



WCAIMH August Newsletter

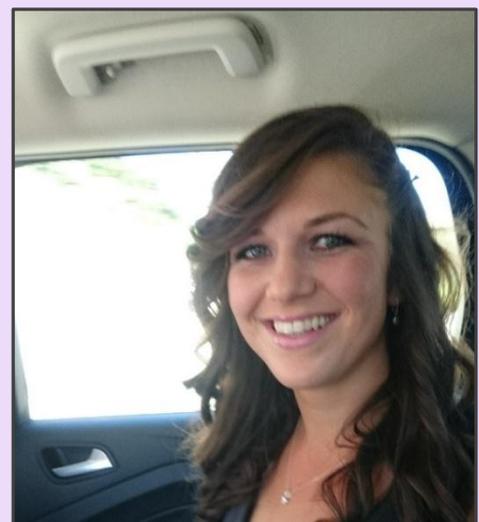
Dear members and friends of WCAIMH,

As we reach the end of winter and larger portions of the population are being vaccinated, we hope that you are finding renewed hope and strength in your work and personal lives. At our July meeting, Jenny Perkel, Salisha Maharaj and Juané Voges provided summaries of three plenary presentations from the recent WAIMH conference. The topics spanned the importance of acknowledging cultural stories when working with infants and families, epigenetics and embodied touch in the context of early adversity, and cultural practices in parenting infants and young children. These topics generated quite a bit of interest and a lively discussion. Members who were unable to attend, but who would like to view a recording of the talk are welcome to email us, and we will send the download link.

August meeting

We are looking forward to our next speaker, **Kerry Brown**, who is one of our WCAIMH members living abroad. The title of her talk is “**Will I hurt him?** هل إذا أؤذي ه هل...؟”.

International parents accompanying their infants for complex medical interventions at (Great Ormond Street Childrens’ Hospital) GOSH must adjust to UK life away from their home, family and culture. We have had a number of Arabic fathers accompany their infant alone, in instances when the mother was ill. Despite most fathers having had multiple previous children, they were observed to have a reluctance and anxiety to hold their infant and engage in caregiving or play. During informal interviews to explore this observation, fathers reported that mothers are the primary caregiver with infants in their culture. Moreover, under normal circumstances, they would only hold their child from 6 months onwards due to fears about hurting them. Recently, fathers have



Contact us on wcaimhza@gmail.com
Juané Voges – Chairperson Salisha Maharaj – Secretary
Kirsty Gilmour – Treasurer Dijana Mitrovic – Media and Website Development

requested to learn how to hold their infant which the Occupational Therapist facilitated. This then led to their engagement and confidence within emotional bonding, feeding, play and development. Following this, the fathers would frequently invite the Occupational Therapist to observe a new skill their infant had learnt since the last session. This has enabled occupational therapy to play a role in supporting fathers to develop intimate and practical relationships with their medically complex children. By involving Arabic interpreters in our intervention, they were immersed as critical members of the multidisciplinary team. These interpreters enhanced our ability to establish rapport between the therapist and parent, by interpreting language and subtle cultural nuances that might have otherwise been lost. Initially, informal interviews with these fathers aimed to improve our service. The lessons learnt from these interviews were insightful and honest. They have taught us how best to enable occupations of parenting whilst empowering the fathers with understanding their child's neurodevelopmental needs. Whilst aiming to empower the fathers to overcome barriers to engage with their infants, they in turn, became fully involved as caregivers, taking pride in their infants' development, such as milestone acquisition.

Kerry Brown was born and raised in South Africa. She graduated as an OT from the University of Cape Town in 2005. After completing her community service year, Kerry moved to the UK in 2007 and worked in a wide variety of paediatrics settings until 2011. Kerry returned home to work at Red Cross War Memorial Childrens' Hospital for five years. During this time, Kerry was invited to present on her NICU&PICU parent support group in Edinburgh 2014 at the World Infant Mental Health Association. This then lead to publishing an article on this topic with Professor Astrid Berg in Perspectives. Kerry then moved back to the UK in 2016 and is currently working in Neurodisability and Private & International Patients at Great Ormond Street Childrens' Hospital (GOSH). Kerry is an advanced sensory integration practitioner having completed all four courses. More recently, Kerry completed the Brazelton Newborn Observation course in Cambridge and in 2020 she wrote a textbook chapter with the Neurodevelopmental Clinic at Red Cross Children's hospital focusing on the role of the Occupational Therapist in Neurodisability for Paediatric Neurologists. Kerry is the current chair for the Royal College of Occupational Therapist's regional section: CYPF (Children, Young People and Family) London committee and facilitates the group's evening lecture series. Kerry's passion for neurology and early intervention has continued from student days and recently lead to her work with families, particularly fathers, from the UAE. Kerry presented on this at the Royal College of Occupational Therapy National Executive Committee Conference in November 2020.

Date: 19 August 2021

Time: 7pm

Platform: Zoom invitation

The session is **free** for members who will receive the link to the meeting via email.

