



I.P. PAVLOV

**PSYCHOPATHOLOGY
AND PSYCHIATRY**

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AND PSYCHIATRY**

SELECTED WORKS

COMPILED BY PROF. Y. POPOV,
MEMBER OF THE U.S.S.R. ACADEMY OF MEDICAL SCIENCES,
AND PROF. L. ROKHLIN

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PAINLESS CHILDBIRTH THROUGH PSYCHOPROPHYLAXIS

Edited by Professor L. L. Rokhlin

This book is about the most advanced of existing methods of rendering childbirth painless. It is called the psychoprophylaxis method.

Developed by a group of doctors—the authors of this book—and proposed by them in 1949, this method has now become widespread in the Soviet Union. It is also being successfully applied by doctors in France, Czechoslovakia, Italy and other countries.

The lectures contained in this book were read by the authors at refresher courses for obstetricians in Moscow and Kharkov.

These lectures deal fully with the principles and methods of training expectant mothers and describe how childbirth proceeds after a course in psychoprophylaxis. The application of the new method and the organisational questions connected with introducing it into practice are analysed.

Two of the lectures expound the key principles of Ivan Pavlov's teaching on the higher nervous activity, which is the scientific basis of painless childbirth through psychoprophylaxis.

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