



WCAIMH May Newsletter

Dear members and friends of WCAIMH,

At our April meeting, Juané Voges shared the results of her study on peripartum psychosis in her talk “Lost along the way – Reflective function in the context of peripartum psychosis”. The talk highlighted the varying capacity for reflective function found in this group of mothers and focussed on their experiences of loss and grief as a result of their psychiatric illnesses. Members who would like to view a recording of the talk is welcome to email us, and we will send you the download link.

May Speaker

We look forward to welcoming our next speaker, Dr Nola Chambers who will present her talk, “**Early detection and early intervention for young children with autism in low resource settings in South Africa**” on Thursday 20 May 2021 at 19.00. To improve services and outcomes for young children with autism in South Africa, we need to focus both on raising awareness of the early signs of autism in young South African children, as well as build capacity for providers to implement sustainable evidence-based interventions appropriate for younger children. In this presentation, I will cover principles of early detection, along with practical examples of the early signs of autism in young South African children using research video archival material. I will also briefly cover principles of evidence-based early intervention, along with a description of an ongoing study designed to build capacity of providers in autism non-profit organisations in South Africa using web-based training and supervision strategies.



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Kirsty Gilmour – Treasurer Dijana Mitrovic – Media and Website Development

Dr Chambers is a Wits-trained speech-language therapist. She was fortunate to complete her PhD with Dr Amy Wetherby at Florida State University where she was able to observe first-hand her extensive work in early detection and early intervention. Since returning to South Africa, Nola has attempted to apply this expertise in various local contexts to develop early detection and intervention services, particularly for those in the public sector. She is currently a research officer at UCT and works with Prof de Vries at the Centre for Autism Research in Africa (CARA) to achieve these aims.

Date: 20 May 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

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.

May member highlight

This month, we are excited to feature **Jenny Perkel!**

Jenny is a clinical psychologist in private practice in Cape Town, offering psychotherapy to parents, infants, children, adolescents and adults. She is the author of **Babies in Mind** (for new parents) and **Streets of Jewels** (for children). Her latest book, **Children in Mind: Their mental health in today's world and what we can do to help them**, is due to be published by Wits University press in the first quarter of 2022. Other publications include academic book chapters - local and international, professional journal article publications and numerous articles for parenting magazines. Jenny has trained and supervised childcare workers for various child and adolescent mental health projects and children's homes. She has been involved in postgraduate teaching of child psychotherapy and she has done radio



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appearances, talks, presentations and training with mental health professionals, parents and lay counsellors in the areas of infant and child mental health and postnatal depression. Jenny consults as a clinical psychologist for Purity Promise in the area of early childhood mental health and she is on the PURITY panel of experts. She is on the editorial board of the professional journal, Psychoanalytic Practice (formerly, Psychoanalytic Psychotherapy in South Africa) and is a member and past chairperson of both the Cape Town Child and Adolescent Psychotherapy Group and the Western Cape Association for Infant Mental Health. She is also a member of the Gauteng Association for Infant Mental Health and the South African Psychoanalytic Confederation.

Find Jenny online at <https://jennyperkel.com>, www.childreninmind.co.za and www.babiesinmind.co.za or email her at jenny@perkel.co.za



Jenny has 3 online presentations available (3 cpd points each) for download on the website www.childreninmind.co.za at the online shop. One of the presentations are about infant mental health. The presentations cost R250 each. Digital and hard copies of her book, Babies in Mind are also available for purchase there at a cost of R200 each (plus delivery if needed). Books can also be bought and collected from her practice in Vredehoek.



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WAIMH Conference

The 2021 WAIMH hybrid conference is around the corner! There are some fantastic keynote speakers, masterclasses and presentations lined up for this upcoming conference. Virtual attendees from South Africa are able to register under the Low- to Middle income country rate of 270 AU\$. 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>



As a preview, we wish to highlight two keynote addresses:

Prof. Jonathan Green is a Professor of Child & Adolescent Psychiatry at the University of Manchester. His keynote address is titled “**Developmentally focused early intervention for autism**”. Studies in developmental science from infancy, particularly using prospective sibling designs and within the individual differences psychology tradition, have transformed our conceptualisation and understanding of autistic development. In parallel, a new generation of intervention models has emerged, grounded in this developmental science and differing significantly from previous autism intervention paradigms. In his lecture he will describe the origin, practice and evidence for two of these new interventions; a pre-



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emptive intervention strategy from infancy (iBASIS), and a post-diagnostic strategy from pre-school (PACT) – both of which have shown sustained developmental effects. There will be a discussion of what this work tells us about developmental science, and also how such intervention can fit into a comprehensive care strategy for autism in early development.

Prof. Helen Milroy will be presenting her keynote address titled “**Babies born into stories**” on **Tuesday 22 June**. Helen is a descendant of the Palyku people of the Pilbara region of Western Australia but was born and educated in Perth. Currently she is a Consultant Child and Adolescent Psychiatrist, Professor at the University of Western Australia and Commissioner with the National Mental Health Commission. Helen has been on state and national mental health advisory committees and boards with a particular focus on Indigenous mental health as well as the wellbeing of children. From 2013-2017 Helen was a Commissioner for the Royal Commission into Institutional Responses to Child Sexual Abuse.



Babies are born into a world shaped by the intergenerational stories of their caregivers. This in turn shapes their developmental trajectory. This presentation will consider the use of storytelling and the importance of indigenous storytelling as a vehicle to influence and strengthen the stories of babies’ lives. The presentation will combine examples from a series of stories I have written with background evidence from child development to reflect on the power of storytelling to contribute to health and wellbeing, particularly in a cultural context.

CPD Certificates

We have sent out CPD certificates to attendees for our 2019 and 2020 meetings. Please email us if you did not receive a certificate, or if there are any problems with the certificates.

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Anna Freud Centre Offerings

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.

There are two upcoming **free seminars** aimed at those working in early years settings on 13th May and 24th June.

Supporting bereaved children in early years settings

Thursday May 13, at 16:30-18.00

For most young children, coping with the loss of a loved one will be a challenge that they are not prepared for. For some it may be traumatic, confusing, saddening or unsettling. 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 loss or bereavement. It will look at the different reactions young children may have, and explore a range of ways that you may be able to help them make sense of their feelings and experiences, and help them through what they may be going through. The webinar will also put forward practical ideas and resources that an early years setting might like to use to support them.

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-bereaved-children-in-early-years-settings/?mc_cid=cdb2dad656&mc_eid=beb38caf23

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

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

Website: www.infantmentalhealth.co.za

Facebook group:  Western Cape Association of Infant Mental Health

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