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

Contact us on wcaimhza@gmail.com

Juané Voges – Chairperson Salisha Maharaj – Secretary

Kirsty Gilmour – Treasurer Dijana Mitrovic – Media and Website Development

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

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.

August member highlight

Each month we aim to highlight a member of WCAIMH and provide an opportunity for others to find out more about this person's work and interests. Our June member feature is **Tanja Smuts** who shares some of her interests and experiences in her own words:

I am a clinical psychologist with 16 years' experience in public and private health care sectors. Currently I am working at the Tygerberg Hospital Child and Adolescent Psychiatry unit, as well as in private practice in the northern suburbs of Cape Town (Bellville). My focus is to provide psychotherapeutic support to children and adolescents of all ages, and their parents. My orientation to therapy is largely informed by psychodynamic theory. In this regard attending various courses offered by the Institute for Psychodynamic Child Psychotherapy (IPCP), such as infant observation, supervision courses and psychodynamic theory courses has been invaluable.



I am grateful to be working as part of a multidisciplinary team at Tygerberg Hospital and gaining experience in working with families from different walks of life. At the hospital I have been involved in regular infant mental health clinics and have had opportunity to facilitate groups for mothers with premature babies in Kangaroo Mother Care wards. Family therapy, play therapy and group therapy also form part of my experience at the hospital.

In my private practice I see patients presenting with a variety of issues including children with developmental, emotional or behavioural difficulties, depression, anxiety, family difficulties, bereavement, trauma and adjustment difficulties. My aim is to facilitate a safe, non-judgemental and creative space that stimulates a process of self-reflection, expression and growth. Where appropriate, in cases where young children or babies are involved, I make use of parent-child or parent-infant psychotherapy.

Contact us on wcaimhza@gmail.com

Juané Voges – Chairperson Salisha Maharaj – Secretary

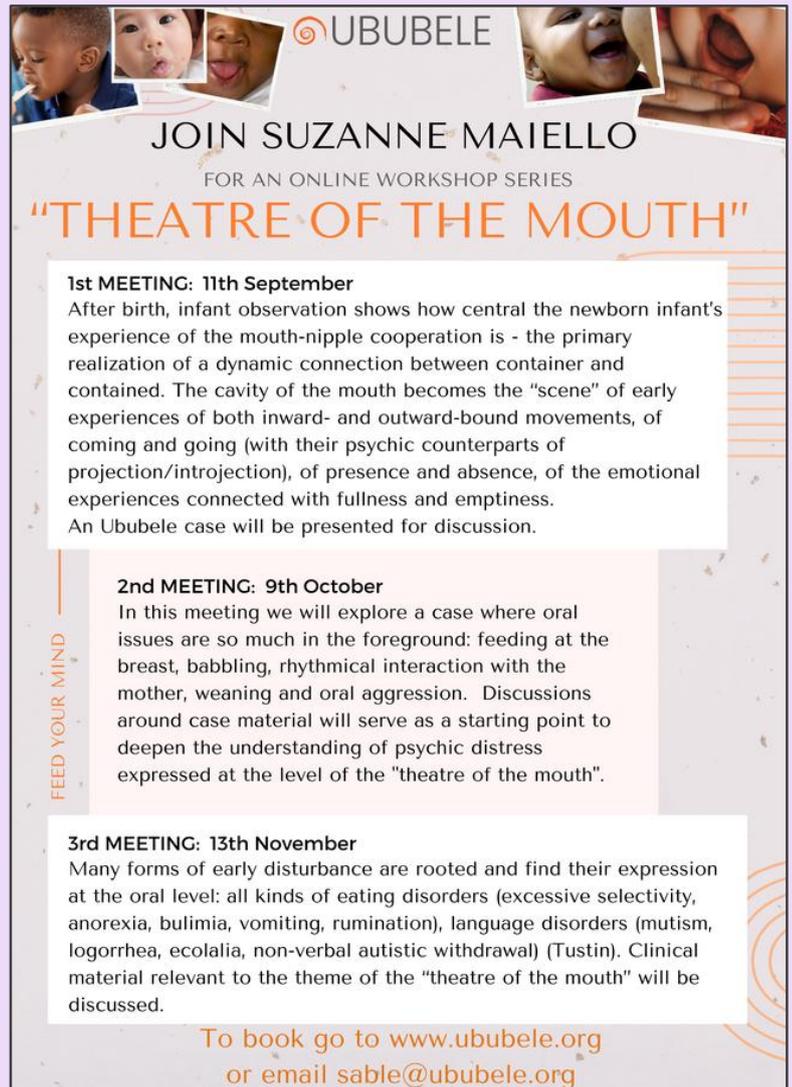
Kirsty Gilmour – Treasurer Dijana Mitrovic – Media and Website Development

Prior to qualifying as a psychologist, I studied and taught art. Using art in psychotherapy is one of my passions and I find that non-verbal expression alongside verbal expression deepens therapeutic processes.

Being a member of WCAIMH is a valuable opportunity to learn more about early development and connecting with others sharing this field of interest. I am available to be contacted telephonically at 082 926 2854 or via email at tesmuts@gmail.com.

