

# INTERNATIONAL ASSOCIATION OF INFANT MASSAGE

ANNOUNCING INTERNATIONAL EVENTS  
IN BARCELONA, SPAIN,



SEPTEMBER 30<sup>TH</sup>  
TO  
OCTOBER 10<sup>TH</sup>, 2006

BARCELÓ SANTS HOTEL

Saturday 30<sup>th</sup> September to Wednesday 4<sup>th</sup> October 2006 :

**Trainer Candidate Training**

Friday October 6<sup>th</sup>, 2006 :

**Circle of Trainers meeting**

Friday evening October 6<sup>th</sup> to Sunday October 8<sup>th</sup> :

**Educational Conferences open to public**

Saturday night October 7<sup>th</sup>, 2006

**Banquet and entertainment**

Monday October 9<sup>th</sup> to Tuesday October 10<sup>th</sup> :

**General Assembly** with chapter  
representatives from 35 countries

Barcelona 2006 Program

# Friday October 6<sup>th</sup> 2006

## Barceló Sants Hotel

**15 h** : Welcoming by AEMI (Spanish Chapter) Organizing committee

- Registration of participants
- Media and press interviews

**15h30** : Poster set up in Hall

- for Chapter representative
- for Poster Session Authors

**17h** : Welcoming by AEMI President Merce Simon and Christel Proudhon IAIM Board member (Educational Coordinator), introducing :

### **The Poster Session : “The multiple facets of our activity” :**

A way for us to illustrate the multiple facets of the people who make IAIM. Presentation by CIMI authors of posters describing original work performed using Infant Massage around the world (i.e. experiences in orphanages, in low socio-economic regions, in post-catastrophe areas, with disabled kids, handicapped parents, teen parents etc...) for presentation to large public and media.

**18h45** : Educational Conference Opening by AEMI President Mercè Simon and IAIM President, Anne Burgi.

**19h** : Conference “In the Light of IAIM”

Since Vimala McClure founded IAIM, thousands of instructors have followed the amazing path that she led us onto. IAIM has gained an amazing reputation, worldly. With this lecture, Sylvie will light up for us the essence of our association at its various levels, including the educational level, the social level, and the organizational level.

**Speaker : Sylvie Héту**

Sylvie has been the president of IAIM international board for 12 years, an IAIM instructor for 22 years and a trainer for 17 years. Her love and passion for IAIM found their roots with mothering her three children now 16, 19 and 22 years old.

**20 h: Evening cocktail and entertainment** (Cava, cold and hot snacks, Spanish fruits). *Private for IAIM Chapters members, guests and speakers.*

Welcoming Day

# Program at-a-glance

All conferences on Saturday are given in English. We hope to have simultaneous translation in Spanish, Catalan, Italian and French, if number of participants is sufficient to cover the cost. Please, tell us rapidly, in which language you would like to listen to.

## Saturday October 7<sup>th</sup>, 2006

**60-min Conferences** (in English translated in Spanish, Catalan, Italian, French) followed by 15-min discussions.

- ▶▶ **Maternal Insightfulness into the experience of the child: Its significance for infant-mother attachment.** *Speaker* : Dr. David Oppenheim, Israël.
- ▶▶ **Beneficial effects of touch and massage with special reference to the effect of oxytocin** *Speaker* : Dr Kerstin Uvnas-Möberg, Sweden.
- ▶▶ **Mood and adaptation to motherhood** *Speaker* : Piera Maghella, Italy.
- ▶▶ **What is the baby experiencing when he receives a massage?** *Speaker* : Luis Perez Rivas, Spain

### 45-min short communication:

- ▶▶ Introduction to a new way to enhance quality of relationships *Speaker* : Thomas d'Ansembourg, Belgium.

## Sunday October 8<sup>th</sup>, 2006

### MORNING workshop:

- ▶▶ **Communication skills with Center for Non-Violent Communication trainers**  
Speakers : Vilma Costiti, Italy,  
Anne Bourrit, Switzerland,  
Thomas D'Ansembourg, Belgium,  
Patricia Salgon, France.

