

# Infant Mental Health

## And Early Intervention with Under Fives and their Parents



### **A 10 week introductory course to enhance the skills of professionals working to promote infant mental health and development**

This course will assist you in working towards the vision set out in The Scottish Government / COSLA Early Years Framework: a renewed focus on 0-3 years as the period of a child's development that shapes future outcomes.

**SIHR**

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### **Who Should Attend**

This course will be of special relevance to: Health Visitors, Midwives, Primary Care workers, SureStart workers, Community Child Health practitioners, Early Years workers, and is aimed at a variety of disciplines in Mental Health, Psychiatry, Psychology, Education and Social Work.

### **Aim**

The ten week course aims to introduce a framework of thinking about parent – infant relationships and to enhance the skills of professionals working to promote infant mental health and development.

### **Course Content**

The course is a practical and theoretical introduction to some essential themes concerning the foundations of emotional, cognitive

and personality development in babies and young children in the context of their primary relationships and experiences.

The course will look at some pioneering studies and clinical approaches and also involve in-depth discussion of participants' own casework and clinical experiences. The overall aim will be to deepen the participants' framework of understanding of conscious and unconscious factors involved in early developmental processes and to introduce new thinking about early preventative intervention.

## **Format**

It can be offered as an open course at SIHR premises and other external venues and as a closed course, in-house, at your workplace. The open course runs over 10 half day sessions. The closed course can be arranged to complement work practices.

**To register your interest for the next course please contact SIHR:**

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Founded as an education trust in 1971, The Scottish Institute of Human Relations (SIHR) is a national resource that provides educational programmes and services. A national charity, it has premises in Edinburgh and Glasgow, with a wide network of practitioners and members.

### *Why choose SIHR?*

Understanding human relationships is central to emotional health and well-being, but sustaining and applying that understanding in the work of promoting mental health or social well-being is very demanding. SIHR, in its role as an educational charity, develops and delivers courses and services for people who respond to such demands in their professional lives.

Our courses and services translate psychoanalytic, psychodynamic and systemic ideas into practical tools for professionals in the health service, voluntary and faith organisations, and education and social services.

### **The Scottish Institute of Human Relations**

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