



Courses & Training

What is it

12 week course for anyone working with parents, infants and toddlers

When is it

November 2018 - February 2019

Where is it

Northern School of Child and Adolescent Psychotherapy

Bevan House, 34-36 Springwell Road
Leeds LS12 1AW

What does it cost

£540

(Maximum of 10 participants)

Pregnancy to Pre-School

Formulating our responses to emotional disconnection and neglect

The need for effective intervention early on

The importance of effective services which support the development of positive relationships between parents and infants especially in the early days and weeks is well established. We know the problems that can arise, including long term mental health consequences when a baby, toddler or child's needs are repeatedly unmet.

Being able to intervene early enough and in an effective way is crucial to ensuring that infant development and family relationships are on the right track. However, it is often difficult to know how to do so sensitively and positively, particularly in complex and challenging circumstances.

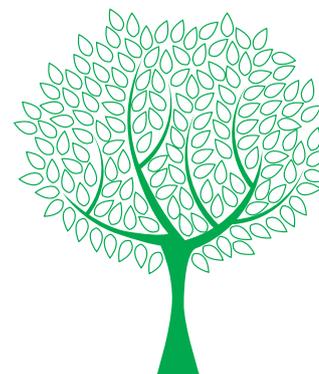
Problematic relationships between a parent and infant/toddler require a model of containment which enables staff from different disciplines to employ their core professional skills successfully.

Formulating an effective response

This programme provides an effective framework for anyone working with parents, infants and toddlers from pregnancy through to nursery. It is particularly aimed at addressing gaps in provision for families with increased vulnerability due to factors such as parental mental illness, deprivation and trauma.

The programme forms part of NSCAP's CPD portfolio and is underpinned by a programme of impact evaluation which has already indicated the transformative potential which this type of experience-based learning can have on practice at work.

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Course outline

This **12 week course** is delivered in two five week blocks plus two group consultations. The aim of the consultations is to help embed the learning into practice; these take place in week 6 and week 12.

The course provides a framework for understanding the impact of becoming a parent, alongside infant and early years development from the perspectives of psychoanalysis, attachment theory, risk assessment and the cultural and social policy context.

The course aims to help participants identify and address difficulties in the parent-infant relationship particularly where presentations of emotional difficulties or neglect are present, and to support participants' capacity to use their professional skills in this challenging area.

The course offers a practical and theoretical introduction to the foundations of emotional, cognitive, and personality development in babies and young children in the context of their families. Professional responses to the wide range of struggles families face will be explored. These include toileting, feeding or sleeping problems and the feelings which are evoked in response to such difficulties. Links between emotional and physical needs are explored with a recognition that all behaviour is at heart a communication of an internal emotional state.

Emphasis on the integration of observational skills and case analysis seeks to increase an understanding of how the professional relationships we establish in the present, can influence those from the past, in a beneficial way.

Structure

Weeks 1-5: **Where do we begin**

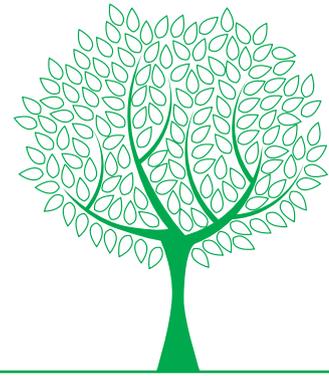
The intimate human contact integral to the care of an infant, ie countless feeds, changes, holding and settling, are considered in the context of how we develop a meaningful relationship. These early experiences between parent and infant are shaping the infant's developing brain and internal world.

Week 6: Group Consultation: **What have we learnt?**

Weeks 7-11: **The quality of curiosity**

In this second module the focus shifts to the ways in which an infant or toddler may come "off track" and how to identify this, when it is not always obvious. Exploring the subtleties of observed interactions between an infant and their parent/carer provides material for prompt effective intervention; which is the primary aim of this module.

Week 12: Group Consultation: **Learning into practice**



Course Format

The programme is led and facilitated by two experienced clinicians trained in Psychoanalytic Child and Adolescent Psychotherapy. Each week there are two seminars:

1) Reading Seminar, Film or DVD

In this seminar participants are introduced to key concepts from psychoanalysis and other approaches which are relevant to observation and early development. The papers are read prior to the seminar and discussed in a small group, which provides an opportunity to consider key concepts in the context of participants' own work experiences. Some weeks papers are substituted with film or DVD excerpts and discussion.

2) Work Observation Seminar/Parent Infant Observation

This seminar focuses on participants' own work experiences with an opportunity for more detailed discussion of case material. The aim of the seminar is to support the development of observation skills within a professional context.

Included in this seminar is a planned one-off naturalistic observation of a baby and their parent. Each participant arranges this for themselves, with guidance from the tutors. This provides a unique and valuable experience of a normal parent and child interaction and an opportunity to consider the dynamics in a small group seminar.

Group Consultations

These two sessions in weeks 6 and 12 aim to embed the learning into practice and to promote a culture of effective and early intervention, which emphasises learning from experience.

Learning outcomes

The overall aim is to deepen the participant's understanding of conscious and unconscious factors involved in early relational processes. To recognise the ways in which early years understanding supports work with people of **all** ages.