### AFTERNOON : workshops.

#### Session 1 : 14h-15h30

- ▶▶ Workshop 1 : **Working the Third Way- The Possible Consensus.** *Speaker* : Sylvie Hetu, Québec.

#### Session 2 : 16h-17h30 :

- ▶▶ Workshop 2: **Enhancing awareness of infant behavioural cues.** *Speaker* : Cherry Bond, UK.
- ▶▶ 17h30-18h30 : **Massage Stroke Review by IAIM trainers and Closing.**

# Program day-by-day

**Saturday October 7<sup>th</sup>, 2006**

**Barceló Sants Hotel**

## *Morning Conferences :*

### ►► **Maternal Insightfulness into the experience of the child: Its significance for infant-mother attachment.**

Maternal insightfulness, which involves "seeing things from the child's point of view" provides the basis for accurate reading of infant signals and appropriate responses to such signals. Such sensitive caregiving behavior provides children with a feeling of being understood and protected and therefore plays an important role in the development of a secure infant-parent bond. The talk will describe a new method for assessing insightfulness and recent studies of insightfulness with typically developing children as well as children with atypical development.

*Speaker* : **Dr. David Oppenheim** is Associate Professor at the Center for the Study of Child Development and the Department of Psychology at the University of Haifa, Israel, and is Associate Editor of the *Infant Mental Health Journal*. Dr. Oppenheim's research focuses on the central importance of caregiving relationships in the lives of children and their social and emotional development. In particular, Dr. Oppenheim has examined the role of parental insightfulness in the development of early attachment in typically developing children as well as children with atypical development (e.g., autism) and children growing in high risk conditions.

### ►► **Beneficial effects of touch and massage with special reference to the effect of oxytocin**

The following topics will be discussed: The concepts of an anti-stress and a stress system.  
1°) The effects of stimulation of nerve fibres mediating pain and touch/ warmth  
2°) The effects of oxytocin and the role of oxytocin in touch-mediated effects  
3°) The role of sensory interaction e.g. touch, light pressure and warmth in the mother infant interaction  
4°) The role of sensory interaction e.g. touch, light pressure and warmth in the mother/infant interaction. Effects on social interaction, bonding/attachment, calm relaxation and growth/milk production in mother and infant will be discussed.

*Speaker* : **Dr Kerstin Uvnas-Möberg** is a professor of Physiology at Swedish university of Agricultural sciences and a medical doctor. She is investigating the relationship between hormonal functioning and post-natal behaviours in mammals. She is the author of "The Oxytocin factor, tapping the hormone of calm, love and healing" and has a particular interest in the biology of love.

# Saturday October 7<sup>th</sup>, 2006 (continued)

## Barceló Sants Hotel

### *Afternoon Conferences :*

#### ►► **Mood and adaptation to motherhood**

Becoming a mother is a difficult life transition. We are surrounded by myths and high expectations. There is a disproportion between the care received in pregnancy and birth and the isolation in the postnatal period. The different range of mood and depression – baby blues, post-traumatic stress disorders, postnatal depression and psychosis – have a deep influence for the woman, the baby, the father and the rest of the family. The family, professionals and the social support system need to understand and be prepared for changes following birth.

*Speaker* : **Piera Maghella**, Italian living in Brescia, is an Active Birth Educator since 1980. She has an English University degree in Adult Education. In Italy she has founded a centre – MIPA – that offers birth preparation courses for women and couples and support groups in the post natal period. Piera is a Doula and MA (Mother Assistant). She leads workshops for midwives and in peer education. Author of 7 books on issues around the perinatal period. Mother of 4 children.

#### ►► **What is the baby experiencing when we are doing massage?**

The following topics will be presented: 1°) The infant, the tonic-emotional relationship and his innate vital tendencies. "Among the processes manifested through the contact (massage), the vital tendencies-impulses of the infant to unfold, those are real teleological factors of development. 2°) The infant and his/her innates competencies "The infant possesses from birth competencies that allow him/her to regulate interaction processes: those competencies unfold during the physical contact." 3°) The early experiences related to skin and the psychomotor development : "The self-skin, the affective-emotional connotations as drivers of the development of the separation- individualization processes."