Suzanne Maiello Workshop Series

Ububele will be hosting an exciting workshop series of three events with world-renowned psychoanalyst and psychoanalytic child psychotherapist, **Susan Maiello**, titled **“Theatre of the Mouth”**. Join Susan Maiello online on the 2nd Saturday of the month from September to November from 9h00 to 11h00 on 11/09/2021, 09/10/2021 and 13/11/2021. The series will focus on oral issues as the 'scene' of early experience. Participants will have the opportunity to engage with Suzanne around clinical material on both a theoretical and technical level. For more information and to book tickets, please follow this link: [Suzanne Maiello](#)



UBUBELE

JOIN SUZANNE MAIELLO
FOR AN ONLINE WORKSHOP SERIES
"THEATRE OF THE MOUTH"

1st MEETING: 11th September
After birth, infant observation shows how central the newborn infant's experience of the mouth-nipple cooperation is - the primary realization of a dynamic connection between container and contained. The cavity of the mouth becomes the "scene" of early experiences of both inward- and outward-bound movements, of coming and going (with their psychic counterparts of projection/introjection), of presence and absence, of the emotional experiences connected with fullness and emptiness. An Ububele case will be presented for discussion.

2nd MEETING: 9th October
In this meeting we will explore a case where oral issues are so much in the foreground: feeding at the breast, babbling, rhythmical interaction with the mother, weaning and oral aggression. Discussions around case material will serve as a starting point to deepen the understanding of psychic distress expressed at the level of the "theatre of the mouth".

3rd MEETING: 13th November
Many forms of early disturbance are rooted and find their expression at the oral level: all kinds of eating disorders (excessive selectivity, anorexia, bulimia, vomiting, rumination), language disorders (mutism, logorrhea, ecolalia, non-verbal autistic withdrawal) (Tustin). Clinical material relevant to the theme of the "theatre of the mouth" will be discussed.

To book go to www.ububele.org
or email sable@ububele.org

Contact us on wcaimhza@gmail.com
Juané Voges – Chairperson Salisha Maharaj – Secretary
Kirsty Gilmour – Treasurer Dijana Mitrovic – Media and Website Development

1st Marcé Africa Maternal Mental Health Conference

The Marcé Society for Perinatal Mental Health is an international, interdisciplinary organization dedicated to supporting research and assistance surrounding prenatal and postpartum mental health for mothers, fathers and their babies. The newly established Africa chapter of the society will be hosting a conference on Thursday 16 September 2021. Registration is free for any health care provider with an interest in Perinatal Mental Health.



The 1st **Marcé Africa Maternal Mental Health Africa Conference**

Free Virtual Conference

Thursday, 16th September 2021
17h00pm – 20h00pm: Central African Time

#TheMAMAconference
2021

The International Marcé Society
for Perinatal
Mental Health

For any further information
please contact:
Sonja du Plessis on e-mail
sonja@londocor.co.za or cell:
+27 82 455 7853

3 CPD points

To register, click here: <https://forms.gle/CeNJxZyCGyHa7xSL7>

You will receive a zoom link and further instructions from the congress secretariat.

POPIA

The Protection of Personal Information Act, 4 of 2013 came into operation from 1 July 2021. In order to comply we need your permission to keep you on our email database in order to send out newsletters which include details of our monthly talks and information or resources pertaining specifically to Infant Mental Health. We endeavour to limit our email communication to a maximum of two emails per month.

WCAIMH also makes use of Google Services for dissemination and storage of information. This is password protected and only committee members have access to it.

IMPORTANT - Please reply to wcaimhza@gmail.com informing us if you wish to STOP receiving monthly newsletters or any further communication from WCAIMH. If we do not receive communication to remove your email from our database we infer consent to remain on the WCAIMH database.

Contact us on wcaimhza@gmail.com
Juané Voges – Chairperson Salisha Maharaj – Secretary
Kirsty Gilmour – Treasurer Dijana Mitrovic – Media and Website Development

Membership

The annual fee to become a member of WCAIMH remains **R375**. Membership allows you access to all 10 talks throughout the year. The talks take place on the third Thursday of the month and 1 CPD point is earned for each talk attended. Membership also allows for active engagement with the process of appointing a WCAIMH committee, decisions taken by the association and ultimately an affiliation to the World Association of Infant Mental Health. We are hoping that many of you renew your membership this year and that we gain many new more members to allow us to bring you stimulating talks and provide members with new platforms to access resources and information.

To become a member use your name and surname as a reference and email proof of payment to wcaimhza@gmail.com.

Banking information is as follows:

Account name: WCAIMH Standard Bank, Rondebosch

Account number: 274916401, Branch code: 051001

Keep in Touch

We welcome any feedback or suggestions. If there are specific topics of interest that you would like us to pursue for a speaker evening, or if you would like to nominate yourself or a colleague for our member highlight section, please also get in touch. Our contact details are:

Email: wcaimhza@gmail.com Website: www.infantmentalhealth.co.za

Facebook group:  Western Cape Association of Infant Mental Health