

# AiMH UK National Conference



## Transforming Parent-Infant Relationships

**Thursday 24th November 9.15am - 3.30pm**

(online event)



### **BOOK TICKETS ON EVENTBRITE**

**Early Bird Tickets available until Fri 28th Oct 2022**



**Members of AiMH UK: £25  
Non-members: £45**

Full price tickets from Sat 29th October 2022  
Members of AiMH UK: £35  
Non-members: £55

# Programme

This conference has been created to enhance your work with infants and their parents, with talks by professionals across the spectrum of Infant mental health specialties. They will bring not only their wealth of experience, but something for everyone to take away, whether that is a different way of thinking about babies, or skills, ideas and approaches to working with infants and their parents.

9.15am - 9.30am      **Welcome - Jane Barlow - AiMH UK President**

9.30am - 10.30am      ***Betty Hutchon - The NBO in Practise: Transforming Parent-Infant Relationships in Early Infancy***

Betty is Head of Paediatric Occupational Therapy at the Royal Free Hospital London NHS Trust. Betty trained in the NBO (Newborn Behavioural Observation) with its originator, Terry Brazelton and is Master Trainer & Co-Founder of the Brazelton Centre, UK. Betty has spent decades teaching this technique, which was designed to help practitioners sensitise parents to their infant's unique competencies and vulnerabilities and therefore understand and respond in a way that meets their infant's developmental needs, contributing to the development of a positive parent-infant relationship from the very beginning. In this session and through video material, Betty will explain and demonstrate how the NBO is being used in both universal (health visiting) and specialist settings (neonatal units) in the UK, to support parent-infant relationships and, in the process, to promote communication between clinicians and parents.

10.30am - 10.45am      Coffee break (15 minutes)



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INFO@AIMH.UK

# Programme

10.45am -  
11.30am

***Mary Short - From Rejection to Recognition: Parent Infant Psychotherapy with a 'replacement baby.'***

Mary is a Psychoanalytic Parent Infant Psychotherapist and a Child & Adolescent Psychiatrist in the NHS in Northern Ireland. She is winner of the Louise Emanuel Essay Prize 2021 for her clinical paper on parent-infant psychotherapy with a 'replacement' baby - a baby born into the void and unbearable grief which follows a loss, often, of another baby or child. Mary will describe her work with a mother and baby girl, who had begun her life in the shadow of her dead brother, who had been born with severe disabilities and to whom her mother had been completely devoted. In this moving piece of work, Mary will demonstrate how she placed the infant girl's emotional experiences at the centre of the work, to support the recognition and formation of the baby's identity.

11.30am -  
12.30pm

***Katy Taylor & Clare Beckell - The Rockabye Program: Nurturing Parent Infant Connection through Sensory Play & Song***

Katy and Clare are Co-Directors and Therapists at the Rockabye Program in Bristol, a support program for parents who may be suffering post-natally or having difficulties in bonding with their baby. The Rockabye program runs for 10-12 weeks in Children's Centres across Bristol, for parents and their pre-crawling babies. Parents are supported to share their experiences with other parents and to nurture their relationship with their baby through singing and sensory play. Katy and Clare will share their therapeutic approach and some of the structured activities they use with parents and infants to give parents time to focus on their baby, have fun and nourish their connection.

12.30pm

Lunch break (30 minutes)

1.00pm -  
1.30pm

**AiMH UK Awards and presentations**

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# Programme

1.30pm -  
2.30pm

***Nicola Canale & Rebecca Stewart*** - In the Heart of the Community: Transforming Parent Infant Relationships through use of Video within a Home Visiting Programme

Nicola and Rebecca will present the work that Cardiff Parents Plus are doing, a psychology-led service that provides targeted, personalised, psychology-informed interventions, to parents and children aged 0-4 years old within the family home. The team is based in a Local Authority setting as part of Cardiff Parenting Services. It consists of Educational Psychologists and Early Years Parenting Practitioners. This talk will:

- Describe the process of undertaking a whole team approach to using Video Interaction Guidance within a Personalised, Psychology Informed, Home-Based Intervention.
- Illustrate the transformation of the Parent-Infant relationship through a series of short case studies and video examples.
- Hear the voices and experiences of both practitioner and parents who took part in this process.
- Reflect on the Strength, Weaknesses, Opportunities, and Threats to undertaking such a project.
- The presentation will end with some reflections on how bringing video work into the heart of people's homes can break down some of the barriers typically associated with accessing this type of intervention.

