



## WCAIMH June Newsletter

Dear members and friends of WCAIMH,

Our May speaker, Dr Nola Chambers shared with us her work with parents and children with autism in low resource settings. Her talk provided information on the training of clinicians as well as interesting examples of how the intervention approach was applied virtually during the Covid-19 pandemic. This proved to be a popular talk which stimulated a lot of discussion among attendees of the meeting. 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 you the download link.

## June Speaker

We are pleased to announce that **Professor Katherine Bain** will be our speaker on Thursday 17 June at 19.00. Her talk is titled: **“A person’s a person, no matter how small”: The challenge to prioritize infant mental health in the national health system.**

Despite clear evidence that infant mental health intervention is imperative, mental health services for infants and their caregivers in South Africa remain under-prioritised, under-funded, and inaccessible to most populations. The paper “The challenge to prioritise infant mental health in South Africa” proposes some potential explanations for this, exploring both practical constraints and possible resistances within the currents of our collective unconscious. The talk hopes to open some discussion around the proposed challenges in South Africa and possible solutions.



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Professor Bain is an Associate Professor in the School of Human and Community Development at the University of the Witwatersrand. She teaches on the Clinical Psychology Masters and the Psychoanalytic PhD by Publications programmes. Prof Bain is the Editor of the local journal Psychoanalytic Psychotherapy in South Africa, recently renamed Psychoanalytic Practice and has an established track record of research in the field of infant mental health. She has published in local and international journals, such as Infant Mental Health Journal, Attachment and Human Development, and Contemporary Psychoanalysis. She is also a regular peer reviewer for a number of accredited local and international journals.

**Date: 17 June 2021**

**Time: 7pm**

**Platform: Zoom invitation**

The talk 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.**

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.*

## June member highlight

Each month we are highlighting 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 **Faye Taylor** who shares her interests in her own words:

Thank you so much for this opportunity!

I come with love and light. My name is Faye Denise Taylor.

I'm a wife, mother to a beautiful 3 year old daughter and am currently pregnant with another little girl.

I'm dedicated, hardworking, passionate and enthusiastic. I go out of my way and think out of the box. I love to learn and teach and keep my inner child well fed with love and



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curiosity about the world. I believe in love, the power of connection and the ability to heal oneself. The body really does speak the mind and everything is energy. I like to be in the present and focus on the now, always looking to empower and inspire. I'm interested in Infant and parent mental health, trauma processes, neurobiology, attachment, mind/body connection and learning.

I'm an Educational psychologist and Reiki master. I've always been drawn to working with parents and children systematically and holistically to enable them to better facilitate their journey together. I worked within the schooling systems for 15 years first as a Grade 0 teacher and then as a remedial specialist and finally a psychologist. I love designing interventions, assessing learners' potential, researching and staying abreast with current trends and sharing ideas. My absolute love, is my time spent with parents and children in therapy.

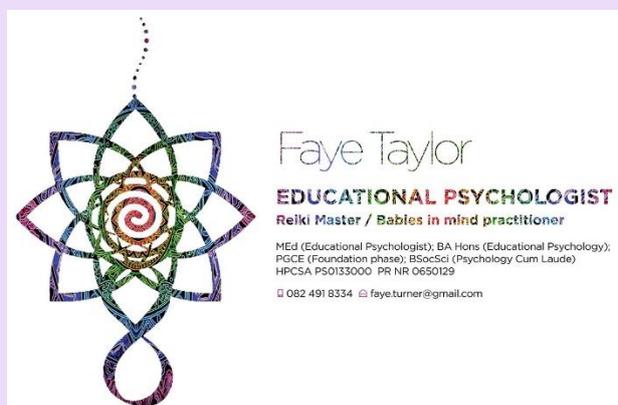
I only started private practice in September 2020 and I have much to learn and heaps to grow. I've recently completed my Babies in mind practitioner training, Parent-Infant Psychotherapy (PIP) training and I attend a monthly Under 5's reading group. I lecture and moderate lecturers at Varsity College Waterfall. I'm currently expanding my training and understanding in infant mental health through programs in the UK. Although I'm presently living in Pretoria and working at a beautiful and intimate multi-disciplinary practice called 'Paeds in a Pod', I will be moving to Cape Town in January 2022. I look forward to starting exciting new opportunities in infant mental health. I aim to combine infant mental health, parent-infant psychotherapy, connection to nature, the power of touch and movement, mindfulness, baby wearing and healing.

