

PSY242: Prenatal & Neonatal Psychology: NA
Maret: Introduction to Prenatal Psychology Chapter 1 & 2

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Required Video Summary Essay: Twins Nature and Nurture

Debbie Mehlman and Sharon Poset were the first set of identical twins separated at birth. At the age of 45, Debbie's mother revealed she was adopted and in addition, she had an identical twin sister. In twenty-four hours, Debbie found her identical twin sister in the state of Kentucky through a private investigator. Sharon was nervous when she learned that Debbie was in ICU. She thought and stated, "She needs my kidney, liver or bone marrow, I'm not calling." Once the misconstrue of the event was clarified, Sharon met Debbie. The resemblance and similarities of the identical twins was obvious. It was discovered that both sisters are tardy, cross their eyes when they get excited, and had the exact hairstyle during their childhood through adulthood. Their consumption of food, work ethics, and vernacular dialogue was similar in every detail. Psychologist and twin researcher, Nancy Segal, explains it is the influence of the genetics. Another set of twins, Mr. Jerry Levy and Mr. Mark Newman, were separated at birth and adopted by different families. Their first encounter was at the age of 31. It was discovered that the twin brothers had similarities. Both were volunteer firefighters; they held and consumed their beer exactly alike. In addition, their body hair on the chest curled up the same way. The only difference was that Jerry had lost a hundred pounds, one year prior in meeting his lost twin brother. Jerry stated that he was on the heavy side in weight, exactly as his twin brother. Psychologist Nancy Segal stated, "Genes don't tell us what to do. Genes simply predispose us towards certain events or opportunities, and we decide how we're going to act." In the Conrad and Perry McKinney identical twins' case. The twins were raised by the same parents, attended the same school, lived, and had a business together. Conrad was a martial arts expert, but Perry became a homeless alcoholic after the death of his wife. Alcoholism is heredity in the family.

2. During the Early Western Thought era, several philosophers formed theories concerning the function of how prenatals were provided sustenance inside their mother's womb. In the assumption of Democritus and Epicurus, it was believed that prenatals consumed nutrition and drank by the way of the mouth. Alcmaeon compared prenatals as absorbed sponges. He claimed that prenatals intake nourishments from the mother's entire body. Hippocrates's theory was the belief that a mother's blood flow feeds her prenatal, and the purpose of the umbilical cord was to enable her prenatal to breathe. A century later, Diocles of Carystus analyzed and examined fetal tissues. During his investigations, he made a discovery by differentiating the human form on day 40, from a 27-day old embryo's head and spinal cord. Aristotle's theory of embryology was the highlight in the early western thought. He explored and anatomized the embryos from numerous animals. He comprehended the phenomenon of prenatal nourishments along with the process of genetics and the activity of enzymes. During the third century, Herophilus of Chalcedon, expressed his findings on several dissections on embryos. He provided the features of the ovaries, fallopian tubes, and umbilical cord. Soranus of Ephesus, a Greek physician who worked in Rome in the department of gynecology and obstetrics, presented an increasing comprehension in the study of embryos. He wrote a book about women's diseases, and it allowed him to obtain modern knowledge on embryology. Galen also wrote books on embryology and named the action of intrauterine life as the time of genesis. It was appraised but not confirmed, that Queen Cleopatra cut up live enslaved females to study and inspect embryos. Overall, Hippocrates and Aristotle's theories on embryology were concluded as more precise.

3. During the period of Early Non-Western Thought, Indian thinkers presented their theories in the study of embryos from the 5th century to the 6th century BCE. It was promulgated that the physical and psychological features along with qualities of the future infant, whether evident or concealed, are preestablished. The hair, nails, bones, nerves, arteries, veins, teeth, tendons, and semen were considered the inherited characteristics from the father. The blood, fat, muscles, heart, bone-marrow, liver, spleen, intestines, umbilicus, rectal parts, and sex organs were considered the inherited characteristics from the mother. Susrata comprehended the mutual dependence of the fetus and placenta in the physiologic and psychologic matter. He identified the umbilical cord as the supply food equipment from the mother's body to the breathing fetus. He explained that after the third month, prenatates obtain awareness of their environment and commence to yearn for sense objects. These yearnings are transmitted to the mother and are demonstrated as a craving. Susrata believed if the desire is declined, then the fetus may have extreme congenital effects such as the inability to see and the inability to move, just to name a few. He stated that during the fifth month, the prenatate has an independent mind to think and by the sixth month, the understanding of reason. Caraka, another early Indian thinker, dedicated to the study of embryos, agreed with Susrata's theories. He stated that prenatates who undergo distress, can become obliterated, disfigured, and produce a psychological illness caused by the disruption of the mother's psychological and physical health status.

