

SEPTEMBER NEWSLETTER

We trust you are all well and looking forward to Spring (while still holding thumbs for more rain of course!)

In three weeks’ time we will be meeting again for a fascinating presentation by a very well-known member of our group, Judy Davies. Judy is a consultant child and adolescent psychotherapist and psychiatric social worker. She trained at the Tavistock Clinic in London and worked for the National Health Service in the UK until 1994, when she returned to South Africa. Judy has been working in private practice since then, helping children, adults and infants with their parents. She has taught infant observation for 26 years and teaches and supervises in Cape Town and Durban, as well as Bulawayo and Harare in Zimbabwe. From her home in Cape Town, Judy has coordinated the Post Graduate Diploma from the Tavistock Clinic and the University of East London for many years. The title of her talk on the 21st of this month will be **Infant Observation: some of the gains, some of the challenges**. We look forward to what is sure to be a rich and informative presentation and discussion.

This meeting will take place at 7:30pm on Thursday 21st September at the Out-Patient Unit of the Division of Child and Adolescent Psychiatry (46 Sawkins Rd, Rondebosch). Please feel free to forward this newsletter on to any friends or colleagues who may be interested. Visitors are very welcome to attend (R50 visitors’ fee payable in cash at the meeting). It has been wonderful to welcome so many visitors to our recent meetings, so please continue to spread the word.

We are fortunate to have another leading practitioner and expert in the field of infant mental health, Dr Karen Kaplan-Solms, coming to talk to us in October. Karen, who has traversed seven disciplines through more than 40 years of training and experience, in order to arrive at her current, holistic approach, has titled her talk **‘What’s Up with Developmental Apps?’ Part 1. A Personal Perspective (Conception to three years of age)**. Developmental apps are a relatively new, and potentially influential resource to parents who can find information on how to “enhance and track” their baby’s development at their fingertips.  Karen will bring to her discussion a distillation of aspects of her personal experience (and unexpected discoveries).

Warm wishes,

Caroline and the WCAIMH Committee

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