My hobbies and interests lie in quality family and friends time, being out in nature - walking, cycling, gardening and just being. I'm obsessed with collecting crystals and gemstones. I love being active - gyming, yoga and dancing. I revel in the moments lost between the pages of a good book or enjoying a delicious meal.

Embrace the wealth of the spirit,

Revel in the wonders of life.

Think, remember and dream...



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## WAIMH News

A series of webinars has been created by WAIMH Board members, President Campbell Paul, and President-Elect Astrid Berg. This was something that emerged from the global Covid-19 pandemic as WAIMH was one of the organizations having to postpone a world congress. WAIMH organized three events in June 2020 together with AAIMH UK and the Infant-Parent Trust UK in collaboration with the Brisbane Local Organizing Committee.

In celebrating **Infant Mental Health Awareness Week**, WAIMH has expanded access to these three wonderful webinars. The first webinar aimed to promote awareness of infant mental health both regionally and globally. The themes provided information on increasing the awareness of infant mental health, creating stories to support infants and young children during disruptive events, and the impact of the covid-19 pandemic on the ability of key community-based professionals to safeguard infants and young children. The speakers were **Gally McKenzie, Elisabeth Hoehn, Sally Hogg and Jane Barlow**.

The second webinar discussed the biological, psychological, and social impact of the covid-19 pandemic on young children and their parents, babies' sleep problems and the effect of lockdown on family life, and looked at service system solutions during the pandemic from Brisbane in Australia and Rome in Italy. The speakers were **Kai von Klitzing, Elisabeth Hoehn, Dilys Daws, Miri Keren and Giampaolo Nicolais**.

The third webinar discussed the uncertainties of the pandemic, infant-parent psychotherapy by telehealth, helping babies and young children with joyful companionship and musicality, and the preconditions for reflection and supporting infants, young children and families in connection with covid-19. The speakers were **Tessa Baradon, Hisako Watanabe, Arietta Slade and Joy Osofsky**.

### Links to the webinars 1-3:

- [Keeping Infant Mental Health in Focus in Times of Crisis webinar 1: "2020 Vision: Seeing through the eyes of babies"](#)
- [Keeping Infant Mental Health in Focus in Times of Crisis webinar 2](#)
- [Keeping Infant Mental Health in Focus in Times of Crisis webinar 3](#)

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## WAIMH Conference

The bi-annual WAIMH conference will take place later this month and there are some fantastic keynote speakers, masterclasses and presentations lined up. Attendees from South Africa are able to register for virtual attendance under the Low- to Middle income country rate of 270 AUS\$. When registered for the conference, you may attend any of the sessions that are broadcast Live to the world from **Tuesday 22 June to Saturday 26 June (SA times)** and will also have access to recordings of the congress presentations for **six months** thereafter.



For registration details, please visit <https://waimh2020.org/registration.php>

## Anna Freud Centre Offerings

As mentioned in the last newsletter, the Anna Freud centre has a wide range of resources aimed at supporting families and professionals. The resources aimed at the Early years may be found here: <https://www.annafreud.org/coronavirus-support/support-for-early-years/> There are specific resources related to supporting under 5's through the pandemic and transition back to nurseries.

Here is just a reminder of an upcoming **free seminar** aimed at those working in early years settings on 24th June.

### **Supporting children in an early years setting who may have experienced trauma**

*Thursday June 24 at 16:30-18.00*

Sadly, a large number of early years workers are likely to come across children who have experienced some kind of trauma during their work. Trauma can be caused by a range of events and experiences. Some children may have encountered neglect, abuse, or violence, and others might be dealing with the fall-out from an accident, bereavement or natural disaster.

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This webinar will offer early years workers clear and practical guidance on how they can manage the needs of children in their care who have experienced some kind of trauma. It will look at the different reactions young children may have, and explore a range of ways that you might be able to manage their needs, and support them as best you can within your setting.

Click here to book your free place: [https://www.annafreud.org/training/training-and-conferences-overview/online-conferences-webinars-and-events/early-years-webinar-supporting-children-in-early-years-settings-who-may-have-experienced-trauma/?mc\\_cid=cdb2dad656&mc\\_eid=beb38caf23](https://www.annafreud.org/training/training-and-conferences-overview/online-conferences-webinars-and-events/early-years-webinar-supporting-children-in-early-years-settings-who-may-have-experienced-trauma/?mc_cid=cdb2dad656&mc_eid=beb38caf23)

## 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.

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Banking information is as follows:

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## 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](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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