of the future human being is formed.

It is obvious that if we can protect women during pregnancy, we can actually protect the prebirth relationship and, hence, the new developing human being. This is the only true primary prevention. Any other prevention or treatment program, for example in adolescence or later,



no matter how useful, will always have a temporal gap and will only perform a reparative function because it will act upon a body where possible pathological mechanisms have been structured in a much earlier period of life. May I remind all that according to WHO, health is not just the absence of disease, it is physical, psychological and social wellbeing and it is only too obvious that healthy individuals form healthy societies, while unhealthy individuals form unhealthy societies.

In consideration of the above, at the 1st Gynaecological Clinic of the University Hospital of Rome, Italy, the Umberto 1°, a specific psychotherapeutic approach which integrated hypnotherapy and group-analysis was designed and implemented successfully for many years.

The hypnotherapy-groupanalysis groups included pregnant women, women who had difficulties in conceiving, women who had been gynaecologically diagnosed as sterile and women with risky pregnancies.

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