



Western Cape Association
for Infant Mental Health



Last month

Greetings to all members and friends of WCAIMH!

We were fortunate to have **Nicki Dawson** from **Ububele** present at our September meeting. As the head of the **Umdlezane Parent Infant programmes** at Ububele, she gave an overview of the services offered and presented some of the findings from her PhD studies. The Parent Infant services at Ububele includes the Ububele Baby Mat Service, the Ububele Home Visiting Project, Newborn Behavioural Interventions and Newborn Consultations, as well as parent-infant psychotherapy.

Nicki highlighted how the construct of **maternal sensitivity** as it is currently assessed, does not account for all cultural practices. Her work with mothers in Alexandra township has emphasized the need to question how maternal sensitivity is assessed within the South African context. The use of lay counsellors from the community who provide home visiting was also beautifully illustrated with video material. More information can be found at:

<https://ububele.org/>

October speakers

We are pleased to welcome **Brenda Cowley** and **Prof. Astrid Berg** as our speakers on **Thursday 17 October**.

Brenda Cowley is an **Educational Psychologist** and **psychotherapist** with a background in psychoanalytic psychotherapy. She has been in private practice in Cape Town for the past 27 years working with children in play therapy and adults in long term individual psychotherapy.

Over the past 8 years her field of interest has broadened to include the area of infant mental health, including parent/infant psychotherapy. In 2018 she qualified with an **MPhil degree in Infant Mental Health** through the University of Stellenbosch. During this time, she developed an interest in the crucial **role that fathers** can play in enhancing the healthy development of their infants. Her masters dissertation looked specifically at the **quality of father-infant play interaction** and formed part of a larger study entitled "**Theatre for Babies: Enhancing paternal awareness of infants' abilities and facilitating shared pleasure**" run by **Prof Astrid Berg**.

She and Prof. Berg will be presenting the film of the baby show "**Scoop**" as performed by the Magnet Theatre and the findings that emanated from this.

Landmark court ruling

- WCAIMH welcomes the ruling by the Constitutional Court that found the defense of reasonable and moderate parental chastisement of children as unconstitutional. We support discipline practices that **promote understanding of infant and child experiences, foster emotional development and respects the rights of infants and children.**
- We acknowledge the **need to support parents** in their discipline practices and commit ourselves to helping parents find alternative ways of responding to children.
- At the **November AGM**, we will be having a **broader discussion** about the ruling and welcome all members and interested parties to attend the meeting on **Thursday 21 November.**

Exciting opportunity for WCAIMH members!

- **Calabash Professional Development** offers CPD accredited online training videos for health professionals, including psychologists, psychiatrists, GPs, dietitians, speech and occupational therapists. The collection of talks cover a wide range of topics including ethics, psychoanalytic theory, ADHD and forensic work to name but a few.
- Calabash is offering members of WCAIMH a **special discount** on two of their Infant Mental Health Talks, namely: **Working Therapeutically with Infants, Young Children and their Parents** by Jenny Perkel and **The Paternal Function: An object-relations perspective** by Nick Davies.
- The special discount will be emailed to members in order to access the videos on the Calabash website.
- Have a look at their website for more information on the wide range of talks offered: <https://calabash.courses/>

Membership

WCAIMH membership fee is currently **R375**

Banking information is as follows:

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 our treasurer, Barbara (b.kantor@iafrica.com).

Please also consider joining the **World Association (WAIMH)** of which WCAIMH is an affiliate. Details to join can be found at https://waimh.org/general/register_member_type.asp

Making contact

We look forward to seeing you all again from **7:00 for 7:30pm** on **Thursday 17th of October** at the Outpatient Unit of the Division of Child and Adolescent Psychiatry (DCAP), situated in 46 Sawkins Rd, Rondebosch, entrance in Liesbeek Rd. **Visitors** are always welcome and can pay a fee of R60 (in an envelope marked with your name please).

We also encourage you to forward your **name** and **car registration details** to Salisha Maharaj for access to parking within the security area.

There is a **vacancy** on the WCAIMH **committee** for **Social media and website development**. If anyone is interested in taking up this position, please **email** Juané Voges.

www.infantmentalhealth.co.za

