

DR ANTONELLA SANSONE



PERSONAL DATA

Surname: Sansone Southwood

Forename: Antonella

Title: Dr

Nationality: Italian

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Based in London since: 1 July 1997

Member of the International Society for Prenatal and Perinatal Psychology and Medicine (ISPPM)

Member of the Society of Authors

Member of The McCarrison Society for Nutrition and Health

PROFESSIONAL QUALIFICATIONS

Degree in clinical psychology 21 02 96
University of Rome La Sapienza, Italy

Post-graduate training

From 15 03 96 to 15 03 97
Department of Obstetrics and Gynaecology,
University Hospital, Rome

Leonardo Da Vinci International Fellowship:
research project on the woman's bodyself image
and its effects on pregnancy, birth and bonding.

From 01 07 97 to 31 12 97. Extended to 15 12 98

EU and University of Rome La Sapienza jointly
with St John and St Elisabeth

Hospital in London – carried out at the Birth Unit
of St John and St E. Hospital under the supervision
of Mr Yehudi Gordon, consultant obstetrician and
pioneer of active birth in UK.

Baby massage teacher training course – certified
by pioneer Peter Walker 22 03 98
Active Birth Centre in London

MA in Psychoanalytic Observational Studies
(focused on Infant Observation and Child Develop-
ment)
May 2002

Master Dissertation: An Integrative Perspective in
Psychotherapeutic Work with Parents and Infants
University of East London – Tavistock Clinic

Post-graduate diploma course in translation –
English/Italian. Westminster University.

Certificate in Specialised English – Social Science,
Medicine, Psychology, Education, Health & Fitness

PUBLISHING EXPERIENCE

The mother's body image: attitude to her body-self
and its relationship with the foetus' life. The Inter-
national Journal of Prenatal and Perinatal Psychol-
ogy and Medicine Vol.14, N.3/4, 2002

Yoga for babies – You are never too young to start
Sunday Express, 15-21 September 2002

If Life was a tango. A psychosocial analysis of tango. El Once. London Summer 2003

Reportango. New York City. October 2003. Issue N.35.

Mother, Babies and their Body Language
Karnac Books. London. June 2004

Mothers, Babies and their Language
Infant Observation, August 2005; 8(2): 177-178

Working with Parents and Infants. A Mind-Body Integrated Approach, Karnac Books. London. September 2007

Working with Parents and Infants: A Psycho-Soma Integrative Approach, Nutrition and Health. 2007, Vol.19, pp. 69-76

A 'Mindbody' Integration. An Approach to Working with Parents and Infants, The Bulletin of the Association of Child Psychotherapists. No. 185 Febr. 2008

Working with Parents and Infants: A Mind-Body Integration Approach, Keeping in Touch. No. 34. Summer 2008

Working with Parents and Infants: A Mind-Body Integration Approach, Journal of Prenatal & Perinatal Psychology and Health Vol 23, No 3 Spring 2009

The Musical Child, Coordinated Congress. The Prenatal Child and Society. The role of prenatal

psychology in obstetrics, neonatology, psychology and sociology. Moscow 2007, International Journal of Prenatal and Perinatal Psychology and Medicine 2008; 20: 42-76.

On Paedophilia. Karnac Books. 2010. By Cosimo Schinaia, Translated by Antonella Sansone from Italian into English

Breastfeeding and Beyond, International Journal of Child Health and Nutrition Vol 2, 2013

Caesarean Birth: Disrupting the Human Adaptive System, International Journal of Prenatal and Perinatal Psychology and Medicine (forthcoming).

WORK EXPERIENCE

Research/clinical work in Italy until 1997

Research and observational work at the Birth Unit of St John & St Elisabeth Hospital, London

Observer Assistant in prenatal and postnatal support and discussion groups of Caucasian and Eastern women and couples

Teacher of baby massage classes

Observer and assistant in both active, water births and conventional births

Individual/couple counselling at St John & St Elisabeth Hospital, in Health Centres, and in my home – pregnant women, prospective parents and new parents.

