



**SIHR Infant Mental Health Project**  
The Scottish Government's National Programme for Improving Mental Health and Well-being has assisted in the funding of this work.



## INFANT MENTAL HEALTH PROJECT

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.

### Observing Infants – Observation and Assessment Skills: working with parents and very young children

**\*\* NEW START DATE\*\*** 20 and 27 April, 11 and 18 May 2009

A 4 day introductory course (over eight weeks) to enhance the skills of professionals working to promote infant mental health and development

**SIHR**

Scottish Institute of Human Relations  
- understanding people -

# **Observing Infants – Observation and Assessment Skills: working with parents and very young children**

## **Who is this course for?**

This course will be of special relevance to those working directly with very young children ideally 0 - 1 year and their families. It is aimed at a variety of disciplines including Community child health Services (Midwives & Health Visitors), Social Work, Child Mental Health, Paediatrics, Educational and Clinical Psychology and Early Years Sector Education.

## **Rationale**

The importance of early years, and the quality of the relationship between young children and their caregivers for infant mental health and child development, is widely documented. However, the ability to observe and assess this relationship has been identified as a key learning need by the Infant Mental Health Project. (Supported by the National Programme for Improving Mental Health and Wellbeing 2007)

This course was designed in response to an identified need for increased observation and assessment skills.

## **Aims:**

- To contribute to the continued profession development of front line staff working with children and families.
- To increase skills in the assessment of parenting, with particular reference to the emotional quality of the parent-infant interaction.

- To increase observational skills and enable a more informed assessment of parent and young child relationships, linking observation with child development theory and research.

Specifically the practitioner will develop skills in the use of detailed observation as a tool for understanding infants and young childrens' behaviour.

### **Course Facilitators**

**Julie Watson** RGN, RM, RHV - Consultant Trainer, Infant Mental Health Development Manager

**Alexandra Scott** MPsychPsych, MA, CQSW - Child Psychotherapist

### **Cost**

The course fee is £400. Cheques should be made payable to 'Scottish Institute of Human Relations'.

Places are confirmed upon receipt of a completed application form and payment.

Cancellations: These must be made in writing prior to **14 April 2009** and will incur an administration charge of £50. We regret that no refunds can be made after that date.

## **Venue**

The Scottish Institute of Human Relations, 172 Leith Walk,  
Edinburgh EH6 5EA.

## **Dates**

This course will run on Mondays from 9.00am to 4.00pm - 20 and 27  
April, 11 and 18 May 2009.

## **Application**

Completed application forms, with payment, should be returned no  
later than **14 April** to:

'Observing Infants'  
SIHR  
172 Leith Walk  
Edinburgh EH6 5EA

f: 0131 454 3241, e:edinburgh@sihr.org.uk

Course members will be limited to 12-14 participants.

## **Further enquiries:**

**Julie Watson**, SIHR, IMH Project Manager  
t: 0131 454 3240, m: 07738818173  
e: j.watson@sihr.org.uk w: www.suhr.org.uk

**APPLICATION FORM**

Observing Infants - Observation and Assessment Skills  
20 and 27 April, 11 and 18 May 2009

<b>NAME</b>	
<b>JOB TITLE</b>	
<b>ADDRESS</b>	
<b>Tel. No.</b>	Daytime Work
<b>Email</b>	

**Current Work Experience and 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.	

**Please indicate:**

- I require wheelchair access/have mobility difficulties (please specify)
- I have special dietary requirements (please specify)
- I have other special needs (please specify)

**Signature:**

**Date:**

**This form should be returned by 14 April 2009 to:**

Observation Skills: Observing Infants  
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**

### **Infant Mental Health and Early Intervention with Under Fives and their Parents**

- an established 10 week introductory course to enhance the skills of professionals working to promote infant mental health and development, starting 23 April 2009 to 25 June 2009, SIHR Edinburgh. Cost £700

### **The Legacy of Isabel Menzies Lyth: her therapeutic and organisational insights relating to work with children and families**

- an intensive study event with guest presentations from Judith Brearley, Alison Hall and Monica Lanyado. Friday 24 April 2009, Edinburgh. Cost £40

### **Group Work with Adolescents**

– new short course scheduled for Autumn 2009. Register your interest with: [edinburgh@sihr.org.uk](mailto:edinburgh@sihr.org.uk)

### **Diploma in Psychodynamic Counselling and Therapeutic Practice** - validated by COSCA.

OPEN DAYS – 24 January, 28 March and 23 May 2009

- this modular course has been designed to fulfil the training requirements for those who wish to work towards professional accreditation with COSCA or BACP.

Starts: September 2009, in Glasgow.



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 which 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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