**Working with infants and young children with parents with mental illness: thinking about linking in the inner and outer worlds**

**Friday 19th October 2018 9.30am- 2.45pm**

Jubilee Theatre St Nicholas Hospital Gosforth Newcastle upon Tyne NE3 3XT

Presenter

**Graham Shulman Consultant Child and Adolescent Psychotherapist NHS Lanarkshire**

The conference will be of interest to people working with Children, Adults and Families.

Parental mental illness has now been identified as one of 10 core Adverse Childhood Experiences (ACEs) that profoundly impact on health and social welfare throughout the life cycle (Felitti *et* al, 2014).

Many of the referrals to CAMHS involve infants, children and young people of parents with mental health problems on a spectrum ranging from mild to severe and short to long term, some diagnosed and others not diagnosed. A proportion of referrals to CAMHS are of infants, children and young people of parents with mental illness or severe and enduring mental health difficulties: of these, most such parents are under regular psychiatric management of varying degrees of frequency, many are on medication and/or with Community Psychiatric Nurse input, and some have intermittent spells of psychiatric hospitalisation.

I discuss some of the themes, dynamics and issues, both internal and external, for infants and young children of parents with mental illness, with reference to my work in CAMHS. I consider the types of joined up thinking, and joined up working between professionals and agencies, that are particularly helpful for this clinical population, including links with Adult Mental Health Services. I illustrate these themes with clinical material from my work in CAMHS, and argue for the benefit of a designated CAMHS team and service for infants, children and young people of parents with mental illness.

**Reference**

Felitti *et al* (1998) ‘TheAdverseChildhoodExperiences *(*ACE*)* Study’. *American Journal of Preventative Medicine*, 14(4): 245-258.

**About the Speaker**

**Graham Shulman** is a Consultant Child and Adolescent Psychotherapist and Head of Child Psychotherapy in CAMHS, NHS Lanarkshire. He is a member of the CAMHS Reach Out Team for infants, children and young people of parents with mental illness, in which he offers parent-infant psychotherapy, Under 5s family work and long term individual psychotherapy, and contributes to the team’s multi-agency training offered to other professionals. He is also a member of the CAMHS Looked After (CAYP) Team. He is a past Joint Editor of the *Journal of Child Psychotherapy*, is an Assistant Editor of the *Infant Observation Journal*, and is Joint Editor of and contributor to *The Emotional Experience of Adoption: A Psychoanalytic Perspective* (Routledge, 2008) and *The Non-Linear Mind: Psychoanalysis of Complexity in Psychic Life* (Karnac, 2017). He was previously Senior Tutor on the Scottish Clinical Training in Child and Adolescent Psychotherapy and Organising Tutor for the Scottish Psychoanalytic Observational Studies Course, and for over 10 years has taught on a multi-disciplinary and multi-agency professional development Infant Mental Health Course. He has published a number of articles on clinical and theoretical themes and on links between psychoanalysis and literature and also chaos theory. His most recent published article was on the use and application of psychoanalytic infant observation in parent-infant psychotherapy with parents with mental illness.

**Programme**

9:15 Registration and refreshments

10:00 – 10:30 Conference Introduction

10:30 - 12:00 Presentation by Graham Shulman and Discussion

12:00 – 1:00 Lunch: Not provided. Café on site.

1:00 – 2:15 Clinical Presentation by Children and Young People’s Service clinician and Open Supervision by Graham Shulman

2:15 – 2:45 Large Group Reflections and Next Steps

2:45 Close

**Information Box**

NTW colleagues-No charge. Please return the application form with line manager’s permission.

£20 delegate fee for non NTW employees.

Please complete application / invoice form and return to Emma Brooks [Emma.Brooks@ntw.nhs.uk](mailto:Emma.Brooks@ntw.nhs.uk) or Jillian Mackenzie at [Jillian.MacKenzie@ntw.nhs.uk](mailto:Jillian.MacKenzie@ntw.nhs.uk)

Closing date for bookings: October 11th.



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**Application Form**

Name:

Position:

Department:

Agreement from manager (name):

Email address (please use NTW address if you are a Trust employee)

Company address and person to invoice for payment (if applicable)

Please include all details if you require an invoice

Please return this form by October 11th to [emma.brooks@ntw.nhs.uk](mailto:emma.brooks@ntw.nhs.uk) or [jillian.mackenzie@ntw.nhs.uk](mailto:jillian.mackenzie@ntw.nhs.uk)