



## **AiMH UK Spring Workshop March 28th 2024**

### **A Fresh Look at Mentalisation: Supporting Parental Mentalisation to Enhance Parent Baby Connection.**

Presentations from Michelle Speed, Joanne Greenaway and Gerry Byrne.

This conference will bring you up to date with the latest research on mentalisation and its practical application to working with parents of infants. This event is for all professionals working with babies and their parents. It will provide you with the knowledge and skills to:

- Help parents recognise and respond to their baby's communications
- Increase parent-infant connection
- Enhance babies developing sense of security

**AiMH UK Members £20. Non-members £40**



**Book your place here**



[www.aimh.uk](http://www.aimh.uk)

## **A Fresh Look at Mentalisation: Supporting Parental Mentalisation to Enhance Parent Baby Connection.**

Mentalisation is the two-fold ability firstly, to understand our own minds and secondly, the ability to enter another's mind and to respond with understanding. Babies whose caregivers can mentalise (both for themselves and for their baby) are soothed and grow to understand their feelings and experiences and ultimately, have an accurate sense of themselves as a person. Having a parent or carer who can mentalise is therefore foundational to infant well-being and future mental health.

**Michelle Slead, senior research psychologist at the Anna Freud Centre**, will present current findings on understanding and assessing parental mentalising. Michelle's research lens will also illuminate the essence of being a mentalising practitioner!  
**Joanne Greenway and Gerry Byrne, who both lead programmes which support parental mentalising** will share with us the sensitive, practical and applicable approaches that practitioners can take to support parental mentalisation.

### **Programme of the event**

#### **9:00 Jane Barlow, President of AiMH UK**

Welcome

#### **9:10 Michelle Slead, Senior research psychologist at the Anna Freud Centre**

How to be a Mentalising Practitioner

#### **10:00 Joanne Greenway, Therapeutic family time & intervention service manager - The Daisy Programme**

Promoting Mentalisation Skills in Parents from Pregnancy to Early Infancy

10:45 Break

#### **11:00 Gerry Byrne, consultant child and adolescent psychoanalytic psychotherapist (Tavistock), The Lighthouse Parenting Programme**

Using Mentalisation to Foster Safe Relationships between Parents and their Young Children

12:00 Programme close

**CPD HOURS 3** - All attendees will be sent a certificate.

Add to your IMH Portfolio on the AiMH UK IMH CPD Programme

**<https://imhcpd.aimh.uk>**

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## **Michelle Slead – How to be a Mentalising Practitioner**

Michelle will present a review of the current research on parental mentalisation and will link this research to practice to demonstrate how we can understand and assess parental capacity for mentalising. Michelle will also present recent findings on practitioner mentalisation: for example, what triggers make a practitioner lose their mentalising capacity and jump to quick judgments; the connection between practitioner capacity for mentalising and recognising risk to infants; the importance of recognising pre-mentalising modes in parents (the inability to hold their baby's mental states in mind or malevolent attributions to the baby).

Michelle's talk will help practitioners to:

- Take in the latest research on parental mentalising
- Understand how they can develop their own capacity for mentalising
- Use their mentalising capacity to recognise risk to infants

## **Joanne Greenway – The Daisy Programme: Promoting Mentalisation Skills in Parents from Pregnancy to Early Infancy.**

Joanne will describe the sensitive work of the Daisy Programme which is a pre-birth and early infancy programme which supports parents whose babies are on the edge of being taken into care. The programme aims to promote positive parent-infant relationships and to prevent the need for parent-infant separation and care-proceedings by providing intensive attachment and mentalisation-based support to vulnerable parents as they transition to parenthood.

Joanne will demonstrate how parents with traumatic early histories are helped to understand their own story with compassion, to understand their previous harmful responses to children who were taken into care and how they are then prepared and equipped to be sensitively responsive to their babies when they are born.

Whilst the Daisy Programme was piloted for women with babies on the edge of being taken into care, its principles are relevant to work with any parents who may be struggling with their relationship with their baby. Joanne will describe the Daisy programme's 'Mentalise & Attach Pathway' and will provide practical tools for professionals to:

- Help parents to look back and make sense of their own narrative, so that they are better equipped to make thoughtful responses to their baby.
- Help parents identify trigger points that have led them to make unsafe choices for themselves, their baby and any other children.

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## **Gerry Byrne – The Lighthouse Parenting Programme – Fostering Parental Curiosity and Safe Relating between Parents and their Young Children.**

The Lighthouse Parenting Programme aims to create safe parenting experiences for babies by enhancing parental mentalising. Its strength lies in engaging hard to reach parents, who typically do not benefit from parenting programmes.

The Lighthouse Parenting Programme is designed to foster in parents an active curiosity about their baby or child's inner world and a readiness in parents to reflect on their own thoughts, feelings, and reactions. It supports parents to make sense of misunderstandings in their relationship with their young children, including misunderstandings that arise from unresolved difficulties in the parent's own attachment history. It equips parents to inhibit harmful responses in those moments of misunderstanding and to repair ruptures arising from these misunderstandings in their relationship with their child. The Lighthouse Programme has an evidence based including in a randomly controlled trial.

Lighthouses have traditionally warned sailors of hazards, helped establish their position, and served as a beacon for navigational aid, guiding them to their destination. In the same way, the Lighthouse Programme serves to warn parents of hazards in relating to their child, helps to establish their position as an emotionally receptive and responsive parent and serves as a beacon, guiding parents to the safe harbour of healthy parent-child relating.

<http://lighthouseparenting.net>

Gerry will use video case examples from the Lighthouse Parenting Programme and participant discussion to help professionals to:

- Foster parental curiosity about their child's experiences
- Support parents to inhibit angry responses towards their young child
- Help parents to relate to their child in an emotionally healthy way

Gerry will also bring the conference full circle and guide us as to how we can put into practice the essence of Michelle Sled's research findings.



