



Western Cape Association for Infant Mental Health



Greetings to our members and friends,

Our apologies for the delay in getting the newsletter out this month. We have had a busy few weeks full of interesting developments that we look forward to sharing with you.

First though, a big thank you to Dr Karen Kaplan-Solms, who once again generously shared her time and expertise with our group last month, adding to what she said last year about child development. In part two of her talk, Dr Kaplan-Solms expounded on the “living rings in the tree trunk”, the foundational developmental rings that we need to navigate successfully for healthy subsequent development, and how to support and treat people whose progress has been de-railed. Dr Kaplan-Solms brought together information and concepts formed through her varied professional background, and highlighted the importance of bringing a wide range of skills and knowledge to our work with children.

We had originally planned to have Barak Morgan back to speak to our group about resilience this month, but his work is taking him in a different direction at the moment, which we look forward to hearing about at some stage in the future. We are very fortunate, however, as **Janet Giddy** has agreed at very short notice to present in October. Janet is a Family Physician with a Masters in Public Health. She has experience in rural medicine, primary health care, HIV care, Maternal and Child Health and the education of doctors, nurses and medical students. She is the mother of 4 adult children and has a 7-month-old grandson, which has further heightened her already considerable interest in the first 1000 Days and Resilience. Janet’s presentation will be **Exploring Notions of Resilience in the First 100 Days using a case study approach**. We are very much looking forward to hearing this interesting talk, and very grateful to Janet for agreeing to present next week.

There have been some exciting developments regarding the election of new committee members to take over in 2019. We will be introducing you to two new people who have been proposed by Astrid and who will bring a wealth of knowledge and ideas to our group. They are **Elvin Williams**, who is an Occupational Therapist working as COO for the Occupational Therapy Association of South Africa and completing his MPhil in Infant Mental Health. Prior to this he worked as Provincial Rehabilitation Manager for the Western Cape Department of Health. Our second nominee is **Salisha Maharaj**, a clinical psychologist at Tygerberg’s Child and Adolescent Family Unit. She has special interest in working with under 5’s, being training in parent-infant psychotherapy and under 5’s therapy, as well as having presented at the WAIMH congress in Rome on the use of the Newborn Behaviour Observation Tool as a way of connecting and intervening with mothers and their babies in a State Hospital. And one of our

most valued and committed members, **Juane Voges**, who is our SAPC rep and was instrumental in setting up our meeting in the Northern Suburbs earlier this year, has also agreed to come on board. Juane is a clinical psychologist who has experience working in community settings in SA as well as a child and family unit in Ireland. She is currently working at Stikland as well as completing a PhD through Stellenbosch Psychiatry Dept where her focus is on attachment and the importance of Infant Mental Health and Maternal Mental Health. We have invited them to attend this month's meeting and will be introducing them to you all, in the hope that they will be elected to the committee for 2019, along with Barbara, who has agreed to stay on for another year as treasurer. We do hope you are all able to attend this month's meeting as well as the AGM in November where our new committee will be announced.

We look forward to seeing you all again at 7:30pm on Thursday 18th October at the Out-Patient Unit of the Division of Child and Adolescent Psychiatry (46 Sawkins Rd, Rondebosch, entrance in Liesbeek Rd). Visitors are very welcome to attend and are asked to bring R60 (in an envelope marked with your name please).

Warm wishes,
Caroline, Barbara and Jacqui