



DEBUT COLLABORATIVE CONFERENCE

WEDS 15TH MAY 2024 7PM - 10PM BST

THURS 16TH MAY 2024 6AM - 9AM NZDT

‘Supporting Healthy Parent-Infant Relationships when Parents are Impacted by Trauma.’

AIMH UK is delighted to announce our first **joint conference with the Infant Mental Health Association of Aotearoa New Zealand (IMHAANZ)**. Aotearoa is the Māori name for New Zealand, meaning the Land of the Long White Cloud.

The conference takes place in Mental Health Awareness Week and we will be bringing awareness to the impact of trauma on the mental health of both parents and infants and the work that is being done in the UK and in New Zealand to protect the well-being of both current and future generations.

Our conference starts at 7pm in the UK and before daybreak in New Zealand! It will open with a traditional Māori ceremony, with Karakia (a blessing to invoke spiritual guidance and protection) and Whakawātea (clearing of space for the sharing of knowledge).

Please join us for this special event.

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Supporting Healthy Parent-Infant Relationships when Parents are Impacted by Trauma."

This conference will share knowledge and practice from both New Zealand and the UK.

7.00pm to 7:05pm - Traditional Māori Welcoming Ceremony

7:05pm to 7:25pm - Professor Jane Barlow 'Introduction to Trauma in Infancy.'

Jane will bring us an update on the latest research into the impact of trauma on infancy: how infant trauma can be recognised and what can be done to prevent trauma being passed through generations.

7:25 pm to 8:15pm Coretta Ogbuagu 'Racial Trauma: Working with the Impact of Systemic Racism on Parental and Infant Mental Health.'

Coretta, a psychoanalytic parent-infant psychotherapist in the UK, will describe her work with a parent and infant over time, where systemic racism has affected the mental health of both the mother and baby. She will use video and case material to show how this dyad were supported to thrive.

8:15 pm to 8:25pm Break

We will then hear from our colleagues in New Zealand.

8:25 pm to 9:15pm Luke Sniewski 'The Essence of Compassionate Inquiry ' and Maria Mareroa 'Integrating Compassionate Inquiry with Māori approaches to heal the Epigenetic Trauma of Colonisation.'

Luke Sniewski, will be describing the essence of Compassionate Inquiry and how it can be incorporated into professional practice. Following this, Maria Mareroa, who integrates both Māori and western models into her practice, will describe how she uses compassionate inquiry in her work with indigenous parents in the Ohomairangi Trust where she also helps run Mellow Parenting programmes.

9:15pm to 10.00pm Sarah Haskell & Heidi Pace 'Healing Intergenerational Trauma by Understanding & Transforming the Ghosts of Traumas Past.'

Sarah and Heidi will describe work with a lone father and his infant daughter and how they were able to scaffold the healing of intergenerational trauma, Sarah through a relationship-based intervention, helping the father understand and thereby transform the ghosts of his unremembered past and Heidi through psycho-education, helping the father to understand the effects of trauma on the developing brain and the needs of his young daughter.

There will be time for questions to our speakers throughout the event.

10pm Kaumātua / Closing Māori incantation.

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BIOS & ABSTRACTS



Jane Barlow (DPhil, FFPH Hon)

is Professor of Evidence Based Intervention and Policy Evaluation at the Department of Social Policy and Intervention, University of Oxford.

Jane's main research interest is the role of early parenting in the aetiology of mental health problems, and the evaluation of interventions aimed at improving parenting practices during pregnancy and the postnatal period.

Jane also undertakes research to evaluate the effectiveness of interventions aimed at preventing child abuse. She is currently President of AIMH UK, Affiliate Council Representative of the Executive Board of WAIMH, an Associate Editor for the Infant Mental Health Journal, and was a member of PreVAiL (Preventing Violence Across the Lifespan)

Abstract: *'Introduction to Trauma in Infancy.'*

This paper will provide the research context for the clinical papers that follow. It will summarise some of the most recent research about the different types of trauma and how when they occur during infancy, such experiences can impact the long-term development of the child. The paper will describe the different pathways through which this occurs, and in particular what we now know about the way in which trauma can be passed through different generations within one family. The paper will conclude by examining what can be done to prevent the intergenerational transmission of trauma.



Coretta Ogbuagu

Is a Consultant Child and Adolescent Psychotherapist and Parent-Infant Psychotherapist working within the National Health Service in London, UK.

Her clinical interests include early intervention for parents/carers and their babies and young children. She is also interested in paying attention to marginalised voices in healthcare services to improve treatment outcomes.

