

About Me:

I am an educational consultant specializing in prenatal psychology and a certified bonding analyst with additional training in hypnosis and regression techniques.

I have been supporting pregnant women with the BONDING ANALYSIS (as developed by Hidas and Raffai) - mostly online - for over 10 years.

My work is also based on the findings of prenatal psychology research. I have written a booklet about my work, which has been translated and published in 12 languages (German, French, English, Italian, Hungarian, Spanish, Dutch, Danish, Portuguese, Polish, Turkish, and Russian.



Contact and Registration:

Practice for Prenatal Bonding

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PREGNANCY ACCOMPANIMENT

WITH

BONDING ANALYSIS
(HIDAS & RAFFAI)

PROMOTING PRENATAL

BONDING

The “BONDING ANALYSIS” method was developed by two Hungarian psychoanalysts, Dr. György Hidas and Dr. Jenő Raffai. It has its roots in psychoanalysis and also incorporates elements of prenatal psychology. In regular sessions, the pregnant woman can establish contact with her child even before birth, thereby strengthening the prenatal bond. This contact manifests itself in the form of images, inner dialogues, and physical sensations. Prenatal contact with the unborn baby enables the mother to be attuned to her own emotions and to respond appropriately to the baby's signals. That way, the mother can actively contribute to the smooth progression of the pregnancy and birth, as well as to her baby's healthy development. Being accompanied with BA during pregnancy allows the pregnant woman to free herself from potential emotional blockages that might impede the bonding. BA is very helpful for any pregnant woman who wishes to foster the prenatal bond with her baby.

The benefits for pregnant women being accompanied with the BONDING ANALYSIS

- Pregnancy anxieties are demonstrably reduced,
- Statistically speaking, labor is shorter and less painful and is less likely to require the use of obstetric interventions, especially cesarean sections,
- Postpartum depression occurs very rarely,
- Reduction of anxiety and stress

Benefits for the babies:

- They sleep through the night very early on
- Their psycho-motor development progresses rapidly
- They already develop remarkable social skills
- Colic and crying spells occur much less frequently
- There are virtually no breastfeeding problems

The BA Analyst meets with the pregnant woman once a week. Based on a detailed medical history, all bonding-related issues concerning the pregnancy are addressed. With the help of visualization and trance techniques, the pregnant woman establishes mental contact with her baby. BA is completed ten days before the estimated date; prior to that, the pregnant woman is prepared for birth within six special sessions.

For whom is the accompaniment with the Bonding Analysis method suitable?

- In general, for any pregnant woman
- Women who have already experienced a traumatic birth
- Women who have had postpartum depression
- Women who have had one or more miscarriages
- First-time mothers who are very afraid of giving birth
- Women with high-risk pregnancies
- Women who can only become pregnant through assisted reproduction
- Women who have experienced a twin or multiple loss in early pregnancy
- Women who wish to give birth only via a cesarean section
- Women who have not been able so far to get pregnant
- Women who have experienced violence or abuse
- Women who feel an inner ambivalence or difficult life circumstances during pregnancy.
- For women who aspire to an active, self-determined birth