



THE AUSTRALIAN ASSOCIATION FOR INFANT MENTAL HEALTH (Inc.)

AFFILIATED WITH THE INTERNATIONAL ASSOCIATION FOR INFANT MENTAL HEALTH

Number 1

Newsletter

Autumn 1989



From the President

So far, we have had an enthusiastic response to these objectives. There has been immediate membership of no fewer than forty persons from a number of disciplines. There was a large attendance at our first and very successful Saturday morning seminar in February, and there has been a high level of interest expressed from many others who perhaps want to wait and see how this organisation shapes up.

At this point AAIMHI is in its infancy. It has begun in New South Wales and hence most, although not all, of our members are from this State. However, I have recently begun talks in Melbourne and New Zealand simply to let people from afar know what we are doing. We would of course like to further our national ties and to forge new ones in New Zealand and in the Pacific region.

But softly, softly at first! We need to learn a great deal about what it is people want from an organisation such as ours, about what resources we have already in our community of infant health workers and most of all, we need persons who are interested in furthering the aims of AAIMHI, to devote a little time and energy to helping us find our direction.

As a first step in this we have begun to form a panel of advisors, that is persons outstanding in the field who may help us to form connections with other professionals as well as to provide ideas about what the important issues are for infants and their families. The panel is by no

means complete as yet, however the people who have agreed to do this so far are Professor Jacqueline Goodnow (Macquarie University), Professor Bruce Tonge (Sydney University), Professor Russell Meares (Sydney University) and Professor Kim Oates (Sydney University). These people have agreed to consult with us at times when we need their guidance and expertise. They will undoubtedly be invaluable when AAIMHI is seeking to expand.

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It gives me great pleasure to contribute to this first newsletter produced by The Australian Association For Infant Mental Health (AAIMHI), as I am sure that it will become an indispensable and crucial instrument by which the central objectives of our new organisation can be realised.

Let me elucidate again what these objectives are:

In general terms, AAIMHI intends to promote the optimal development of infants and their families by improving professional and public recognition that infancy is an important period in psycho-social development.

It is also concerned with improving awareness that psychological and biological developmental processes are so interrelated that workers in either field can only benefit from a knowledge of the other.

With this in mind we are attempting to provide a forum for inter-disciplinary interaction and cooperation with our series of seminars, international affiliations and, of course, this newsletter. Perhaps in the future our newsletter may become a more substantial journal.

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From the President

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Ultimately, AAIMHI hopes to provide, where possible, reports and submissions to Government and other authorities on matters relating to infant and family health and welfare. It is only by creating a community of professional persons who are concerned with infants and who as a group have some standing, that the needs of infants will be heard in the community at large and in the policy-making of our governments.

At this point we have not approached all those we would wish to invite to membership as time and resources have not permitted a more extensive membership campaign. If we have missed you, please call us. If you want to help, don't hesitate for a moment.

So far, in a matter of nine months (would you believe), we have accomplished a great deal. We are a fully incorporated organisation which is internationally affiliated, we have a Foundation Committee working to develop the structure of AAIMHI, we have a Publications Committee, we have begun talking to people in other States of Australia and now we have this newsletter and a fully planned annual programme.

I leave it to our very competent and dedicated editors, Renate Barth and Marie Kelliher to tell you the rest.

KERYL EGAN
President

From the Editors

Welcome to the first issue of the newsletter from the Australian Association for Infant Mental Health. Many of us working in the area of infant mental health realise that it is very difficult to keep up to date with the rapid growth of this expanding discipline. Our newsletter aims to cover the latest information on all aspects of infant mental health, quite an ambitious task! You are the experts in your individual fields and only your contributions can make this newsletter a success.

In this issue Beulah Warren writes about settling crying infants. She looks at the problem of early evening "colic" and offers another point of view.

In the next issue Toni Single will contribute her thoughts on "at risk" infants both in Courts and Family and Community Services.

We hope that this newsletter will be your forum to raise issues, to publicise events and to inform others of your achievements. Its life and vitality will depend on you. We invite your contributions and participation.