Participants will:

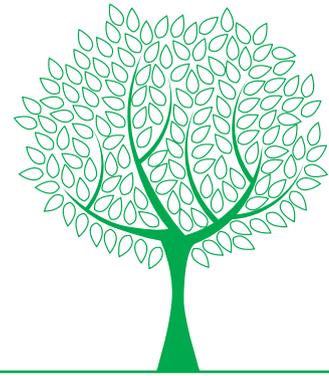
- Develop a framework for thinking about the function of containment and the need of a reliable mind for optimal development.
- Appreciate the infant as an active participant from birth in the parent/child relationship.
- Have increased understanding of the adverse impacts of trauma on parents and children's relationships.
- Evidence concerns about emotional neglect and communicate this effectively
- Increase observational skills in working to promote early years development.
- Be able to identify verbal and non-verbal expressions of concern in a parent and child.
- Have an opportunity to think about their work from a psychoanalytic perspective.
- Be more self-observant and develop greater resilience in challenging work contexts.

Certificates for CPD will be issued by NSCAP on completion of programme.

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Who should attend

This course is for professionals from all disciplines in health care, education and social work and will be of special relevance to Health Visitors, Midwives, Primary Care Workers, GPs, SureStart workers, Social Workers, Community Child Health Practitioners, Perinatal staff and Early Years Workers.

Cost

£540 (maximum of 10 participants)

Course lead

Sumi Cannon, Child and Adolescent Psychotherapist,

Dates

2018

November 7th, 14th, 21st & 28th
December 5th & 12th

2019

January 9th, 16th, 23rd & 30th
February 6th & 13th

Times

Wednesday afternoons 1.00pm - 4.00pm

Venue

Northern School of Child & Adolescent Psychotherapy
Bevan House, 34-36 Springwell Road, Leeds LS12 1AW

Applying for the course

See following page for an application form, or contact:
Mirriam Maganga - Business and Training Support Officer
NSCAP Bevan House, 34-36 Springwell Road, Leeds LS12 1AW
Email: mmaganga@nhs.net
Telephone: 0113 855 8750 Fax: 0113 244 0966

Keeping in Contact

Your personal information will be held on our database and used to process your application.

NSCAP would like to keep you informed of other events and activities that we feel are relevant to you. If you are happy for us to do this, please tick this box.

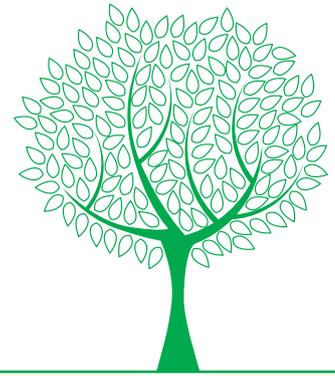
If you do not want to be contacted about other events and activities, please tick this box.

Application Form

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Personal details

Title: Name:

Occupation:

Email address:

Address for correspondence:

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Postcode:

Telephone:

Any special requirements:

Payment & Invoice details

I wish to attend the 12 week course
(10 seminars + 2 group consultations): £540

I enclose a cheque (made payable to Leeds and York
Partnership NHS Foundation Trust) for £540

Please invoice my organisation for £540

NB: Organisation contact details MUST be correct for invoicing,
ie NOT your place of work.

Name:

Job title:

Organisation:

Address:

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Postcode:

Telephone: (if required)

Purchase Order No:

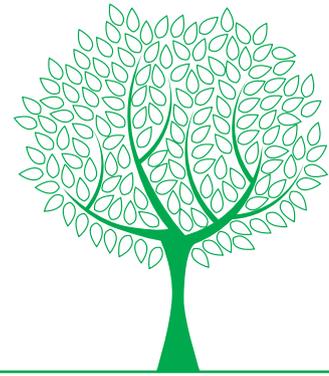
Agreement from Manager:

Application Form

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Cancellation charges

All cancellations are subject to an administration charge of 10% of the course fee.

Cancellations made less than 2 weeks in advance of first day are subject to 100% charge.

This form should be returned to

Business and Training Support Officer

Northern School of Child and Adolescent Psychotherapy
Bevan House, 34-36 Springwell Road, Leeds, LS12 1AW

Email: mmaganga@nhs.net

Fax: 0113 244 0966 Telephone: 0113 855 8750

Terms & Conditions

1.0 Payment Methods

- 1.1 Payment must be made in advance of the course start date. We prefer to receive payment by cheque and ask that you submit payment along with your application form. Please make a cheque payable to Leeds and York Partnership NHS Foundation Trust.
- 1.2 If your organisation has agreed to fund your place on the course, please provide invoicing details: name, job title, organisation, address and telephone number, and order number if required.
- 1.3 Please contact the Course Administrator on 0113 855 8750 with any queries about payment.
- 1.4 Places cannot be confirmed until receipt of payment.

2.0 Availability

- 2.1 Please note that any courses may be limited in capacity, and will be allocated on a first-come, first-served basis. No guarantees can be made regarding the availability of spaces on any of our seminars prior to receipt of payment.

3.0 Confirmation of Reservations

- 3.1 All reservations will be confirmed in writing with details of programme times and venue information provided.
- 3.2 Please ensure you provide an up-to-date email address as any details of final changes to the course will be emailed to your account. Please therefore remember to check your email account prior to the start of the course to ensure you are informed of such changes.

4.0 Reservation & Cancellation Policy

- 4.1 All cancellations are subject to an administration charge of 10% of the course fee.
- 4.2 Cancellations made less than 2 weeks in advance of first day are subject to 100% charge.

5.0 Further Information

- 5.1 For further information about all our future events and activities, visit www.nscap.org.uk, email nscap.lypft@nhs.net or call 0113 855 8750.