2.30pm -  
3.30pm

***Alison Steier*** - The Essence of Transformation: The FAN method, Facilitating Attuned Interaction

The ultimate goal of FAN is to strengthen the 'provider-parent' relationship through attunement, empathy and capacity-building. The attuned approach of FAN increases safety and reduces anxiety in parents who may be struggling and hard to reach. The process of attunement is modelled by the practitioner and experienced by the parent. In turn, parents are better able to respond to the needs of their infants. Whilst created for Erikson's Fussy Baby Network, FAN can also be applied to parenting of older children and can be used as a framework for team building and supervision. Alison will talk us through the FAN model and its application, particularly when supporting a parent may be easier said than done.

3.30pm

Close of Conference

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# Speakers



## **Dr Betty Hutchon DSc MRCOT**

Betty qualified as an Occupational Therapist at the Ulster University and is head of Children's Occupational Therapy, Physiotherapy and neonatal SLT for the Royal Free Hampstead NHS Trust.

Betty had worked clinically in neurodevelopment, early intervention and neonatology for more years than she herself can believe! She is committed to an evidence based multidisciplinary approach to early intervention starting in the NICU where all staff work together with parents for the benefit of infants at high risk of developmental challenges.

Betty is an international trainer for the Bayley Scales of Infant and Toddler Development and was part of the development and consultancy team for Bayley 4. She has provided training, advice and consultation to many research and clinical groups throughout the world on the use of the Bayley.

Following extensive work with Dr Brazelton and colleagues in the USA, Betty was part of a small pioneering team who set up the Brazelton Centre UK in 1998 – a registered charity and she is a master trainer for the NBAS and NBO. She has presented at WAIMH several times.

Betty has completed extensive and advanced training in the General Movement Assessment (GMA) and is quite convinced this assessment is key to effective early motor interventions.

Betty is an author of the 'Early Assessment and Early Intervention for High Risk Infants' course which she has taught for 22 years all over the world.

Betty says as her skills and knowledge grew over the years she became concerned about parents' experiences of early intervention and this led her to be a founding member of a new clinical reasoning framework - Ei SMART, which views all domains of a child's development as interrelated and believes therapeutic interventions must address these interdependencies together. Ei SMART is a registered charity in the UK.



## **Mary Short**

Mary is a Psychoanalytic Parent Infant Psychotherapist and a Child & Adolescent Psychiatrist in the NHS in Northern Ireland. She is winner of the Louise Emanuel Essay Prize 2021 for her clinical paper on parent-infant psychotherapy with a 'replacement' baby - a baby born into the void and unbearable grief which follows a loss, often, of another baby or child

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# Speakers



## **Katy Taylor - Rockabye Co-Director**

I am a Co-Director of Rockabye: Parent-Infant Support and also a Core Process Psychotherapist and Supervisor. I am experienced in working with adults struggling with anxiety, trauma and depression including post-natal depression. I am also a trainee Integrative Baby Therapist.

I was drawn to the work of Rockabye because of my strong belief that nourishing the relationship between a parent and baby offers the baby the best chance in life, and it's good for the parent's wellbeing too. I trust in the basic health and wisdom of all people, adults and babies alike. This health and wisdom often get obscured by life's knocks, but they are there. I also feel the experience of babies often gets dismissed or overlooked in our culture. I love Rockabye because it offers parents a non-judgemental space in which to offload and be listened to, a chance to wonder about what their baby might be experiencing, as well as lots of opportunity for parents and babies to enjoy each other's company.