RENATE BARTH
MARIE KELLIHER

Report from New Zealand

Keryl Egan recently visited Christchurch and Dunedin in the South Island of New Zealand. Most of her time was spent in Dunedin which is a picturesque university city where there are a number of people interested in infant mental health. There she met with Dawn Manly, Director of Child and Adolescent Psychiatric Training, Angela Stupples (who together with our foundation and committee member Dennis Guy recently published the findings of their clinical study on mothers and babies), Kathy McKergow with a nursing, childbirth education and psychotherapy background, and Rose Adams whose background is psychology and child and family therapy. Angela has recently been asked to assist on a government working panel which is to sit for three days to consider the issues in Infant Mental Health.

This group was certainly interested in what AAIMHI has to offer by way of information about activities in Australia and audiotapes of our seminars, and some were keen to feed back to us about developments in New Zealand. Many of you would be aware of the Plunket System which in New Zealand provides a comprehensive screening of all infants and their families and which is apparently developing in sophistication all the time.

We hope to hear more from the New Zealanders in future newsletters.

Membership Fees

The membership fees paid so far by members apply to 30.6.89 and the Committee acknowledges this was not clear in our previous call for membership.

To correct this situation each member will receive a letter explaining the Committee's decision to reduce the fee for membership for any period up to 30.6.89 to \$25.00. This credit of \$30.00 will be applied to AAIMHI's next financial year which is from 1.7.89 to 30.6.90 unless otherwise requested by the member. Annual fees for that financial year will again be \$55.00 (less the \$30.00 already paid if you are already a member) and will be payable on or before 1.7.89.

Fees for AAIMHI are a tax deduction.

AAIMHI Annual Programme 1989

May 23, 7.30p.m. - 9.00 p.m.

Peter Blake:
Infant Observation with the Focus on Weaning.

Peter Blake is a child psychotherapist trained at the Tavistock Institute in London. He works as a clinical psychologist at the Jesmond Child Health Centre in Surry Hills, Sydney.

Venue: Institute of Psychiatry, Rozelle Hospital.

Cost: Members no charge, non-members \$5.

July 25, 7.30 p.m. - 9.00 pm.

Helen Hardy and Nicolina Rotundo:
Infants in Hospital.

This presentation will include a viewing of the film "John" made by the Robertsons. The film depicts a 17 months old child in residential care. This will be followed by a discussion of the role of parents in caring for infants in hospital.

Helen Hardy is an occupational therapist and has worked for 17 years at the Royal Alexandra Hospital for Children in Camperdown, Sydney. She specialises in care of infants in hospital.

Nicolina Rotundo is a clinical psychologist in the Department of Paediatrics at Westmead Hospital, Sydney.

Venue: Institute for Psychiatry, Rozelle Hospital.

Cost: Members no charge, non-members \$5.

September 9, 9.15 am - 1.00 pm.

Attachment Theory and Practical Implications.

Speakers:
Dr Bryanne Barnett
Ms Maria Radojevic
Mrs Julie Campbell

Discussant:
Mrs Barbara Craven

Dr Bryanne Barnett is a psychiatrist at the Department of Child and Adolescent Psychiatry, Prince Henry/Prince of Wales Hospitals and Senior Lecturer in Psychiatry at the University of NSW, Sydney. She has a clinical and research commitment to the care of mothers and infants.

Ms Maria Radojevic is a clinical psychologist at the Rivendell Adolescent Unit, Royal Prince Alfred Hospital, Sydney. Maria has trained extensively in attachment research methodology with Prof. M. Ainsworth, Prof. M. Main and Prof. B. Vaughn, USA. She is currently writing a Ph.D. on fathers and attachment.

Mrs Julie Campbell is a lecturer in child development at the Institute of Early Childhood Studies. She is currently working on research on the interaction between mothers and blind babies.

Mrs Barbara Craven is the nurse unit manager for the Early Childhood Services in the Eastern Sydney Area Health Services. She is a member of the NSW Paediatric Steering Committee.

Venue: Function Room, Concord Hospital.

Cost: Members \$25, non-members \$35

October 24, 7.30 p.m.

Annual General Meeting.

Speaker to be announced.

Venue: Institute of Psychiatry, Rozelle Hospital.

December 16.

AAIMHI Christmas Party.

Details will be announced in the next newsletter.

