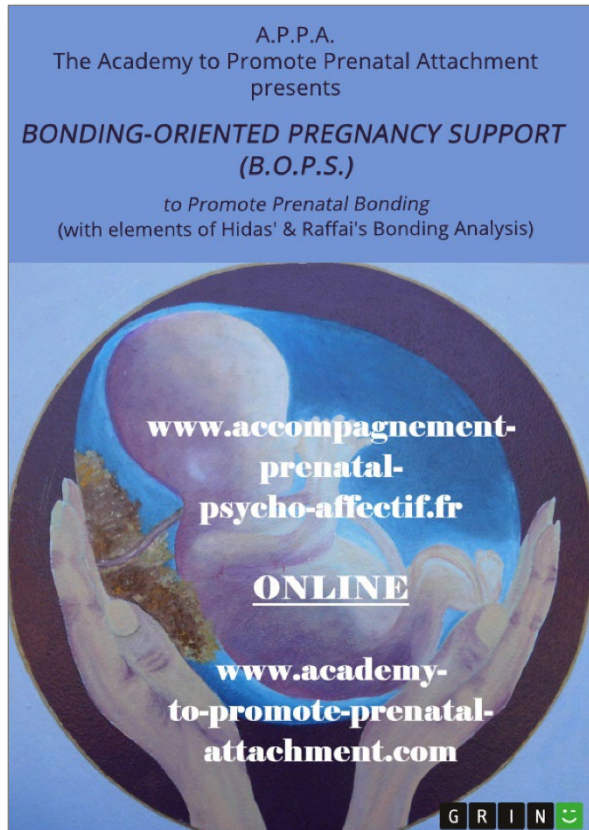


Factsheet



Christa Balkenhol-Wright

B.O.P.S.

(Bonding-Oriented Pregnancy Support)

To Promote Prenatal Bonding (with elements
of Hidas' & Raffai's Bonding Analysis)

53 pages

Psychology

available as:

E-Book (pdf, epub, mobi)

Price: € 18,99 (D, A)

ISBN: 978-3-38901-858-3

Print (PoD)

Price: € 27,95 (D, A)

ISBN: 978-3-38901-859-0

Published in May 2024.

<https://www.grin.com/document/1471853>

This booklet briefly presents BONDING ANALYSIS, a revolutionary new method of pregnancy support to promote prenatal bonding which was developed by the two Hungarian psychoanalysts Dr György Hidas and Dr Jenő Raffai enabling pregnant women to establish mental and emotional contact with their baby and to develop and deepen this contact throughout the pregnancy.

This booklet also describes the author's "B.O.P.S. method - Bonding-Oriented Pregnancy Support", supplemented by a new "self-care" concept that can be used to help the pregnant woman unveil her emotional deficits that have their origin in "toxic" education and relationships. These deficits might impair or even prevent an intense and deepen bonding contact to be established between mother and her baby.

Christa Balkenhol-Wright not only accompanies pregnant women with the BOPS method, but she also teaches it in online courses she offers in German, English and French.

Further information about the online training courses are given on the following websites:

www.academy-to-promote-prenatal-attachment.com

www.accompagnement-prenatal-psycho-affectif.fr

www.vorgeburtliche-eltern-baby-bindung.net