



## WAIMH October Newsletter

Greetings to our members and friends of WCAIMH.

At our virtual September meeting, we enjoyed a very interesting talk by Hetty Jonker from the Netherlands. She presented on her work with infants and families in which there is a parent with a chronic illness. Hetty shared with us the treatment approach SPINE, which includes a way of finding and creating a therapeutic context where different perspectives can meet each other. It is successful in encouraging resilience, restoring relationships and reconstructing illness narratives, using EMDR, family play psychotherapy, parental embodied mentalizing, reflection on grief, loss, acceptance and the family in the future. Her presentation provided illustrative clinical case material which included examples of different parental narratives that developed. The observation of parental embodied mentalisation as a tool to assess parental mentalisation was also discussed. It was a stimulating and interesting evening.

If you were unable to attend the evening, please email us at [wcaimhza@gmail.com](mailto:wcaimhza@gmail.com) for a link to a recording of the meeting.

## October Meeting

In our next virtual meeting we have the pleasure of hearing Dr Anusha Lachman's paper that she has written for the WAIMH Online Journal *Perspectives* entitled "**Shared Pleasure in the time of COVID 19 – the importance of the shared smile for babies in a world of masked faces**".

Anusha Lachman is a child and adolescent psychiatrist at Tygerberg hospital in Cape Town. She is co-convenor of the MPhil IMH degree at Stellenbosch University. Anusha is also the recipient of the prestigious Hamilton Naki Clinical Fellowship and is in her 3rd. year of her PhD study exploring the *Shared Pleasure Paradigm as a screening tool for at-risk babies and their mothers with Mental Illness in South Africa*. She serves as the Secretary of the board of the South African Society of Psychiatrists



Contact us on [wcaimhza@gmail.com](mailto:wcaimhza@gmail.com)  
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(SASOP) and on the Exco of the African Association for Child and Adolescent Mental Health (AACAMH).

We are looking forward to welcoming her to our next meeting.

**Date: 22 October 2020**

**Time: 7pm**

**Platform: Zoom invitation**

The talk is **free** for members: Please **confirm** via email to receive the link

**Non-members are welcome to join at a cost of R60.**

Account name: WCAIMH Standard Bank, Rondebosch

Account number: 274916401, Branch code: 051001

Please use your name and surname as a reference and email proof of payment to [wcaimhza@gmail.com](mailto:wcaimhza@gmail.com)

*We would like to kindly request that you do an EFT, and not a bank deposit. Contact us if you cannot do an EFT and we can make alternative arrangements.*

## **Tessa Baradon joins our November meeting**

There have been ongoing conversations amongst members and within the WCAIMH committee regarding deeper conversations and a desire for a reflective space in thinking about race and cultural diversity in parent infant psychotherapy. With this in mind we had the pleasure of consulting with Tessa Baradon who has recently developed a series of webinars on the topic.

She has graciously agreed to join our November meeting to facilitate a conversation and provide further insights with our group using case material in which race has been a particularly poignant part of the process, or the clinician's thinking.

We therefore would like to request a **volunteer** to present case material at our November meeting. Please email [wcaimhza@gmail.com](mailto:wcaimhza@gmail.com) by 1 November 2020 if you would be willing to share your work.

**Date: 19 November 2020**

**Time: 7pm**

**Platform: Zoom invitation**

**Tessa Baradon** is a practising child psychotherapist and supervisor and who writes and lectures on applied psychoanalysis and parent-infant psychotherapy. She developed and manages the Parent-Infant Project at the Anna Freud Centre (UK).

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## ZA-AIMH Survey Feedback

Thank you to everyone who completed our survey on the proposed national association for Infant mental health (ZA-AIMH), we appreciate your time and input. A total of 12 respondents completed the survey and there was an overall support for the formation of ZA-AIMH.

In summary, the following information was communicated:

- A suggestion was made for a national fee to be charged, and for local chapters/subcommittees/branches to be formed. Concern expressed that with no membership fee, the price of talks will be fluid and that budgeting may become difficult.
- Some concerns that emerged are that local associations (like WCAIMH) will lose their identity and their 'connectedness'.
- There were calls for the monthly meetings and monthly talks to continue. One suggestion was to have a trial period after which WCAIMH could decide to continue with, or leave ZA-AIMH.
- Other suggestions include a national newsletter, a ZA-AIMH committee with representatives from each subcommittee. To establish an overarching structure which allows WCAIMH and GAIMH to continue functioning as before.
- Regular online talks and perhaps for in-person meetings to have a virtual option to expand the reach to those not able to attend.
- On the question if people would also join WCAIMH if they were members of ZA-AIMH, 6 answered in the affirmative, 3 answered no and other responses included: only if there was a reason to do so, on a trial basis, and that another wanted to form a KZN subgroup.
- Respondents wanted to retain the local network connection, the warm, non-judgmental stance, and intimacy and close contact of the WCAIMH group, monthly meetings, and current WCAIMH committee.

## ZA-AIMH planning

Members of the WCAIMH committee are engaged in small workgroup discussions with representatives of GAIMH to work develop a plan for the formation of ZA-AIMH. We will keep you updated on the progress. If you would like to be a part of this process, please let us know!

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## Celebrate Babies: 19-23 October 2020



The week of 19 to 23 October marks the Celebrate Babies initiative, aimed at applauding individuals and agencies who supports and advocates for infants, toddlers and their families. We celebrate each of our members for their valuable work and encourage you to take time out during this week to acknowledge the difference your efforts are making. If you are interested in hosting your own event, please see this link from the Michigan Association for Infant Mental Health (MI-AIMH) for some ideas: <https://sites.google.com/view/mi-aimhcelebratesbabies/home>

We would love to hear what you do to mark this event, so please share any pics or resources on our [Facebook](#) page! #Celebratebabies2020

## National PND campaign

GAIMH is launching a national campaign to provide the details of professionals working with infant and maternal mental health. Please see the attached flyer for more information and to add your details to the list of service providers.

## WCAIMH committee elections and vacancy treasurer

At the end of 2020, the term of two committee members, Juané Voges as Chair and Salisha Maharaj as Secretary will come to an end. Both members are open to re-election, contingent on support for re-election at the AGM in November.

There will be a vacancy for the position of treasurer on WCAIMH executive committee. If you are interested in taking up this position, please **email** us at [wcaimhza@gmail.com](mailto:wcaimhza@gmail.com).

## Keep in touch

We welcome any feedback or suggestions - if you would like to get in touch, here are our contact details:

Email: [wcaimhza@gmail.com](mailto:wcaimhza@gmail.com)

Website: [www.infantmentalhealth.co.za](http://www.infantmentalhealth.co.za)

Facebook group:  Western Cape Association of Infant Mental Health

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