Notice

The World Association for Infant Psychiatry and Allied Disciplines (WAIPAD) now has a group of representatives in Sydney. This group is interested in working towards holding a conference in 1991 which, it is hoped, will attract internationally renowned speakers. AAIMHI and WAIPAD are holding on-going talks about working together on this project.

Early Evening “Colic” – Another Point of View

Beulah Warren

“Hell Hour” was how the young mother described the early evening since the new baby was two weeks of age. The baby was so good in hospital and for the first few days after getting home. Now at eight weeks, the situation was disastrous, with the baby having only one hour of sleep during the day, and the mother trying every suggestion given by well-meaning friends and relatives.

This scenario is repeated over and over again. In fact, an unsettled infant at the end of the day, is more common than not for the first three months.

Brazelton stated on his recent visit to Australia that a fussy period at the end of the day was the experience of 80% of infants. The fussy period stretched from 2 - 12 weeks and peaked at 6 weeks. The phenomenon was not culture bound. The range of explanations given to parents for this fussy period ranged from a medical diagnosis of ‘colic or reflux’ to ‘a reflection of the mother’s tension, as she attempts to prepare dinner and anticipates her husband’s return’.

An explanation which is appropriate, given the universality of the problem, is outlined in the self regulation model of development (Dolby, Warren, Meade, Heath, 1987). Within this model, development is viewed as a progression of challenges as the infant moves toward autonomous behaviour. There is also a corresponding role for parents to help the infant meet each challenge. Initially (0-3 months) the challenge to the infant is to ‘return to base’. That is to be able to hold himself together when sleeping and feeding. Until the infant achieves a regular sleep/feed routine, he does not, in a consistent way, have the control to enjoy being awake. In this period the task for the parent is to set limits.

Returning to base has two components. Firstly, the baseline posture of curled-in flexion, in which the baby’s arms and legs are bent, and the infant is still. The second aspect is baseline state, where the infant is in good quality sleep or quiet alertness. In sleep, the infant is quiet (no grunchy noises), his body is still (except for an isolated startle), the breathing is regular and the face relaxed. In good quality alertness the infant’s face is relaxed and he has bright shining eyes.

At the end of the day the infant can no longer hold himself together to get to sleep. He finds it hard to return to the baseline posture of arms and legs relaxed and bent, and the body still. This becomes more difficult as the infant gets more and more tired. Even ‘being a baby’ is tiring by the end of the day – i.e. sucking hard during feeds, getting rid of wind, having a bath, being dressed (at least once if not more often), being displayed to relatives, being bundled into the car and out again etc. Parents observe that the baby is often more agitated, movements are jerky and the baby is ‘bug eyed’ with wide staring eyes or ‘whingeing’.

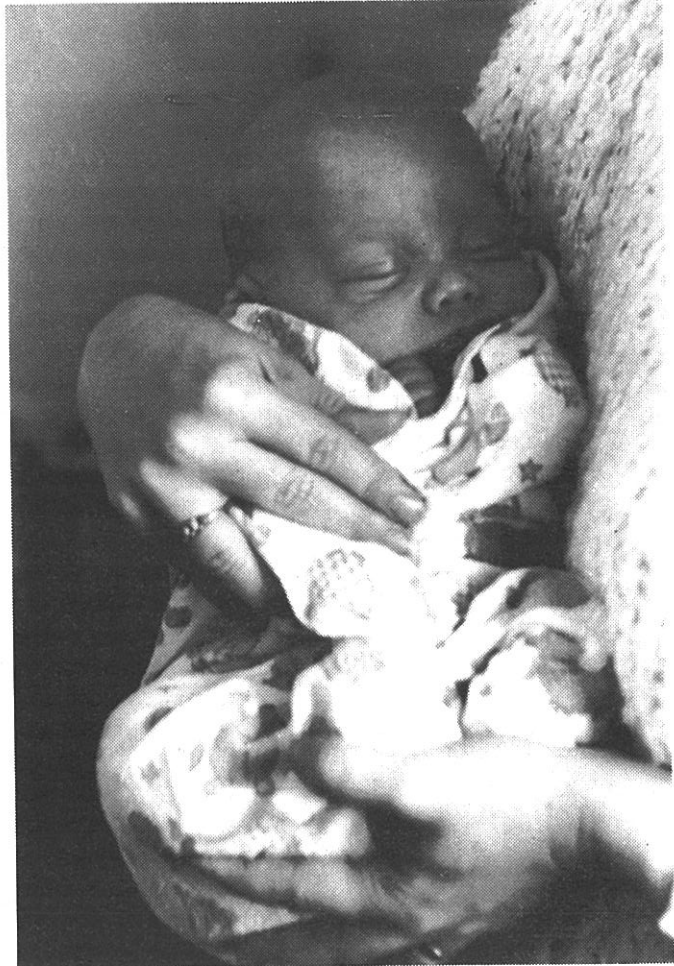
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Early Evening "Colic" – Another Point of View

