



**Western Cape Association  
for Infant Mental Health**



## Last month

Greetings to all members and friends of WCAIMH.

Our **August** speaker **Ben Truter**, Clinical Director of the **Neurodiversity Centre** presented on Autism in young children, as well as how a range of neurodevelopmental difficulties can impact different areas in a child's life. Ben's presentation focused on the various ways that **neurodevelopmental difficulties** may present in young children and highlighted differences in girls and boys. He alerted the audience to the biases of the current DSM 5 diagnosis in **primarily capturing the way boys** manifest symptoms, **often then leaving girls mis- or undiagnosed**. The Neurodiversity Centre offers **training in the Diagnostic Interview for Social and Communication Disorders (DISCO)** which is a dimensional approach to support experienced professionals to diagnose and develop further understanding of autism spectrum disorders. For more information about the Neurodiversity Centre, please visit their website:

<https://www.neurodiversitycentre.co.za/>

## September speaker

We are very excited welcome **Nicki Dawson** as our speaker for **Thursday 19<sup>th</sup> September**. Nicki is a community-based counselling psychologist, and works as a **parent-infant psychotherapist**. She completed her training at the University of Witwatersrand. She **heads up the Ububele Umdlezane Parent-Infant Programmes at Ububele** - a training and service NGO which provides infant mental health interventions for residents of Alexandra and orphaned infants from Gauteng more broadly. Nicki is currently completing her PhD through Wits University, looking at **sensitive interaction in the context of Alexandra Township**. Nicki also runs a small private practice, with a focus on under 5s work and families through adoption.

In her talk, Nicki will provide an **overview of the infant mental health work done by the Ububele Umdlezane Parent-Infant Programme**. She will also speak to how this led her to her PhD topic - **attempting to first understand cultural variation in sensitive maternal behaviour, and on the basis of this, better understand the impact of trauma on mother-infant interaction**. Drawing on anthropological literature, video data of interactions, and in-depth interview data from Alexandra residents, she will share some of her preliminary findings from this on-going study.

## Other News

- Abstracts to present at **the WAIMH congress** in 2020 can still be submitted until the 15<sup>th</sup> of September in either the **clinical** or **scientific** categories. Please see their website for more details: <http://waimh2020.org/call-for-abstracts.php>
- The faculty of Stellenbosch University's Masters programme in Infant mental health are hosting a **free** workshop aimed at district or general health care workers, nurses, and allied professionals. The workshop will have a practical focus to help improve screening for moms and babies. Please consider **attending** and **sharing** the details below with your networks.

## 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](mailto: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](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 19<sup>th</sup> of September** 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.

We always welcome any suggestions and feedback, please get in touch with us via **email** or via our **Facebook** page.



**Infant Mental Health Workshop**  
for Nurses, Community and Primary Health Care Workers

- Update on screening and referring caregivers and babies.
- Assessing the infant mental state
- Maternal risk factors and simple interventions

Hosted by: MPHIL IMH Faculty  
Department of Psychiatry,  
Stellenbosch University  
Venue: Lecture Hall 8  
Date: 11 October 2019  
Time: 12:00-16:00  
RSVP: [aneesat@sun.ac.za](mailto:aneesat@sun.ac.za)

The poster features two cartoon illustrations of babies. On the left, a white baby with a blue pacifier and a blue onesie with a heart. On the right, a brown baby with a purple pacifier and a purple onesie with a heart. Both babies are holding a small teddy bear.

[www.infantmentalhealth.co.za](http://www.infantmentalhealth.co.za)