# SPEAKER BIOS



## Dr. Michelle Sleed

Is a Senior Research Fellow in the Child Attachment Psychological Therapies Research Unit (ChAPTRe) and Deputy Programme Director of the Doctorate in Child & Adolescent Psychotherapy at the Anna Freud Centre/ University College London. Her research is focused on evaluating preventative interventions for families, and particularly the role of parental mentalizing as a mechanism of change. She has conducted randomised controlled trials of psychoanalytic and mentalisation-based treatments for families experiencing complex difficulties, including interventions for parents in prison, parents with perinatal psychiatric difficulties, and families with child welfare involvement due to potential maltreatment concerns.

Dr. Sleed is a trainer in the Reflective Functioning coding system for the Parent Development Interview, and has used the measure extensively in evaluations and therapy process research. Her research has also investigated and addressed issues of measurement of parental mentalization, particularly pre-mentalizing modes, in the assessment of relational trauma within the parent-child relationship.



## Joanne Greenway

Is currently a therapeutic family time and intervention service manager within children's services, Walsall & designer of the DAISY programme, which is an intensive attachment based perinatal programme for parents at risk of infant removal. The DAISY programme is underpinned by AMBIT (adaptive mentalisation based integrated treatment) and the DMM (Dynamic maturational model of attachment)

Joanne is also an AMBIT trainer within her local authority and offers training to practitioners that are working with parents that have experienced trauma & are open to social care.

Joanne developed the Daisy Programme Service and led the pilot of the Daisy Programme, which had positive outcomes in helping mothers who had previously had children removed to have healthy relationships with their babies.



**Gerry Byrne** has worked with children and families for over 30 years. His expertise is in parent-child relationships, attachment, and trauma. Gerry's passion is [Mentalization-Based Treatment \(MBT\)](#).

He [trains and supervises](#) MBT therapists in the UK, Ireland, Australia, and Germany. Gerry developed the Lighthouse Parent Programme; an innovative application of MBT, designed especially for parents, to benefit families.

Gerry is a Consultant Nurse, and a [Consultant Child and Adolescent Psychotherapist](#). He is the Head of Attachment and Perinatal Services in for [Oxford Health NHS Foundation Trust](#), which include four specialist services for families in the UK: Infant Parent Perinatal Service ([Oxfordshire](#)); ReConnect ([Buckinghamshire](#)); Family Assessment and Safeguarding Service ([Oxfordshire](#)); Family Assessment and Safeguarding Service ([Wiltshire & BaNES](#)).

Gerry is a tutor for Psychoanalytic Observational Studies Masters programme at the [Tavistock Institute](#), and a lecturer for the Clinical Psychology Doctoral programme at the [University of Oxford](#).

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A photograph of a woman with dark hair, seen from the side, holding a baby in a light blue onesie. The baby is looking down at the woman with an open mouth, appearing to be laughing or crying. The background is a bright, indoor setting with a white curtain and a green plant. A large, semi-transparent teal shape is overlaid on the bottom right of the image, containing the text.

# AIMH UK MEMBERSHIP

THE UK'S LEADING MEMBERSHIP  
ORGANISATION FOR ALL INFANT  
MENTAL HEALTH PRACTITIONERS -  
SUPPORTING YOUR WORK IN INFANT  
MENTAL HEALTH

# ABOUT US



Our mission is to promote understanding about infant mental health (IMH) and its importance, and to support the continuing professional development of all practitioners, early years workers, educators and students working to improve outcomes for parents, babies and toddlers.

AiMH UK, which was founded in 1996 and is an affiliate of the World Association for infant mental health (WAIMH), is a not-for-profit organisation and our primary function is to contribute to the raising of standards of IMH practice.

## WHAT WE DO

- Raise awareness of the importance of Infant Mental Health for the child's future development
- Bring together practitioners working to promote the well-being of infants and toddlers in local AiMH UK hubs
- Provide CPD training events and conferences, delivered by experts in the field of infant mental health to update professional practice
- Provide practitioners with access to a range of resources that will improve their practice including the AiMH UK Best Practice Guides, the IJPE Journal, recommended IMH Books, articles and research papers.



Cited in the Family Hubs and Start for Life (SfL) Programme Guidance (2022)

## THE AIMH UK IMH CPD PROGRAMME

Designed to enable you to map your skills, knowledge and practice experience against the UK national Infant Mental Health Competency Framework (IMHCF), to build your IMH Portfolio, and gain entry to the Infant Mental Health Recognition Register (IMHRR)





# INDIVIDUAL MEMBERSHIP

## QUALIFIED PROFESSIONAL

£65

AiMH UK Membership and access to the IMH CPD Programme

## EARLY YEARS WORKER

£35

with a Level 2 or Level 3 childcare qualification/Level 3 Diploma for the Children and Young People's Workforce/Level 3 Diploma for the Early Years workforce and the CACHE Diploma for Nursery Nurses

## STUDENT

£30

Evidence of your University / College, course, and tutor must be provided to [admin@aimh.uk](mailto:admin@aimh.uk)

## ORGANISATIONAL / TEAM MEMBERSHIP PACKAGES AVAILABLE

We offer several packages for your team / organisations to join AiMH UK. From a basic membership to a Bespoke IMH CPD package with access to events, support for building your teams IMH Portfolio and access to the IMH Recognition Register upon successful completion of the IMH CPD programme.

all valid for 1 year

FOR FURTHER INFORMATION CONTACT: [ADMIN@AIMH.UK](mailto:ADMIN@AIMH.UK)



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