



**Western Cape Association
for Infant Mental Health**



Last month

August meeting

Greetings to all members and friends of WCAIMH!

In July we had the pleasure of having **Katharine Frost** join us for our first virtual meeting of the year. Katharine presented a moving case of a mother and infant who's narrative was layered with the pain and complexity of trauma. Katharine offered her clinical insights and introduced theory to make sense of this mother-infant dyad. Most memorably, Katharine introduced us to the concept of the infant as a reanimator of a second way-of-being with a depressed mother. Some infants may extinguish their efforts with the depressed mother but for others they become a "sparkle-plenty", a life-giver or a charmer as was in the case presented. This can initially be seen a protective survival mechanism but has consequences for later in life. More about this concept can be found in *The Motherhood Constellation: A Unified View of Parent-Infant Psychotherapy*
By Daniel N. Stern.

It was indeed a very enjoyable and informative talk!

We are delighted to invite you to our next virtual speaker evening. Our speaker will be **Hilary McLea**, a grief and trauma counsellor with a master's degree in social work. During this time of unanticipated change and unprecedented isolation, individuals, families and infants have been experiencing loss on a number of levels. Hilary's talk will focus on the **impact of loss on infants, young children, and their families.**

Hilary has experience of working with terminally ill patients and their families at St. Luke's Hospice for 18 years. She also spent eight years at a faith-based NPO developing and running workshops for those unable to pay for individual counselling. During her time with the NPO, she developed four manuals, one for mental health professionals, and the other three for those with limited education. 'Managing loss, grief and continuous trauma' uses the power of the group to facilitate healing. She has run multiple workshops in four provinces to train mental health professionals to run this workshop in their settings for both staff and clients. For the past twelve years Hilary has run a private practice from Claremont with individuals focusing on loss, grief, and continuous trauma. She is also a committee member of Western Cape branch of South African Association for Social Workers in Private Practice (SAASWIPP).

Date: 20 August 2020

Time: 7pm

Platform: Zoom invitation

The talk is **free for members**: Please confirm via email to receive the link

Non-members are welcome to join for 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



Webinars and training

- A range of free webinars hosted by experts on ADHD are available from ADDitude and can be accessed by signing up to their website: <https://www.additudemag.com/tag/webinar/> Webinars are aimed at parents and professionals and covers information on diagnosis and treatment, school and ADHD in adulthood.
- The Centre for Group Analytic Studies (CGAS Cape Town) is hosting their quarterly live webinar on Zoom by renowned group analyst, Dick Blackwell, on Saturday 15th August 11.00-12.30. Dick will be presenting 'The tyranny of 'normality' in the post-colonial context'. All diagnoses and descriptions of psychopathology imply a state of health and 'normality', that is deviant from some assumed normal state of 'order'. But the implied concepts of 'health' and 'normality' are seldom interrogated or deconstructed. The lecture will start at 11.00, with questions and discussion from 12.00 to 12.30 and is open to all mental health clinicians. Tickets can be purchased on Quicket (R100) using the following link: <https://www.quicket.co.za/events/109559-cgas-quarterly-lecture-on-zoom-by-dick-blackwell/>
- Ububele is hosting a scientific meeting titled: "Black Lives Matter: Personal & Psychoanalytic reflections" by Fakhry Davids. Fakhry is originally from SA, but is currently a Fellow and Training Analyst at the British Psychoanalytical Society. The meeting takes place on Thursday 27 August at 19.30-21.30 via Zoom. Tickets are R300 and tickets may be bought here: <https://www.ububele.net/events-1/fakhry-davids-personal-psychoanalytic-reflections-on-blm>



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GAIMH PND project

The Gauteng Association for Infant Mental Health (GAIMH) is setting out on an exciting national campaign to raise awareness for Postnatal depression (PND). They are aiming to link up mothers across South Africa with local supports, both in public and private sectors who offer services for PND and infant mental health.

Please let Nicole Canin, chairperson of GAIMH, know if you are interested to become **involved** with this project. In addition, if you would like to be listed as a potential **service provider**, you can also make contact with Nicole at: nic.canin@gmail.com

WCAIMH treasurer

At the end of 2020, there will be a vacancy for the position of treasurer on WCAIMH executive committee. If you are interested in taking up this position, please **email** us at wcaimhza@gmail.com.