Preparation classes for labour, breastfeeding and parenting Workshops

UNIVERSITY PRESENTATIONS

Presentation 13th Official Congress of the International Society of Prenatal and Perinatal Psychology and Medicine (ISPPM). Prenatal Psychology: Methodology in Research. Sardinia, June 22-24, 2000.

Presentation joint Conference of The McCarrison Society for Nutrition and Health, Institute of brain Chemistry & Human Nutrition, International Society for Prenatal and Perinatal Psychology and Medicine (ISPPM), Mother and Child Foundation. Generating Healthy Brains. London, January 17, 2006.

Presentation 25th International Conference of ISPPM.

Caesarean Birth Between Dream and Trauma, Wish and Reality. An integral approach: prenatal psychology, body- and psycho-therapy, obstetrics.

Stolpen, Germany, 18-20 October 2013

Presentation Optimising Childbirth Across Europe. An Interdisciplinary Maternity Care Conference. Brussels, 09-10 April 2014

Book Translation (Italian into English)

Working on my website www.mindful-conception.com, aimed at preparing couples for conception, through pregnancy and beyond, through the Mindfulness Integrated Program for Conception, Pregnancy, Birth and Parenting. I also organize preconception retreats.

COMMENTS ABOUT MY WORK EXPERIENCE

For the last sixteen years I've been researching, observing and writing about prenatal life and early brain development. Since I conceived my first child Gisele 7 years ago and my second 5 years ago my interest in this field has grown more solid and led me to writing a new book on prenatal and perinatal life and its human significance. In order to fully experience mothering and give my two little girls the needed attentions during their early development I decided to carry on with my carrier as a writer, as it has allowed me not to deprive them of my presence. My children have been my greatest inspirational source.

My regular practice of mindfulness and yoga reflect my belief in the importance of mind and body unity and balance as foundation of health, from which the pregnant woman and new mother particularly benefit in her relationship with her baby.

As a baby massage teacher I believe that mindful massage for infants has the potential to help regulate the mother-baby psychobiological rhythms and thus be a vital part of the bonding process and a reassuring extension of the womb environment.

I believe in the importance of the regulation of the mother-baby psychobiological rhythms (attunement) as vital element of both the prenatal and postnatal bonding process. Psychology so far has paid little attention to this primal psychobiological, rhythmic communication as an important factor in child development. I am also interested in the neurological bases of mirroring (mirror neurons system), intrapersonal and interpersonal attunement, empathy and mindfulness, emotional experience of music, foetal responses to musical sounds and to maternal emotional response to music. I also acknowledge the importance of the inseparability of maternal emotional and nutritional nourishment to create a healthy womb environment and child development.

When most books on pregnancy care and child care were mainly instructive, teaching a mother how to 'deal' with their child or how to make him/her fit into a routine, my book *Mothers, Babies and their Body Language* (2004) was shining a light on how important is to listen to their babies' own feelings and needs, to sensitively love them, to understand them and communicate with them, since life takes shape in the womb. This was a pilot approach to studying and understanding what is going on in an infant's life, standing from a baby perspective.

KEY SKILLS

Sense of commitment, sense of healthcare, analytical skills, ability to work with enthusiasm - full participation and critical evaluation - ability to work on my own initiative and within a multidisciplinary team, working with groups as a group leader in a variety of settings, multidisciplinary and integrative approach in dealing with personal and interpersonal issues, observational skills,

talent for researching fine details accurately, understanding of the importance of ongoing action research, evaluation of parenting programmes, receptive to babies' nonverbal language, project management and co-ordination skills, ability to integrate academic knowledge with experience of real life - which makes me usually gain co-operation and sympathy from parents and infants - ability to work in multicultural environments, strong

motivation to help and support people, especially parents and infants with difficulties, in order to prevent adult mental dysfunctions, and a strong belief in prevention.

Interests and hobbies

Reading, painting, dancing, nutrition health & fitness, yoga, mindfulness meditation.