I struggled with extreme anxiety after the birth of my first two children. With my third child I attended a Rockabye group run by Lucy Livingstone, our founder, and found it very nurturing and a joyful space in which to connect with my son.



## **Clare Beckell**

Is a Co Director of Rockabye: Parent Infant Support which seeks to nourish the bond between parents and babies through the perinatal period. My background is as a Play Therapist supporting children and young people with early developmental trauma and insecure attachments. After the birth of my first child, I experienced a period of postnatal depression. Following this I was drawn to focus my work on building secure attachment between parents and babies and I am now fortunate to be able to work with parents and babies both antenatally and postnatally. I am passionate about my work and I also train and supervise other professionals working in the field of infant mental health

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# Speakers



## **Dr Nicola Canale**

Dr Nicola Canale is a Specialist Educational Psychologist who leads Cardiff Parents Plus - a psychology-led parent-infant service in Cardiff, Wales UK. Nicola has an interest in the areas of; attachment, parent-infant relationships, infant mental health and early child development. She is actively involved in clinical casework and supervision as well as in national conversations around policy and practice in Wales and beyond. She is co-lead of the Infant Mental Health Hub for Wales.



## **Dr Rebecca Stewart**

Dr Rebecca Stewart is a Specialist Educational Psychologist who works in Cardiff Parents Plus. She has a keen interest in attachment and relational approaches and is particularly passionate about the use of Video Interaction Guidance to support the development of parent-infant relationships. She is currently engaged in clinical casework, supervision and training around early child development, attachment and parent-infant relationships and is working towards becoming a VIG supervisor. She is supporting the development attachment and relational approaches across Cardiff and has recently become co-lead of the Infant Mental Health Hub for Wales.



## **Alison Steier**

Alison Steier, Ph.D., is a licensed psychologist and vice president of mental health services at Southwest Human Development, in Phoenix, AZ. She is director of Southwest's Harris Infant and Early Childhood Mental Health Training Institute, Arizona's toll-free Birth to Five Helpline and its "Fussy Baby" home visiting service as well as Arizona's system of early childhood mental health consultation, known as Smart Support. Dr. Steier earned her doctoral degree from George Mason University. She received advanced training in psychotherapy from Georgetown University, completed a pre-doctoral fellowship in clinical psychology at Harvard Medical School/Massachusetts General Hospital and was a visiting fellow at Boston's Children's Hospital. She holds a fellowship in infant mental health from Louisiana State University Medical Center and a postdoctoral degree in infant mental health from Tulane University Medical Center. Dr. Steier is the founder and co-chair of The RAINE Group, a think tank composed of national experts which works to advance practice, policy, and research in the specialty of early childhood mental health consultation. She is a co-author of the Diversity-Informed Tenets for Work with Infants, Children and Families and a national trainer for the FAN Approach (Facilitating Attuned Interactions). Dr. Steier is a frequent presenter on topics related to infant mental health, both nationally and internationally, and has published in the areas of early childhood mental health consultation and young children's attachments to special inanimate objects ("transitional objects").

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The UK's leading membership group for Infant Mental Health practitioners



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- Free Admission to AiMH UK Skills Box sessions
- Discounts to AiMH UK National Conferences
- Membership of the practitioners local networking hub
- Free admission to all online CPD events run by AiMH UK Hubs
- Access to the AiMH UK community through Mighty Networks; an App based platform available online and on mobile phones
- Quarterly copies of the International Journal of Birth and Parenting Education (IJBPE ) and access to an archive of past issues (this would normally cost £25)
- Regular newsletters with AiMH UK events, resources, and Infant Mental Health news
- Updates on the latest Research in Infant Mental Health with downloadable articles, and reports
- Clinical papers collated thematically by Robin Balbernie (AiMH UK trustee) Access to the Infant Mental Health CPD System (IMH CPDS) with which to generate an IMH CPD Portfolio and gain registration to the UK Infant Mental Health Recognition Register (IMHRR).

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