

Last month

Greetings to our members and friends of WCAIMH,

We had the pleasure of having Dr. Anusha Lachman, a Child and Adolescent Psychiatrist, present at our October virtual meeting. In her talk, titled “Shared Pleasure in the time of COVID 19 – the importance of the shared smile for babies in a world of masked faces”, she highlighted how adaptations due to the current pandemic has affected the wellbeing of mothers and infants, especially during the early postpartum period. Using a case example, the challenges around the use of a face mask by infant caregivers was discussed. The importance of early experiences of shared and synchronized gaze and affect (shared pleasure), especially in early infancy was emphasized, and suggestions around adapting to the use of face masks were provided. The topic sparked a rich discussion and was very well received.

If you were unable to attend the evening and would like to view the talk, please email us for a link to a recording of the meeting.



**Western Cape Association
for Infant Mental Health**



November meeting

We have a full programme planned for our **November** meeting! Our **Annual General Meeting (AGM)** will take place on **Thursday 19 November** at **19.00** and we would like to encourage all our members to attend. The Parent Centre has agreed to provide brief feedback on their work and how they have had to adapt their programme and implementation strategies during the pandemic.

Our **agenda** for the AGM includes:

- Chairperson’s report of 2020
- Treasurer’s report of WCAIMH financial position
- Parent Centre feedback
- ZA-AIMH planning and way forward
- Election of WCAIMH committee

Unfortunately, Tessa Baradon will no longer be joining us for a discussion about race and cultural diversity in parent-infant psychotherapy. We are hoping to include her in our 2021 programme, but would like an indication from members regarding their interest in having such a facilitated conversation.

We look forward to sharing this evening with you!

Date: 19 November 2020

Time: 7pm

Platform: Zoom

There will be **no fee** for the AGM, but please confirm via email to receive the link to the meeting.

wcaimhza@gmail.com



WAIMH news

- The WAIMH World congress will be taking place from 22 to 26 June 2021 in Brisbane, Australia. Although there is uncertainty around what travel restrictions will be in place at that time, the conference organisers are considering the accommodation of both in-person and virtual attendance, which may make attending the conference more feasible for South Africans. More information and registration details may be found here: <https://waimh2020.org/index.php>
- Miri Keren, Past president of WAIMH has penned a thought-provoking article on the little-studied phenomenon of maternal or paternal obsessive-compulsive disorder (OCD). Taking Winnicott's Primary parental preoccupation as a starting point, she suggests that perinatal obsessive-compulsive disorder could be viewed as a "hyper" primary preoccupation. She illustrates the experiences of both mothers and fathers with OCD with clinical vignettes. Follow this link to read the full article: <https://perspectives.waimh.org/2020/07/24/ocd-perinatal-ocd-parental-preoccupation-and-parenting/>



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WCAIMH positions

- There will be an opportunity for a new treasurer to join our committee. If you are interested in taking up this position, please email us at wcaimhza@gmail.com.
- At the end of 2020, the term of two committee members, Juané Voges as Chairperson and Salisha Maharaj as Secretary will come to an end. Both members are open to re-election, contingent on support for re-election, which will be discussed at the AGM.
- Dijana Mitrovic, an enthusiastic lady with a background in Psychology and Counselling is providing volunteer assistance to the WCAIMH committee in the form of administrative support. We wish to thank her for her time and dedication!

Prioritising mothers, infants and healthy beginnings

Join GAIMH for an exciting line-up of speakers on maternal and infant mental health on **Friday 20 November from 14.00 to 16.00**. The symposium is free to attend. The event will mark the launch of a national campaign for mothers and infants. Registration can be completed with the following link:

https://us02web.zoom.us/webinar/register/WN_tSVql68ER6iHz3sl_TOUYQ

