



Western Cape Association for Infant Mental Health



Greetings to our members and friends,

A big thank you to Astrid, Jenny and Juané, three of our members, who shared with us some feedback from the WAIMH conference that was held earlier this year in Rome. It is a privilege to be affiliated with this organisation, that is doing such valuable work in the field of Infant Mental Health – in terms of research, awareness and intervention. We are very grateful to these three ladies for bringing back to us fascinating information about the effects of trauma on refugee children, research that seems to indicate that genetics play a role in the way environments affect children, and the impact of digital media on the parent-child dyad. It was another evening full of interesting information and valuable discussion.

In September, Dr Karen Kaplan-Solms will return to present Part 2 of the presentation she began last year on Early Development. Karen describes the focus of her next talk as *“the relationship of development from conception to 3 years of age, to the other ‘living rings in the tree trunk’.* This next exploration therefore covers the ages conception to 9 years of age. In understanding what development across ages and phases is, we also illuminate the mystery of what development is for, that is, what it is that human beings are made of. The hidden or invisible depths that surface, will be linked to a consideration of how to support and treat people whose progress has been de-railed. We also cannot avoid the corollary in our work – that is, the consideration of what relative health, maturity and ‘normality’ are made of. These latter achievements or positions cannot be defined as the absence of developmental disruption, or the absence of mental illness. Prevention of ill-health, immaturity and ‘abnormality’ is paramount.” This sounds fascinating and we are really looking forward to hearing from such a knowledgeable speaker, and exploring this idea further.

We have attached a flyer about an Ethics Workshop being held on 22 September, hosted by the Child and Adolescent Psychoanalytic Group and the IPCP. The title is *“Exploring the Multiple Ethical Complexities of becoming and ‘staying’ a family in the South African context”.* This is sure to be an interesting day full of information highly relevant to our work with families here in the Western Cape. 5CPD points have been applied for, for those needing CPD.

Please forward any nominations for new committee members to myself as soon as possible.

We look forward to seeing you all again at 7:30pm on Thursday 20th September 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