4. In the era of the medieval and early modern thought, Albertus Magnus was one of the greatest minds of the 13th century. In his book called, “De animalibus”, was nearly exact to Aristotle’s “De animalibus” in the study of embryos. Trotula was a pioneer as an obstetrician and gynecologist and wrote about childbirth, gynecological illnesses, and cures. She was known in Salerno, Italy for her medical services and medical advice. Her book published in the English language in 1540. Leonardo Da Vinci sketched images of a fetus in an open womb. It exhibited his comprehension of embryology. During the 16th century, the perspective of embryonic life was highly disputed, as if the embryo already existed in the womb and develop growth. William Harvey published his book in 1651 called, “De generatione animalium.” In his book, he expressed his observations in embryology, the structure of the uterus and conception. Between the 17th and 19th century, with the progress of technology, sperm was viewed under the microscope by Hamm and Leeuwenhoek in 1677. In this generation, John Locke wrote “An Essay concerning a Human Understanding”, where he explained tabula rasa meaning that an innate is a blank slate. Jean-Jacques Rousseau compared the embryo as a witless tadpole. In the 18th century, Spallanzani’s investigations of the study of embryos, revealed that an ovum and sperm are essential for conception. Driesch demonstrated that a fertilized egg could divide and evolve as separate embryos. William Hunter’s book called, “Treatise on the Human Gravid Uterus” speaks and demonstrates the anatomy of the pregnant body. In 1880, William His was the author of the published book, “The Anatomy of Human Embryos”. The book maintains the fundamental contemporary assignments in human study of embryos.

6. The four phases of Frank Lake's development of the maternal-fetal distress syndrome paradigm are the womb of the spirit, birth, the prenatal period and the first trimester. In the first stage called the "womb of the spirit", Lake states that the growth of the fetus in the womb is suitable. A chart was created by which he named dynamic cycle, demonstrating the relationship between the mother and its child. The primary phase of the cycle is explained as an input to gain from the outside world and an output to communicate from the outside world. The mother provides sustenance for the fetus through the placenta and umbilical cord in the physical womb. The womb of the spirit is believed that the mother's spirit is transferred to her child by the umbilical cord of sight. The reference well-being is the secondary phase and the result of constant nourishments. It is successful in the spiritual and physical elements. The output phases called achievement and status rely on the input phases. The consequences of the absence of being and well-being can develop adult personality dysfunctions. In the phase of birth, Lake "treats birth trauma as a part of the process in infancy." (Maret 13). It was imperative to Lake that pregnant women preserved in tranquility throughout the nine months of pregnancy to avoid the outcome of birth traumas. The third phase is the prenatal period. It was explained that through the umbilical cord, the mother can transmit her emotional state to her fetus and the fetus can feel the mother's feelings. The last and fourth stage is the first trimester. Lake emphasized that the first trimester, the intra-uterine environment, is where maternal fetal distress syndrome commences due to the mother's environment.

7. Frank Lake utilized the research evidence of LSD. This method was performed on alcoholic patients to bring to their attention or consciousness on why they continued the use of alcohol consumption. The LSD research on alcoholics was successful, as it was activated in patients to release mental blocked memories. Lake stated, "As he began to take note of "whatever the patients said as the thick crust of repression crumbled under the impact of the drug and the contents of the unconscious mind emerged into consciousness." (Maret 16). As an observer to the continuing abreactions of birth traumas, Frank Lake utilized the LSD research on patients to remember the experience of their distinct birth traumas. Lake reported the experience of many patients who underwent LSD, relived again the birth traumas. Some experienced again the medical use of forceps during vaginal delivery, while others relived the umbilical cord wrapped around the neck. The research findings gave Lake the revelation of personality disorders such as schizophrenia and schizoid commencing at the first six months of post-natal life.

Respectfully, I am not a fan of drugs of any kind. However, given the importance of how LSD was performed on patients to enable and provide hidden information, I marvel at Dr. Lake's experiment. Because of his discovery, we have answers today to help individuals who suffered birth traumas and probably are unaware of it.

8. Maternal fetal distress syndrome is when the fetus is submerged in a pool of negative, toxic, and rejected emotions transmitted by the mother's maternal environment. The emotions of the mother are transferred into the umbilical cord and passed on to her unborn child. When the fetus is under the positive manifestation of the umbilical affect, meaning the mother is filled with joy due to her pregnancy, the fetus will feel the welcoming and acceptance of the mother. However, when the fetus is under the negative manifestation of the umbilical affect, the fetus will experience affliction because it yearns to be noticed and acknowledged by the mother. Lake stated, "It is deeply disturbed by her lack of recognition of herself as pregnant and the fetus as a growing human being inside her when she does know." (Maret 20). Strongly negative manifestation of the umbilical affect is what Lake defines as the utmost cause of maternal fetal distress syndrome. The fetus is in emotional pain and in fear of maternal animosity that could possibly lead to the decision of life termination. There are four different levels of fetal responses. The first response is Ideal, where the fetus is content and feels the love of its mother. The second response is Coping, meaning an inconsistency between the fetus's necessities and appropriate gratifications. The fetus accepts the burden and copes with the distress from the lacking mother. The Opposition response is when the fetus is in a state of repression and can no longer cope. The fetus will experience the emotions of being belligerent or being passive, with the refusal to cooperate. The fourth level of response is called transmarginal stress. The fetus can no longer resist the stress and it consumes the feeling of agony. Its desire is to die rather than to live, wanting to self-destruct and turning against itself. I am speechless of Lake's discoveries but yet grateful all of his components. This has been an eye opener for me.

References

Maret, Stephen. *Introduction to Prenatal Psychology*. Second Edition. ISBN#9780578089980.
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<https://www.youtube.com/watch?v=CfZCthcvGws&t=9s>