Abstract: *'Racial Trauma: Working with the Impact of Systemic Racism on Parental and Infant Mental Health.'*

Coretta will present a case study of a parent and infant who were receiving parent-infant psychotherapy. The psychotherapeutic work with the dyad started when the infant was 9 months old and the dyad were supported until the infant was 2. Coretta will explore how the wider system around the family had significant bearing on how the dyad related to one another. She will share her reflections about the impact of systemic racism on parent-infant dyad as a significant context of the work. The dyad's relationship to Coretta as the therapist (also working as part of an institution) will also be considered. There will be some video material shown with permission from the parent. This session is suitable for any professional who works with very young children and their parents and carers.



Dr. Luke Sniewski Assistant Director of Facilitation, Compassionate Inquiry
Compassionate Inquiry Facilitator | Mentor | Practitioner

Dr. Luke Sniewski is a Facilitator, Mentor and Certified Practitioner of Compassionate Inquiry, the psychotherapeutic approach developed by Dr. Gabor Maté and Sat Dharam Kaur. As a Wellbeing Coach and Somatic Therapist, he integrates his broad knowledge and expertise into a unique approach for helping others experience more vitality, authenticity, and inner peace in everyday life. Luke has worked with executives

transitioning into a life of greater meaning, facilitated yoga and meditation for refugees in New Zealand, helped build respectful relationships between partners and family members that foster attunement and healthy communication within families, and led mindfulness sessions for recovering addicts.

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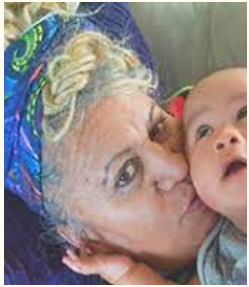
Abstract: 'The Essence of Compassionate Inquiry'

Compassionate Inquiry, the psychotherapeutic approach developed by Dr. Gabor Mate, considers this and understands that to heal, we need a safe relational container to feel what has been long avoided.

Compassionate Inquiry teaches and trains therapists how to provide a safe relational container so that they can finally process and integrate the source of their trauma.

Trauma isn't only what happened to us, but rather what happened - or didn't happen - after the potentially traumatic event. Without a person, space, or relational container to support us through an event (or circumstances), we coped by disconnecting from ourselves. This is the real trauma. The addictions, behaviours, and emotional reactions that many think are the problem, are actually the protections that developed as a consequence to the pain that we didn't have a safe place to feel.

By appreciating the fact that both cognitive and somatic processes must be integrated to provide authentic feeling, Compassionate Inquiry is an approach that empowers us to truly see, hear, and meet a client, so that their nervous system can experience relational safety, the requisite condition for healing from trauma.



Maria Mareroa

Ko Hikurangi, Makeo, Maungapohatu, Papata nga maungateitei,
Ko Waiapu, Waiaua, Waikaremoana , Hokianga nga waitapu,
Ko Ngati Porou ,Whakatohea , Ngai Tuhoe, me Te Rarawa nga iwi,
Kotahi ano te kaupapa,
Ko te oranga o te iwi.
Ko Maria Mareroa ahau.

My sacred mountains are Hikurangi, Makeo, Maungapohatu, Papata,
My sacred waters are Waiapu, Waiaua, Waikaremoana , Hokianga,
My tribes are Ngati Porou ,Whakatohea , Ngai Tuhoe, and Te Rarawa,
There is only one focus,
It is the welfare and the wellbeing of the people,

I am Maria Mareroa

I have 5 children and 9 ataahua mokopuna (beautiful grandchildren) ranging in ages from 8mths - 14 yrs. In my early career I was an organisational psychologist for 20 years and focussed specifically on bicultural capability building in both iwi (tribal), public and private sector organisations from McDonalds to Treasury, Kohanga Reo (Māori language preschools) to Tiriti (Treaty) claims.

My approach to my mahi (work) is best described as a Braided Rivers/He Awa Whiria Kaupapa (approach).

This kaupapa interweaves and therefore integrates both Te Ao Maori worldviews/ models with the praxis (theory and Practice) of western frameworks. Enveloping this kaupapa is Aio – the Divine spark, the fusion of Te Hinatore (creation), wairua/spirit and mauri (life force). With Iwi, my mahi is with individuals, whanau (extended family), Māori providers, Māori communities and Tohunga (Healers) Māori.

My mahi makes my heart sing as it's about the synthesis of Te Ao Maori with all the dimensions of the humanity of our global word.

Abstract: 'Integrating Compassionate Inquiry with Māori approaches to heal the Epigenetic Trauma of Colonisation.'

Travelling with Aio-The Divine spark of the Cosmic Vibration – Healing the Heart and Soul Wounds.

