

Infant Mental Health: Level 1 Training Programme information

**Together
with baby**

**Parent Infant
Mental Health
Service**

01621 866900



Meet the team



Ellen

Danielle

Emily

Kristie

Emma

Becca



Teresa

Naomi

Hamish

Rebecca

Lesley

What will the training involve?

There will be two blocks of 3 webinars, each ending with a reflective session. Each webinar will be on a different aspect of infant mental health. The full list of modules are on the next page.

These webinars will use a variety of teaching means to ensure that they are lively and engaging including presentations, videos and discussions.

During the reflective session we will be providing case studies to discuss.

To ensure that you have the full learning experience, it's best to find a quiet space where you will not be disturbed. You will be encouraged to be on camera but this is your choice.

Please be aware that we will be recording the session, for evaluation purposes and also so that we can share the link with anyone who missed the session. Your attendance will be taken as consent to be recorded.

We are a newly established team of Parent Infant Therapists, working in partnership with the Parent Infant Foundation. We support parents across Essex to bond with their infants.

We have put this training together as an exciting offer for Early Years Practitioners to understand what Infant Mental Health is and the importance of it.

Need help?

If you have any issues with joining the training session on the day then please call:

Kristie
07583 027239

Modules:

14/9/20: 12-1.30: Module 1: What is Infant Mental Health and its importance in building positive wellbeing? Dr Ellen Auty (Consultant Clinical Psychologist and Clinical Lead of Parent Infant Mental Health Service & Perinatal Psychology) & Dr Karen Bateson (Head of Clinical Strategy & Development, Parent Infant Foundation):

What is it and why it is important?

22/9/20: 12-1.30: Module 2: What are attachment relationships? Hamish Seymour (Child Psychotherapist) & Dr Naomi Sams (Clinical Psychologist):

What is attachment and how we understand it? What is the function of secure attachment? How does culture affect parenting, attachment and ideas about family or childhood?

29/9/20: 12-1.30: Module 3: The developing brain- understanding the importance of early experiences? Dr Naomi Sams (Clinical Psychologist):

Including the role of the environment (ACE markers).

6/10/20: 12-1.30: Reflective session: Case discussion

20/10/20: 12-1.30: Module 4: Baby communication: Lesley Ann Morris (Parent Infant Therapist) & Teresa Bell (Parent Infant Therapist): What can they do? What do they arrive with? Why are eye gaze, movements, babbling and proto conversations so important?

27/10/20: 12-1.30: Module 5: Risks & Resilience: Hamish Seymour (Child Psychotherapist) & Emily Hudson (Trainee Clinical Psychologist): What is reflective functioning? What can we learn from ghosts and angels in the nursery? How do infants form object relations? What happens when relationships suffer or there is a rupture and repair?

3/11/20: 12-1.30: Module 6: Supporting families who are struggling Emma Custance (Parent Infant Therapist) & Teresa Bell (Parent Infant Therapist): How do we support parents through the transition to parenthood or difficult times? What interventions help? What do I look for?

10/11/20: 12-1.30: Reflection session: Case discussion



Designed to meet the Association for Infant Mental Health (AIMH) Level 1 Competencies Framework

For further information, contact us:

Together with baby
Parent Infant Mental Health Service

01621 866900

epunft.pimhs.eput@nhs.net