*Speaker* : **Professor Luis Perez Rivas**, lives in Galicia a Spanish Autonomy located at the North-West of Spain, next to Portugal; He is a specialist in educational therapy : Psychomotrist and Eutonic therapist. He is a trainer of trainers of masters and post-graduates at a number of Spanish and Portuguese universities. He is a therapist and psychoanalyst at the Psychomotristy Institute of Galicia, Spain.

#### ►► **Introduction to a new way to enhance quality of relationships**

However good our intentions we often experience misunderstandings when expressing ourselves. We find it difficult to listen in a way that enables us to fully understand the other person. These are things we did not learn as we grew up. We have to learn how to express our own feelings of suffering without either guilt or aggression.. This presentation will act as an introduction to tomorrow's workshop where we will be able to learn how to create a more fluid , deeper and truthful relationship with others. We will then more easily manage conflicts-both large and small- in a non violent way.

*Speaker* : **Thomas d'Ansembourg, Belgium** (see description below)

# Sunday October 8<sup>th</sup>, 2006

*A day of workshops where you can, practice, share experience with your peers, express your needs, find answers... and new questions!*

## Morning workshop: 9h-12h

►► **Communication skills : The “language of compassion” developed by Marshall Rosenberg** Participants will be split in 4 groups depending on language spoken : Spanish, English, Italian, French with one speaker in each group.

It is amazing to realize how unaware we can be of the violence of our common language: Even as we try to really listen and be compassionate, our mind judges, interprets, classifies, solves, and looks for ways to manipulate others. You doubt this? Come to this workshop and you will measure for yourself how much we really need to learn to connect to people with simplicity and authenticity. Non Violent Communication, developed and shared by Marshall Rosenberg, uncovers the essence of human relations. Here you will discover a new way to listen and communicate, beyond the words, to establish a lively, authentic and respectful relation with others. A key skill for anyone interested in guiding individuals and groups in exploring their own humanity.

Speakers : Center for Non Violent Communication<sup>SM</sup> trainers :

**Italian speaker : Vilma Costiti**, Reggio Emilia, Italy. Vilma is a doctor in psychology, a Non-Violent Communication (NVC) trainer and coordinator. She shares NVC with parents, educators, children, teenagers, school administrators, families, and various institutions from nursery to university. She is the author of a collection of 6 books targeted to children to share NVC ( “Needs and strategies”, “Ginny, be a good frog” and “Please, thank you”).

**English speaker : Anne Bourrit**, Switzerland : As a certified trainer of the Center for Nonviolent Communication, Anne Bourrit has behind her fifteen years of practice in various institutions, in Switzerland, France, Belgium, and Quebec and, to a lesser degree, in Africa, during which she has been actively training people according to Marshall Rosenberg’s process of communication. She considers herself lucky to be able to practice and share a working tool which is both simple and efficient when learning to listen to ourselves and to others, with the aim of discovering the beauty which is hidden behind certain attitudes that foster or create misunderstandings. Within a society where crisis and stress seem to predominate for many of us, she is passionately involved in finding creative solutions which lead to a better understanding between people

**French speaker : Thomas D’Ansembourg**, Belgium was a firm lawyer, he volunteered in organization for youth in difficulties. Committed early to conflict management, Thomas is passionate about human relationships and the quest for sense. He has been working for over 12 years as a psychotherapist, a consultant and trainer in Non Violent Communication. He trains in Belgium, France, Switzerland, Morocco and Quebec. Married, he is the father of three. He authored two best-sellers : « Cessez d’être gentil, soyez vrai » (“Stopped being nice, be true !») and « Être heureux, ce n’est pas nécessairement confortable » (“Being happy is not necessarily being comfortable »).

**Spanish speaker : Patricia Salgon**, France, has lived in Mexico and in Barcelona for several years. She is a psychotherapist, psychologist and a Non Violent Communication trainer. She has a private practice and works with 16 to 21 year-old sheltered teenagers in great social difficulty. Her experience with violence motivated her to find practical tools that her university studies did not provide to face and manage violence with ease. She has been using Non violent communication since then and that gives her the competence and the confidence to be able to manage any situation. As a NVC trainer she works primarily in education and parenting, and she enjoys seeing relational quality improve drastically between parents and their children, from babies to teenagers. .