Te Aio the divine spark, known by quantum physicists as the goldilocks/ sweet spot of the vibrational frequencies of the universe– 432hz. Aio is the portal to the infinite power of space and the multidimensionality of time. Aio connects to the pulsations of Te Wa the agentic space ,where dwells our tipuna - the ancient ones. Those who twerk amongst the stars - nga whetu , waiting for our karanga (call), downloading their wisdom through tohu – signs.

The healing of heart wounds that beset our Māori whanau (families) the indigenous kaitiaki (guardians of Aotearoa New Zealand) is found within Te Wa. Compassionate Inquiry (C.I) enables us to wayfind our pathway through the mamae (pain and suffering) of the patu ngakau (heart /soul wounds) of Raukura (clients) through a gentle yet challenging process of korerorero a tinana (body talk) . Enabling Raukura to access the ancient wisdom and spirit/heart soothing of our Tipuna.

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Māori believe that our identity – te Tuakiri o te tangata – lies beneath our skin, in our tinana, through our DNA we are connected spiritually -ā Wairua, through the whakapapa (genealogical) spine to our ancestors. The connection to our Tipuna (ancestors) and their wisdom can be activated simultaneously as we carry out the kaupapa (process, approach) of C.I. This can be achieved through the enveloping of the C.I therapeutic kaupapa in a korowai (cloak) of our ancient rituals. Through this intertwining we are able to access the heart and spiritual /soul wounds caused by the epigenetic trauma of colonisation.

My presentation describes the intertwining of Te Ao Māori (the Māori world) and Compassionate Inquiry, whilst upholding the mana/integrity of both to heal our whanau. I will provide an example of these kaupapa of rongoa ngakau mahi (heart /soul healing work) I carried out with Māori healers for an iwi (tribal) group – Kati Waewae, in Arahura on the West Coast of Te Waipounamu (the greenstone waters) of the South Island.

Sarah Haskell

(right) is an Occupational Therapist and has been working in the field of mental health for over 30 years, working with pēpi (babies), tamariki (children) and their whānau (wider family) in New Zealand and the UK. Initially, she trained as an occupational therapist and then undertook specific training in infant mental health with academic qualifications in the field (master's degree in Infant Mental Health) alongside training in numerous interventions and assessments. She works from an holistic stance with pēpi at the centre of whānau.



Sarah is the President of Infant Mental Health Association Aotearoa New Zealand (IMHAANZ).

Heidi Pace(left) is a Counselling Psychologist. Heidi's work in the field of child development and infant parent mental health began when she accompanied her mother to work as a child. Heidi's mother was one of the pioneers in the field. As a teenager and young adult, Heidi continued to accompany her mother in her work for the World Health Organisation and Organisation of American States. Eventually, they developed a programme in Colombia, South America for children zero to three and their families. She gained a master's degree in Counselling Psychology, specialising in cross-cultural counselling, followed by a fellowship in Infant Parent Mental Health University of Massachusetts Napa Programme.

Abstract: *'Healing Intergenerational Trauma by Understanding & Transforming the Ghosts of Traumas Past.'*

Introduction

When a father unexpectedly takes his infant daughter into his care, he had no idea of the drama that was to unfold. The meeting of the father, his child and the ghosts of their unremembered past instigated a struggle between following the haunting dictates of the family legacy of disconnection and trauma or choosing to understand the presence of the ghosts and thereby transform them.

Aim

This presentation will provide an opportunity to witness the 'forming of a relationship' between a father and his daughter and how this work scaffolded the healing of intergenerational trauma.

Description

The presentation will demonstrate through a case presentation how a relationship based intervention alongside psychoeducation in understanding the effects of trauma on the developing brain and the subsequent behavioural manifestations not only supported the parent-child relationship, the toddler's challenges, but also her father's unresolved trauma.

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MEMBERS OF IMHAANZ NOW ALSO HAVE MEMBERSHIP TO AIMH UK AND CAN ACCESS A WEALTH OF RESOURCES AND EVENTS RUN BY AIMH UK

SUPPORTING YOUR WORK IN INFANT MENTAL HEALTH

ME POIPOI NGĀ KŌHUNGAHUNGA E TUPU ORA AI



AIMH UK + IMHAANZ | Dual Membership

AIMH UK MEMBERSHIP



Access to all professional resources on the AiMH UK Member area including the AiMH UK Best Practice Guides and the 'Getting to Know Your Baby' Videos



Access to AiMH UK Skills Box sessions and online events and workshops



Access to the AiMH UK community through Mighty Networks; an App based platform available online and on mobile phones and membership of your local networking hub.



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



Discounted access to the AiMH UK National Conference, Spring Conference and the AiMH UK IMHAW Conference



Access to the AiMH UK IMH CPD Programme to generate an IMH CPD Portfolio and secure registration on the UK Infant Mental Health Recognition Register (IMHRR) <https://imhcpd.aimh.uk>



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