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## APRIL NEWSLETTER AND NOTICE FOR UPCOMING MEETING

The April meeting of the WCAIMH will be held on **THURSDAY 16 April at 7:30pm** at the Out-patient Unit of the Division of Child & Adolescent Psychiatry, 46 Sawkins Road, Rondebosch (Building A).

### **JUDITH DAVIES** on saying NO: **Is saying “NO” helpful to tiny/young children?**



Where does the beginning of the communication of separateness originate? In this talk Judith uses examples from clinical work, as well as the work of Gustav Vigeland and cartoons that show the struggles of parenting, and of being a child.

Judy Davies was trained at the Tavistock Clinic and has been a guiding light on emotional matters relating to infants and children in her clinical, supervisory and lecturing roles for more than 30 years. She continues with her Infant Observation groups in SA and regularly shares her expertise with NGO's in Zimbabwe.

**Previous Meeting:** Dr Nicola Dugmore introduced a lively discussion on The Primitive Triggers in therapists when working on the interface of Mom & Baby Battles. Nicola helped us explore the feelings that we are left with, and how similar our emotional experience might be to that of the mother we are trying to help. Experiencing the sense of inadequacy and not getting it right and being able to talk about it, opens a new way of thinking about being with baby. Once again the tone of acceptance prevalent in our group made for a profound evening.

**Contribution box:** Despite the warmth evident in our association, we seem to be having difficulties with “the spirit of sharing” if the almost empty Contribution Box is anything to go by! So a **reminder** to members to place strips of paper with information on an article or book that they have found useful, thought provoking or fascinating, regarding infant mental health into our contribution pot. Alternatively, please send an e-mail to [jeaninebeukes@telkomsa.net](mailto:jeaninebeukes@telkomsa.net) to share your input. The information will be added to our webpage, [www.infantmentalhealth.co.za](http://www.infantmentalhealth.co.za), as a wonderful resource to refer to. Please browse on our updated webpage (and point others to it). Kerry Brown is heading up a subcommittee to enhance our cyber profile.

**A Few Admin Matters:** The yearly subscription is R350. All fees due now. On-member guest contribution is R50 (in a named envelope, please). Ad hoc guests are not eligible for CPD points. Account details: WCAIMH; Standard Bank, Rondebosch, Account no. 274916401. Branch code: 051001

**Community infant-mental-health-related project proposals welcome: Please get your proposals to us without further delay.** This is a reminder that if anybody who is currently engaged in a community project that focuses on infant mental health and who would like the support and involvement of WCAIMH this year, to present their work to the committee urgently.

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