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However, parents are in a dilemma. They observe that the infant will stop fussing if picked up and held firm, and will fuss again if put down. Are they spoiling their infant? The self regulation model suggests that when the baby is being held in a curled, flexed position, with stimulation reduced, he is not being spoiled. In fact the baby is being helped to achieve the task of 'returning to base'. His movements are contained, his body still, so he can quietly doze or look out at the world. Thus suggestions for implementing the model focus on two areas:

Firstly, it is recommended that the baby's movements be contained by either holding him firmly in a flexed position for some time or containing him using a pouch or wrapping him firmly and placing him on his side in a Fraser chair or bouncinette.



Secondly, it is important to reduce stimulation (i.e. talking or playing with the baby) because the infant finds it hard to shut out stimuli and go to sleep when he is overtired. Where parents are able to contain the baby in this way the message to the infant is "I am with you in your struggle to hold yourself together, I can't take the discomfort away but I can be with you".

Armed with this knowledge parents can be available to their infant in the most needed way, that of setting limits.

Reference

Dolby R., Warren B., Meade V., Heath J. Preventative Care for Low Birthweight Infants. Paper presented at the International Physiotherapy Conference, Sydney, 1987.

Other Seminars, Conferences and Activities

May 16, 1989.

Australian Association of Child Psychotherapists presents the Child Psychotherapy Forum:

Presentation of a video of Dr Hanna Segal, a British psychoanalyst being interviewed by Dr J. Miller, discussing her thoughts about the development of the mind.

The video is approx. 45 min. long and will be followed by an open discussion.

Time: 7.30 p.m. - 9.00 p.m.
Venue: Lecture Room 1, Institute of Psychiatry, Rozelle Hospital.
Cost: \$5, payable at the door.

For enquiries contact:
Peter Blake on (02) 331 1144.

June 23, 1989.

Two monthly meeting of the "Infant Workers Interest Group". Topic to be announced.

Time: 3.00 p.m. - 5.00 p.m..
Venue: Early Intervention Programme, Royal Hospital for Women, 1st floor, admissions building.

For enquiries contact:
Early Intervention Programme on (02) 339 4440.

July 15-16, 1989.

First Annual General Meeting and Conference of the National Association for the Prevention of Child Abuse and Neglect (NAPCAN) in Canberra.

For registration contact:
Kaye Blue,
NAPCAN Inc.
3 Dugan Street,
DEAKIN ACT 2600.

July 8-9, 1989.

The Occupational Therapy and Paediatric Adolescent's Study Group presents a seminar on: "Assessment, Management and Follow Up of At-risk Infants". The topics covered will include: Perinatal variables and outcomes, assessment and management of upper limb function, co-ordination and sensorimotor/perceptual development, behavioural aspects including sleeping, state control and temperament, early feeding and the emotional impact on the families involved. Speakers will be Sue Findlay, Dr Susan Blinkhorn, Helen Hardy, Beulah Warren and Joan Lacey.

Time: 8.7.89 8.45 a.m. - 5.00 p.m.
9.7.89 10.00 a.m. - 4.30 p.m.

Venue: Westmead Hospital, Education Block.

Cost: OTPASG members \$80
Other paediatric group members \$90
Non-members \$100

For enquires contact:
Margaret Wallen on (02) 633 6500.

July 22-23, 1989.

