

# Dr Pauline Lee

## **A Parent-Infant Psychotherapy case: Making connections on the edge of despair**

### **Abstract:**

We live in a country where our community is multi-cultural and diverse, and everyone's journey and experience are unique. There will be an external journey and an internal journey, and which will sometimes be marked by tragedy and trauma. When there is a baby, sometimes urgent help is needed to ensure the parent and baby remain connected and together.

I will present a Parent-Infant Psychotherapy case about a mother, who was a refugee, who did not speak, either to her baby or to me. She was suffering from trauma and severe mental ill health at the start of her baby's life. Both parent and baby had no home and seemed frozen, against a backdrop of constant fear of being deported and being thrown into danger again.

How could I make contact when everyone was a stranger and possibly even a threat to this parent-baby couple?