

# Infant Mental Health

**And Early Intervention with  
Under Fives and their Parents**

**22 January - 26 March 2009**



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

**SIHR**

**The Scottish Institute of Human Relations**  
*- understanding people -*

# **Infant Mental Health**

## **and 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**

### **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.

## **Costs**

The course costs £700 which includes all reading papers, certificate of completion. Please note that course fee invoices will be sent out with acceptance of applications/offer of place letters with payment due no later than the mid point of the course.

In the event of cancellation prior to the start date a £50 administration charge will be levied. Course fees are reviewed annually.

## Venue

Scottish Institute of Human Relations, 172 Leith Walk, Edinburgh,  
EH6 5EA, t: 0131 454 3240, f: 0131 454 3241,  
e: [edinburgh@sihr.org.uk](mailto:edinburgh@sihr.org.uk) (See our website: [www.suhr.org.uk](http://www.suhr.org.uk) )

## Dates

The course will run on Thursdays from 1.30pm to 4.30pm from 22  
January to 26 March 2009 over ten weeks.

Class size will be limited to 12.

## Application forms

Please return your completed application form by **28 November  
2008** to:

Infant Mental Health Course  
The Scottish Institute of Human Relations  
172 Leith Walk  
Edinburgh EH6 5EA  
t: 0131 454 3240; f: 0131 454 3241

**Please note that telephone interviews will be held week  
commencing 8 December 2008.**

**APPLICATION FORM**

**Infant Mental Health**

**10 week course 22 January to 26 March**

Please note that telephone interviews will be held week commencing 8 December 2008

<b>NAME</b>	
<b>ADDRESS</b>	
<b>Tel.No.</b>	Home Work
<b>Email:</b>	Home Work

**Current Work Experience and Qualifications**

**Previous work and training experience (and relevant qualifications)**

**Reasons for Applying for this Course**

**Name, address and telephone number of work manager / colleague who will support your application.**

**Invoicing Details** (if different from above):

CONTACT NAME	
ORGANISATION NAME AND ADDRESS	
Tel.No.	

**Signature:**

**Date:**

**This form should be returned by 28 November 2008 to:**

Infant Mental Health Course  
SIHR  
172 Leith Walk  
Edinburgh  
EH6 5EA

(t: 0131 454 3240, f: 0131 454 3241).

I do not want to receive information about any other SIHR courses, trainings, events, or services.

Personal information will be held and processed by SIHR according to the Data Protection Act (1998). This information will be used by SIHR to administer and manage the course or service.

SIHR aims to ensure that no-one receives less favourable treatment on the grounds of gender, parental status, ethnic origin, colour, nationality, social class, disability, sexual orientation, religious belief or age. This information is available in other formats.

## **Coming Soon from SIHR**

### **What Promotes Infant Mental Health and Child Development: parenting and supporting families with relationships difficulties**

- a one day seminar on Friday 14 November 2008, SIHR Edinburgh. Cost: £120

### **Roles, Relationships and Organisations**

- a professional development course introducing a way of thinking about workplace dynamics, which enables effectiveness, motivation and satisfaction in work roles.

Starts: 15 January to 5 March 2009 (over 10 weeks), SIHR Edinburgh. Cost: £450.00

### **Working Therapeutically with Couples: psychoanalytic approaches**

- a new 10 session course (meeting monthly) on developing psychoanalytic understanding of couple relationships.

Starts: 23 January to 17 November 2009, SIHR Edinburgh. Cost: £600 (£475 concession)

### **Personality Disorders: Person or Problem? using a psychodynamic framework to enhance professional practice**

- a new 10 session short course starting 19 March to 28 May 2009, SIHR Edinburgh. Cost: £700.



The Scottish Institute of Human Relations

- *understanding people* -



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**

172 Leith Walk  
Edinburgh  
EH6 5EA

5 La Belle Place  
Glasgow  
G3 7LH

Tel: 0131 454 3240  
Fax 0131 454 3241  
edinburgh@sihr.org.uk

0141 332 0011  
0141 332 3999  
glasgow@sihr.org.uk

[www.sihr.org.uk](http://www.sihr.org.uk)

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