Karitane Mothercraft Society will hold a seminar on: "Family Problems and Resolutions" at Sydney University. The seminar will cover topics such as separation and loss, breast feeding and weaning, post natal depression, family dynamics, drug affected mothers and infants, toddlers and child abuse. Key note speakers are Mrs Kathryn Greiner, Dr Bryanne Barne and Dr Edith Collins. Representatives from Karitane, the Langton Centre, Child Abuse Prevention Service and from hospitals, including Prince of Wales, will also speak at the seminar. On the evening of the 22nd, the seminar dinner will celebrate Karitane Mothercraft Society's 65th birthday, which will also be a reunion of former Karitane nurses.

For more information write to:
Karitane Seminar Co-ordinator,
Wyeth Clinical Meeting Service,
P.O. Box 148,
Parramatta 2150

or contact Sarah Veitch on (02) 339 7111.

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Other Seminars, Conferences and Activities (Continued from page 6)

August 3-6, 1989.

Fourth International Congress on Pre and Perinatal Psychology entitled "Frontiers and Front Lines of Human Development" at the University of Massachusetts, Amherst.

For more information contact:
The Pre and Perinatal Psychology Association of North America,
13 Summit Terrace,
Dobb's Ferry,
NY 10522,
USA.

August 1989.

Vickie Meade and Lea Maher: "Physiotherapy for Infants and Screening Workshop".

Attendance at this workshop will qualify therapists to use the "Meade Movement Checklist", a screening tool for infants at 18 weeks designed to identify infants who would benefit from further assessment and advice in relation to their motor development. The instrument can be used by trained early childhood nurses and other health and welfare workers.

For further details contact Mary Dick on (02) 969 5500.

September 20-24, 1989.

Fourth World Congress on Infant Psychiatry and Allied Disciplines in Lugano, Switzerland. Major themes of the congress will be in the areas of:

Psychobiology; new directions for the clinician; cultural variations and infant development; new directions in preventative intervention; and atypical development.

For more information contact:
Hiram E. Fitzgerald, Ph.D.
Department of Psychology,
Psychology Research Building,
Michigan State University,
East Lansing,
MI 48824 - 1117,
USA.

October 6-7, 1989.

Family Therapy Research Conference organised by the Psychiatry Department of Prince of Wales Hospital, Sydney.

Location: Prince Henry Hospital.

For more information contact:
Dr Michael Duley on (02) 399 2966.

November 29, 1989.

Westmead Developmental Conference.

Dr Joseph Lichtenberg, Professor Michael Lewis as well as national speakers.

Further information will be available in the next newsletter.

August 7-11, 1989.

Daniel Stern.
Symposium "The World of Infant Research and Adult Psychotherapy".

This symposium has been designed to provide participants with an update of the nature of the parent-infant relationship in light of recent clinical and experimental infant research. This new picture of the relationship will be used as a basis to describe the current range of therapeutic approaches used to intervene in disturbed parent-infant relationships and in the psychotherapy with adults.

Location: Sheraton Ocean Park Inn and Conference Centre,
Eastham,
Massachusetts,
USA.

For more information contact:
New England Educational Institute,
92 Elm Street,
Pittsfield, MA01201,
USA,
Phone (413) 499 1489.

International Association for Infant Mental Health Newsletter and Infant Mental Health Journal.

All members should receive their IAIMH newsletter soon as the list of members was sent to the President, Dr Hiram Fitzgerald in March. Subscriptions to the Infant Mental Health Journal were also sent at that time. Please let us know if you do not receive your mail by the end of May.

Book Review

“Loss of a Baby: Understanding Maternal Grief” by Margaret Nicol.

My own experience of the loss of a baby is both inner and outer: my first pregnancy ended in a stillbirth sixteen years ago, and set me off on a circuitous route to my present self... now working as a social worker in Neonatal Intensive Care and sharing the fears and the reality of the death of a newborn with many parents. The book stores seem even now crammed with titles on happy birthing and there's a silence around the issue of neonatal death which echoes the silence in society in general. So I welcomed the prospect of reading Margaret Nicol's book, and I was far from disappointed.

