

## Chapter 1 and 2 Maret Essay questions

2. Give a short historical summary of the manner in which prenatals (and infants) have been perceived in early Western thought (prior to the medieval period).

I liked reading this section of the chapter as it gave me insight into the history of how prenatals were perceived and I can link this to how they are perceived now and compare the two. There is clear evidence to show that the psychology of prenatals was considered even in this time period. Hippocrates surmised that it is the maternal blood flow which nourishes the embryo and with the possible exception of Hippocrates, Aristotle also stands amongst the early western thinkers into the most important advancer of embryological science. Following Aristotles embryological understanding we can understand that although the technology was significantly different and there was a lot less education of psychology, there was still some theories about the prenatals which I find very interesting.

3. Give a short historical summary of the manner in which prenatals (and infants) have been perceived in early non-Western thought.

Similar to the roman and Greek thinkers, much of this speculation around prenatals was incorrect and slightly off, some however anticipated later discoveries such as modern genetics is linked to Susrutas affirmation that “the bodily and mental characteristics of the future child, whether manifest or latent, are pre determined” I think that this is infact true and very interesting and also links in psychological implications of pregnancy as shown as mental characteristics. Susruta further articulated the understanding of the fetoplacental unit both philosophically and psychologically with noting in his research that the nourishment of the mothers body begins in the umbilical cord and advocated a variable diet for the mother and the child depending upon the needs of the fetus and in order for it to be healthy. This

development shows us further how the psychology of the fetus was actually discovered a long time ago, however it has developed over time due to further research.

4. Give a short historical summary of the manner in which prenatals (and infants) have been perceived in medieval and early modern thought.

I found this section very interesting as it states that the advance of embryology was arrested for almost 13 centuries, meaning that there was not a huge amount of research and development due to the previous discoveries made by different researchers. Up until the 16<sup>th</sup> century, the prevailing view of the embryological development was in fact the epigenetic, that the various components of the developing creation occurred sequentially. The late 18<sup>th</sup> and 19<sup>th</sup> century brought a lot of technological advances, one of them being William Hunter's treatise on the human gravid uterus which was published in 1774 and was a very important advance in the embryological illustration. Another one being Von Bauer who identified the mammalian ovum in 1827. There was also a book called The anatomy of human embryos which was published in 1880 which was also a very large development in the prenatal world.

5. Give a short historical summary of the manner in which prenatals (and infants) have been perceived in 19<sup>th</sup> & 20<sup>th</sup> century thought.

I think this is evidently the biggest development in the research into prenatals, with the biochemistry, biology, anatomy and neurology of prenatals becoming a lot more clear and more looked into, the groundwork was evidently laid for a return to a speculation on the development of the fetus. Freud was very influential on this, it was a undeniable development from him, whether it was intentional or not, Freud really opened the door to the consideration of prenatal dynamics. Freud's schizophrenic attitude towards the birth is illustrated in his book called The trauma of birth as he says "the most important progress since the discovery of psychoanalysis". After Freud there were many different researchers who went on to question

his research, however like it was said before, whether Freud's research was wrong or right of the psychology of prenatals, it opened the door hugely back into the debate and ended up helping.

## Chapter 2 Maret

7. What research evidence did Frank Lake use to develop the maternal-fetal distress syndrome paradigm? What would your evaluation be of this "research" evidence?

This was very interesting to read about indeed. When researching on his evidence, he certainly used some questionable research methods. One of them being LSD research, he concluded that the use of LSD in his research, was able to effectively and de repress the forgotten memories of the patient, bringing up some past traumas perhaps stored in the brain. Towards the end of his LSD research, lake did a follow up on his research on 68 patients in which 57 of them responded which can provide some evidence that this research did work. I however do not believe that this research was very ethical, therefore the lingdale workshops perhaps are better, in these workshops Lake began to run clinical theology seminars, they were initially three days in length later expanding to 6 days. These seminars slowly progressed and became more popular into the research of MFDS and gradually turned into primal integration workshops.

9. Do an internet search on "fetal psychology" or "prenatal psychology" or "birth psychology". Report back on your results.

I think that this question is good to understand the history of prenatal psychology and to also be able see how far the research has developed compared to what I wrote about in chapter 1. I searched prenatal psychology which was described on google as the remarkable change that helps to set the state for future development, this being psychologically. It highlights on google that although the brain and behaviour obviously develops hugely in the duration of

early childhood, the brain also develops and the psychology of the pre-nate is hugely developed before birth.

Video – Pre and peri natal psychology

A psychologist begins to speak about pre natal psychology, he begins by explaining what pre and peri natal psychology is, describing it as a science that he has been developing for over 30 years. His goal is to understand this psychology better than we ever have before. He described this development of psychology as knowing better than ever before that anything that the pregnant mother eats, drinks, inhales, says and her emotional state can have huge implications on the fetus physically and mentally as well as development in early childhood stages. He puts a very big emphasis on the fact that all the things that the fetus experiences is largely influenced by the mother and her stress and emotional state. I think that the thing that he said which most stuck with me was that the world makes the assumption that life begins with birth which is not true, life begins at the point of conception.