**Sunday October 8<sup>th</sup>, 2006 (continued)**

**Afternoon workshops : 14h- 18h30**

**Workshop 1 : 14h-15h30**

►► **Working the Third Way : The Possible Consensus.**

All associations, organizations, families, companies, couples, friends, experience one way or another challenges in the 'working out things and communication'. With this workshop, Sylvie will lead us towards a renewed understanding of human relationships and the reasons why they crash so often! She will shed light on ways of structuring our associations and dialogues that may well help all our chapters (and personal lives) to go through their growing pains in a smoother way and constructively. Understanding why and when consensus work is beneficial, Sylvie will also give clear guidelines for effective and alive flowcharts within associations and will lead us through practical exercises so that we enhance our ability to find solutions where there seem to be opposition.

Speaker : **Sylvie Héту**, Quebec, Canada. Sylvie has been the president of IAIM international board for 12 years, an IAIM instructor for 22 years and a trainer for 17 years. Her love and passion for IAIM found their roots with mothering her three children now 16-19 and 22 years old. Schooled as a teacher at Montreal University she is also a trained Steiner teacher and the co-founder of MISP (Massage in schools programme). She is a lecturer and workshop leader for parenting and education. She has been on committees and administration boards of various non-profit associations since the age of 18-year old and took many workshops herself on progressive organisational perspectives. She is the Author of 'The Song of the Child' and 'Working Together' (Ur publications) and co author with Mia Elmsäter of 'Touch in Schools' (Ur publications).

**15h30-16h : Pause**

**Workshops 2: 16h-17h30**

►► **Enhancing awareness of infant behavioural cues.**

This interactive workshop will draw attention to different aspects of baby behaviour such as sleep, crying, self-regulation, stimulation, habituation and infant cues. CIMIs will be encouraged to participate throughout, with ideas and questions on how we can facilitate parent-infant communication and an awareness of baby behaviour through infant massage. Cherry will be illustrating this presentation with wonderful photos of babies of all ages and various special needs.

Speaker : **Cherry Bond, U.K.** Cherry Bond is a CIMI, Children's Nurse, Author and Mother. As an internationally recognised authority on Positive Touch in Neonatal Intensive Care, she regularly lectures and runs study days on Positive Touch, Baby Language, & Family Centered Developmental Care in the Neonatal Unit. Cherry co-ordinates the post-discharge Infant Massage at Queen Charlotte's & Chelsea Hospital, where she has been involved with the research team for many years, looking at the effects of Kangaroo Care, Preterm Massage, stress in the Neonatal Unit, and Postnatal Depression. Cherry also works part time at St. Mary's Hospital, London on the Newborn Intensive Care Unit, as a Parent-infant Interaction Co-ordinator. She has completed a protocol for oil in the NICU and updates the IAIM UK oil guidelines.

**17h30-18h30 : Massage Stroke Review by IAIM trainers  
And Closing**

Educational Conferences

## Volunteer translators :

We need participants who are bilingual, who can speak fluently in English to help with **Sunday afternoon** workshops : participants will be grouped by language to work together, and we need translators to regulate communication with the speakers and the rest of the groups. Please contact [christel@iaim.net](mailto:christel@iaim.net) if you can volunteer and to have more information on organization. Thank you!

## PERIPHERAL ACTIVITIES :

### **Special interest group meetings :**

Informal meeting to share experience with colleagues from around the world on topics like special needs or premature babies, research articles database, oils, reflective practice or...

YOUR idea to be announced by May 10<sup>th</sup> 2006 to [christel@iaim.net](mailto:christel@iaim.net) and be published in next International Newsletter. These meetings will take place around mealtimes in various places in and around the Sants Barcelo Hotel : Friday afternoon, or during lunch time Saturday or Sunday noon, or Sunday evening. We can plan meals if you let us know your interest and participation.

>Thank you!