Margaret Nicol is a clinical psychologist practising in Perth. She has worked for many years with women experiencing maternal loss and this book is the result of her work experience and of a research study into the impact on the physical and mental health of mothers following prenatal death. Margaret Nicol understands that the loss of a baby has a profound impact on the woman. The baby has a deep and unacknowledged meaning for her from conception and perhaps even before then, so the loss of her baby is a loss on many fronts: the loss of the baby as part of her, the loss of a special, unique individual, the loss of hopes and dreams for her child and for herself and her partner, the loss of her role as “successful” mother... and the depth of this experience is not understood by friends, family and health care professionals, as Margaret Nicol points out.

Each chapter or section, examines the loss of a baby from a different facet: stillbirth, neonatal death, cot death, the birth of a handicapped child, miscarriage, adoption, termination, infertility. I welcomed this honest, un-restricted look at loss in its widest sense. The chapters remind us that the loss of a baby is a common experience of women, not an outlandish or rare event: all the more need to hear from women's

own experience what they need to survive and grow from such devastation. Margaret Nicol has chosen to “illustrate” each section by offering respectful space to women to tell their own stories in their own words. The impact of these live experiences is moving and telling in a way that nothing else could equal, and in a very sensitive way it gives the central focus to the women themselves.

Margaret Nicol writes as a compassionate commentator, with great sensitivity and clarity: no dry presentation of charts and graphs here. It's as if she acts as a guide, non-judgmental and accepting, through the process of maternal grief. I was struck again and again by her awareness of the minutiae: the exhaustion of keeping vigil in NICU; the closed attitudes of society to any handicap; the fact that a woman who miscarries hasn't had a legally existing or tangible baby to mourn; the double-bind of guilt and responsibility faced by women who have chosen to have a termination; the way infertility brings into focus a woman's role and her sense of values. She presents a clear picture of grief as process not as task, and of the wide range of feelings that swing back and forward into play: the urge to flight, to move house, to bury oneself in business, and the sense of relief and potential for growth that occur when the woman is permitted to be still and experience her loss without denial from herself or the people around her.

Margaret Nicol's book bears out the promise in its title, and help us in our understanding of maternal grief. I felt humbled by the renewed reminder that however caring the crisis intervention “team”, the journey through grief is a long and lonely one. Many of the women in the study were surrounded by sensitive and supportive staff in the hospital setting, had opportunities to see and hold their baby, but even the most informed hospital practice could not

shield them from their anguish as the numbness wore off. Chapter 4 looks at the needs of bereaved parents, and gives us clear guidelines for hospital practice.

Not an instant recipe, but an increased awareness of the need for us to provide a milieu for the woman in which she can be still, to create a “space for thinking and feeling” (to borrow Isca Wittenberg's phrase), to allow her to reach in and know what she wants. There's a strong commitment in Margaret Nicol's book to the preventive mental health work that we do when we provide such an environment for grieving parents, a list of points which parents themselves found helpful, and a clear recommendation to hospitals to implement them.

This is a book about maternal grief, but the experiences of siblings and fathers are also described. There are concluding chapters by physicians and a chaplain.

It's a book we can learn from and be inspired by. I'd be glad to have written it myself! Margaret Nicol provides a clear and thoughtful exposition of the experience and process of maternal grief. She confirms and illustrates the premise that grieving women need a “some-one to talk to in a trusting and therapeutic setting, in order to aid their healing... and the some-one needn't be a professional.

My only sense of loss was that there was no “tying-up” chapter: after a brief examination of subsequent pregnancy, we move straight into the appendix. It is typical of Margaret Nicol's role as quiet commentator that she leaves the last words before the appendix to a bereaved woman, encouraging us too by example to be still, to listen, to be there.

SHEILA SIM

THE CHILDREN'S HOSPITAL,
CAMPERDOWN.

Getting in Touch

Ms Betty Vopicka from the Sarnia/Lambton Centre for Children and Youth is interested in contacting persons involved with **Down Syndrome** children and groups. She is using the "tennis band" therapy to correct leg rotation and is interested in any backup research literature readers may have. You can contact her under: 237 Ontario Street, Sarnia, Ontario N7T1L6, Canada, Tel. 337 3701.

Notice of change of address:

Barnardo's Waverley Centre moved to 8 Church Street, Waverley, 2024. The telephone numbers remain the same.

