



WESTERN CAPE ASSOCIATION FOR INFANT MENTAL HEALTH

FEBRUARY NEWSLETTER AND NOTICE FOR UPCOMING MEETING

The March meeting of the WCAIMH will be held on **THURSDAY 19 March at 7:30pm** at the Out-patient Unit of the Division of Child & Adolescent Psychiatry, 46 Sawkins Road, Rondebosch (Building A).



Dr Nicola Dugmore, freshly arrived from Gauteng, will open the evening and convene further discussion on: **The Primitive Triggers (in therapists/supervisors) when working on the interface of Mom & Baby Battles**. Nicola completed her doctorate on the Grand-maternal Transference and has much practical and supervisory experience in parent infant matters.

Previous meeting: Prof Nancy Suchman presented PARENTING FROM THE INSIDE OUT Her simple strategies to support the Mom and baby dyad, by enhancing maternal mentalizing capacities within a therapeutic alliance, were beautifully illustrated by video clips. Our thanks to Nancy for her dedicated passion and commitment to embattled moms and their carers.

Contribution box:

In the spirit of sharing, we would like to introduce our "Contribution Box". This is a box which will be passed around at the WCAIMH meetings for 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. It can be anonymous. If you would prefer to send an e-mail, we also welcome this avenue for you sharing your input. The information will be added to our webpage, 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 sub committee to enhance our cyber profile.

A Few Admin Matters:

The yearly subscription is R350. **Early bird fee before 1 April is R300**

Non-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: 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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