



**Western Cape Association
for Infant Mental Health**



JANUARY NEWSLETTER AND NOTICE OF FEBRUARY MEETING

Greetings to all our members and best wishes for 2017 from your new committee. We thought we would take this opportunity to introduce ourselves



Caroline Sullivan (chair) studied Bsc Psychology at Stellenbosch, completing her honours degree in 2003. She spent some time working in the UK where she completed her Play Therapy training, achieving an MA in Practice Based Play Therapy in 2012. She has since done additional training in infant attachment, and worked extensively in the communities of Cape Town doing Baby Bonding courses and training. She is the Play Therapist at a shelter for abused women and children in addition to running her own private practice.



Barbara Kantor (treasurer) has an honours level BA in Recreational Therapy from the USA, which she practiced before moving to SA in 1989. In South Africa she worked at a special needs school and counselled for Life Line and Aids Training, Information and Counselling Centre before achieving her MA in counselling psychology. Barbara has pursued further learning in the areas of Cognitive Behavioural Therapy, Narrative Therapy, Mindfulness, and Family Mediation, and is a Babies in Mind practitioner. Barbara's interest in working with children started in 1996 with the birth of her twins. She is currently working towards a diploma in Infant Mental Health. She now runs a private practice in Cape Town, working with both children and adults.



Jacqui Couper (secretary) is an occupational therapist with many years' experience in the field of early intervention. She is trained in neurodevelopmental therapy (NDT) and also more recently in Movement Analysis and Education Strategies (MAES) therapy. Jacqui has worked in a wide variety of settings that includes nine years in a rural area developing rehabilitation services and completing a masters research on "The prevalence of childhood disability in Manguzi sub district". Jacqui worked in her own private practice based in Hartbeespoort dam and Pretoria North for ten years. This experience led to the completion of a guideline book for parents called "The Precious Years: a guideline to early child development, birth to three years", which was published by Penguin Random Struik in June 2016. Jacqui has a private practice in Cape Town and works part time at the Red Cross cerebral palsy clinic.

Our next meeting will take place on THURSDAY 16 FEBRUARY at 7:30pm at the Out-patient Unit of the Division of Child and Adolescent Psychiatry, 46 Sawkins Rd, Rondebosch.

Getting to Know You: A Newborn's Perspective. Ros Vroom, a Neonatal Intensive Care Nurse, Registered Midwife and mother will share with us her insights on how the relationship between the caregivers affects the infant's life. Ros is visiting from Australia but has worked extensively in South Africa. Her work is founded on an American program called "Bringing Baby Home", which was created by Dr John Gottman. Gottman's research found that infants had the best outcomes where the couple caring for them had a healthy, strong relationship, and where the father was lovingly involved with his baby.

In related news, Dr John and Dr Julie Gottman will be in South Africa this month, and will be presenting a free talk at the Victoria and Albert Hotel at the V&A Waterfront in Cape Town on Wednesday 25 January. Their lecture, "Making Love Last and Marriage Work", is related more to healthy relationships within couples than to infant mental health, but if you are interested in attending, please contact Scharlene Silver by email: info@scharde.co.za

Also a reminder about the **Neuroscience of Birth** workshop presented by Dr Nils and Mrs J Bergman, which is being held on 3 and 4 February at SASNEV – 4 Central Square, Pinelands.

A Few Admin Matters:

Subscription fee for 2017 is R375. All fees due now.

Early bird rate is R325 before 15 March

Account details: WCAIMH, Standard Bank, Rondebosch,

Account no: 274916401, Branch code: 051001

Please pay by EFT as soon as possible, using your name and "annual subs" as a reference.

Non-member guest contribution is R50 (in a named envelope please).
Ad hoc guests are not eligible for CPD points.

Also, we are in the process of planning meetings for 2017 and would welcome input from our members. There will be an opportunity to make suggestions at our February meeting, so if there are any topics or speakers you feel would be of interest to our group, please let us know.

**Caroline Sullivan,
Chairperson WCAIMH
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