Ms M. Ede has been working in Australia on the **Canadian Diagnostic Inventory for Screening Children (DISC)** – a diagnostic tool designed to identify delays in development in children (0-5 years). The tool contains eight separate scales: fine and gross motor skills, expressive and receptive language skills, auditory and visual attention and memory skills, self help and social skills. Children are rated on one of three levels for each scale:

A – average to above average,

P – possibility of delay (re-test within the week), and

D – probability of delay (obtain further testing and/or remedial help).

Some of the key qualities of the DISC include: assessment from birth to five years of age across the major developmental areas, ease of assessment, possibility of assessment by semi-professionals (i.e. holders of early childhood certificates, nurses), short training time (approx 20 hrs), separate scales and portable equipment.

Ms Ede would like to assess enough children to begin determining Australian norms so that the test may be used in this country. If you are interested in contributing to this research or would like more information please contact:

Meghan R. Ede
c/o Dr Drewe
63B Sefton Road
Clayfield
Queensland 4011

Introducing . . .

Child Development Consultants (CDC) offers a comprehensive service to parents and their children 0-5 years of age. The aim is to help parents understand their child's development at each stage and increase their confidence by providing access to education, support, information and resources. CDC works closely with a number of professionals, such as occupational therapists, speech therapists, physiotherapists, clinical psychologists and remedial teachers. Specific services offered are:

- 1) Parent education
focusing on issues of vital interest to parents during the early childhood years.
- 2) Consultations
 - Developmental assessments, treatment and parental guidance for infants and children with special needs.
 - Guidance provided for parents with general concerns related to parenting or their child's state of development.
 - Professional advice and information to organisations such as Child Care Centres, Pre-schools and play groups etc.
- 3) Parent Network Resource Centre
A resource centre for parents providing information on a whole variety of aspects related to parenthood and child development including an extensive library, information on community resources, safety and toys. Subscribers to the Resource Centre also receive a quarterly newsletter.

For information on Child Development Consultants contact:

Marie-Anne Waugh
(Dip. OT (NSW) OTR/MA)

Group Membership

Inquiries have been received about group membership of AAIMHI. There is no provision for this at present and individual membership is required. Most organisations are subsidising at least one member of their team and in return for that subsidy the person provides their organisation with access to the information about our activities.

The discount for the Infant Mental Health Journal and reduced fees for seminars, books or tapes and whatever other arrangements we are able to make specifically for members will apply to that person and is not transferable. However, most teams seem to be finding this workable.

Resources

AUDIO TAPES

AAIMHI is offering audio tapes of all its own seminars. The proceedings of the first half day seminar held on February 25th this year are available now. The tapes feature:

Professor Russell Meares **"The Development of the Self in Infancy"**.

Dr Curtis Samuels **"Components to the Developing Self: A Research Perspective"**.

Professor Bruce Tonge: An extensive and stimulating discussion of the ideas put forward by Professor Meares and Dr Samuels.

Cost: \$25.00 for two ninety minute tapes.

VIDEOS

"Exploring First Feelings".

AAIMHI is ordering the videotape presentation "Exploring First Feelings" produced by the Institute of Mental Health Initiatives in Washington, D.C. This video uses footage of parents and caregivers interacting with young children. It illustrates milestones in the emotional development of infants and toddlers. The videotape's aim is preventative care and it seeks to promote the mental health of infants and children.

"Exploring First Feelings" shows how a baby develops healthy relationships with others by recognising the infant's first feelings and responding to the baby's cues. It identifies the stages of healthy emotional development and shows a parent or caregiver providing a supportive environment at each stage.

This videotape is the result of a two year collaboration with the Regional Centre for Infants and Young Children and is based on the work of Stanley Greenspan and his colleagues at the National Institute of Mental Health.

AAIMHI will screen the videotape early in 1990. However, if you are interested in obtaining it before that time for your own work or group use contact the Institute for Mental Health Initiatives, 4545 42nd Street, N.W. Suite 311, Washington D.C. 20016 USA.

