

PERINATAL AND INFANT MENTAL HEALTH

USING A RELATIONSHIP-BASED APPROACH TO WORKING WITH PARENTS AND INFANTS

3-DAY WORKSHOP

Perinatal and infant mental health is a specialised area of practice focusing on the health and development of parents and infants. The perinatal period is a vulnerable time for parent-infant and couple relationships. It is the time of highest risk for a woman to develop, or have a reoccurrence of, a mental health condition. Where maternal mood disturbance is present, working clinically with only maternal symptomatology is insufficient to address issues within the mother-infant relationship. By contrast, working with the mother-infant relationship can help both maternal symptoms and relationship difficulties. Recent Australian clinical practice guidelines state that assessment of mother-infant interaction should be an integral part of postnatal care (beyondblue, 2011), yet many health professionals treating postnatal mood disturbance intervene only with the mother and do not include the infant in assessment or treatment. This workshop will provide an overview of assessment, formulation and treatment in both the antenatal and postnatal phases incorporating the mother, father, infant and their relationships. Theories of development, attachment, interaction, object-relations, behaviour and cognition will be incorporated. Participants can expect an introduction to theoretical models and practical applications in working therapeutically with parents, infants and the parent-infant relationship. Detailed case studies are presented to strengthen formulation skills and highlight clinical work, with a focus on the mother-infant relationship and attachment themes.

Learning Objectives:

- Assess and formulate maternal presenting issues, infant presenting issues and the mother-infant relationship
- Assess and formulate father and couple presenting issues
- Outline attachment theory, patterns and interventions
- Identify the importance of parental reflective function in the development of affect regulation and attachment
- Describe and apply clinical principles from parent-infant interventions at an introductory level

Workshop Designed For:

This workshop is designed for health professionals either currently working with, or who have a desire to work with, families during the perinatal period. In particular, this workshop is ideal for those who would like to include the infant and mother-infant relationship in the treatment of maternal mood disturbance. Training and experience in mental health is assumed.

About the presenter

Dr Bronwyn Leigh is a clinical and health psychologist and Director, Perinatal Psychology, a private practice specialising in psychological services to parents, infants, couples and families during the perinatal period. She has contributed to research in the areas of maternal mood, prematurity and early parenting difficulties, and has been a national trainer in perinatal loss counselling. She is the founding member and current national convener of the Australian Psychological Society's Perinatal and Infant Psychology Interest Group. She is experienced in the provision of clinical supervision, training and consultancy and has published in academic journals, presented at conferences and provided media interviews. Bronwyn co-authored *Towards Parenthood: Preparing for the Changes and Challenges of a New Baby* (ACER Press, 2008) a self-help guidebook for parents during pregnancy and in the first year after having a baby.



Perinatal Psychology
treatment, training consultation & supervision

REGISTRATION FORM & TAX INVOICE

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LAUNCESTON 15-17 January 2016 **The Sebel**, Cnr St John & William Streets Launceston TAS

SECTION A PERSONAL DETAILS

Prof/Dr/Mrs/Ms/Mr: _____
Position: _____ Organisation: _____
Address: _____ Postcode: _____
Phone: _____ Email: _____

SECTION B DESIRED LEARNING OBJECTIVES

Please identify what you would most hope to take away from the workshop:

- Working with maternal presenting issues
- Working with infant presenting issues
- Working with the parent-infant relationship
- Working with the father or couple

Other: _____

SECTION C WORKSHOP REGISTRATION

\$720 3-day workshop

Cost includes GST, morning tea, lunch, afternoon tea, and detailed notes.

Registrations close 1-week prior to each workshop.

Dietary requirements Vegetarian Vegan Gluten free Dairy free

SECTION D PAYMENT SUMMARY

Total amount due \$ _____

I enclose my cheque / money order made payable to 'Bronwyn Leigh'

OR

Direct debit by arrangement, contact Bronwyn

Send form with payment by post to PO Box 73, Ivanhoe VIC 3079 (*please notify by email when you send*)
or email the completed form to: bron@perinatalpsychology.com.au

Cancellations: Full amount less \$50 admin fee will be provided for cancellations received in writing two weeks prior to event.
No refund after this time but registration is transferrable.