"Caring for Premature Babies"

This new video can be hired or purchased from:
Concorde Films
201 Felixstowe Road
IPSWICH
Suffolk IP3 9BJ
ENGLAND

BOOKS

"Infants, Families and Child Care: Towards a Research Agenda - Report to the Field". National Centre for Clinical Infant Programmes (NCCIP). This 16 page pamphlet summarises areas of consensus reached by 17 leading child care researchers. They were brought together in the fall of 1987 by NCCIP in a "summit meeting" chaired by Dr E. Zigler and hosted by the National Academy of Sciences and the Institute of Medicine.

The pamphlet can be ordered for \$1.50 US from:
National Centre for Clinical Infant Programs,
733 15th Street, N.W. Suite 912,
Washington D.C. 20005,
USA.

"Who Will Mind The Babies?" (2nd edition). National Centre for Clinical Infant Programmes (NCCIP). This publication is an update of NCCIP's 1984 public policy paper of the same title. This 22 page booklet provides a framework for thinking about the many policy issues involved in developing assurance of adequate child care for infants and toddlers (0-3 years).

The booklet is available for \$2.00 US from:
National Centre for Clinical Infant Programs,
733 15th Street, N.W. Suite 912,
Washington D.C. 20005,
USA.

"Loss of a Baby: Understanding Maternal Grief"
by Margaret Nicol.
Bantam, 1989.

This publication will be available in May 1989.

Advertising in AAIMHI Newsletter
We invite advertisements in our Newsletter
Charges are per issue:
\$75 for a quarter page
\$150 for a half page

Report on the Inaugural Seminar of AAIMHI (25.2.89)

The topic of the inaugural seminar of AAIMHI was THINKING AND FEELING IN INFANCY. The audience of 65 represented professionals from across a number of disciplines.

Speakers on this occasion were Professor Russell Meares with a paper on "The Development of Self in Infancy" and Dr Curtis Samuels on "Components to the Developing Self. A Research Perspective". Professor Bruce Tonge then responded to the two speakers' input with a discussion of the Meares/Samuels presentations.

A lively open forum and panel discussion on "The Self" then followed.

In evaluating the day the majority in attendance at the seminar rated the venue as excellent although audio visual arrangements could be improved in the future.

Most considered the time and format to be convenient and to work well. The subject matter was described as interesting, stimulating, informative and well presented. There was overwhelming agreement that the seminar had added to professional understanding of infancy. The speakers and discussant were well reviewed and handouts were especially appreciated.

The most popular suggestion for seminar topics for the future was Attachment and Separation, and this has therefore become the subject matter of our next half day seminar. Other suggestions included Infants in Hospital, Post-natal Depression and Premature Babies.

The seminar concluded with a pleasant lunch at the Royal Oaks Hotel which was attended by the three speakers and many participants.

☆ Audio-tapes of this seminar are available from AAIMHI. Cost \$25.

Announcement of Study Groups

Dr Joseph Lichtenberg will be a guest speaker and workshop leader at the Westmead Psychotherapy Conference, to be held in November this year (see column: other seminars, conferences and activities). One day of this conference is to be devoted specifically to developmental issues.

Dr Lichtenberg is the author of "Psychoanalysis and Infant Research" and was one of the first psychoanalysts to begin to realise the implications of infant research data for the re-evaluation of psychoanalytic theories of development and hence changes in psychotherapeutic techniques.

For the purposes of a study group he has kindly provided the manuscript for his new book "Psychoanalysis and Motivation" which comes out in May. Again he draws heavily on infant research to look at five motivational systems.

If you are interested in joining a study group to discuss this manuscript please ring Beth Kotze on (02) 399 2966.

Professor Michael Lewis is a developmental psychologist of considerable note who has published over three hundred papers and a number of books on various aspects of development, many of which relate to the experience of the infant. He is also a guest speaker and workshop leader at the Westmead Psychotherapy and Developmental Conference later this year.

At present Dr Bob Gordon is in the process of obtaining some of Professor Lewis' papers for the use of study groups. As Professor Lewis is an inspiring speaker who loves a dialogue some preparation before his visit would amply reward those who can make time to attend such a group.

If you wish to join this study group please ring Beth Kotze on (02) 399 2966.

The venue, time and number of meetings of the study groups is yet to be determined.

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