



International Training School for Infancy and Early Years (ITSIEY)

Winner of the 2017 Emma Cadywould Award for
Perinatal Mental Health Education and Training

CPD courses 2019

About ITSIEY, Anna Freud National Centre for Children and Families and the Tavistock and Portman NHS Foundation Trust

International Training School for Infancy and Early Years (ITSIEY)

Delivered by a unique collaboration of internationally acclaimed Centres of Excellence (Anna Freud National Centre for Children and Families, the Tavistock and Portman NHS Foundation Trust and Yale University Child Study Centre), the International Training School for Infancy and Early Years (ITSIEY) provides mental health professionals with expert-agreed standards of knowledge and skills to work confidently with infants (0-3) and their families. This exclusive training encompasses a range of theories “*seamlessly interwoven into a shared conceptual framework*” (student). The ecological model that is at the heart of its vision and curriculum uses most up to date knowledge of advances in neuroscience combined with strong clinical and research experience relevant to collaborative work with families. ITSIEY builds a forum for international cross pollination of knowledge, skills and research in the field of infancy and early years mental health for practitioners.

ITSIEY is the 2017 winner of the Emma Cadywould Award for Perinatal Mental Health Education and Training.

Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years. Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment. We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.

The Tavistock and Portman NHS Foundation Trust

The Tavistock and Portman NHS Foundation Trust is a specialist mental health trust with a focus on training and education alongside a full range of mental health services and psychological therapies for children and their families, young people and adults. We are committed to improving mental health and emotional wellbeing, believing that high quality mental health services should be available for all who need them.

ITSIEY CPD Modules

Who is ITSIEY suitable for?

ITSIEY is suitable for professionals working in the field of perinatal mental health and infant mental health, e.g. nurses, therapists, psychologists, family therapists, social workers, health visitors and psychiatrists.

An introduction to perinatal and infant mental health

24th - 28th June 2019 (4-day course)

Fee: £800

This module introduces students to the field of perinatal, infant and early years' mental health. It draws on neurobiology and developmental research, attachment, systems, psychodynamic theory and clinical work, to give students a cutting edge knowledge-base about early development of the infant and young child. The module has been created to provide a developmental journey for students that models that of the transition to parenthood. The module builds on students' knowledge and skills from conception through pregnancy, birth and the early years – considering the key issues in the parent-infant relationship up until the child is 5 years old.

Emotional abuse in infancy

20 to 23 May 2019, follow up day on 5 July 2019 (4-day course)

Fee: £800

In England, emotional abuse (including neglect) is the most common categories of abuse for under 1s subject to child protection plan. Emotional abuse is a particularly detrimental form of maltreatment and a robust predictor of future mental health difficulties. Environmental factors – such as poverty, homelessness, substance abuse – are known to heighten risk of neglect and emotional abuse in young children. These 'external' factors are reiterated through the parental state of mind to the baby.

This module will discuss the epidemiology and environment of emotional abuse and neglect, and how parental states of mind are infiltrated and expressed in verbal and embodied ways to the baby.

Parental mental illness

23rd - 24th September, 23rd -24th October, 28th - 29th November 2019 (6-day course)

Fee: £1200

This module will explore in-depth the complex subject of parental mental illness. Seminars and practice based workshops which aim to embed understanding and help you apply these skills to your work setting. We will look at the adverse impact parental mental illness can have on a baby's development, and ways for different professional roles to work together to provide a metaphorical safety net to help the most at risk parents and babies/toddlers. This specialist module promotes a systemic approach to understanding the complex interactions between mentally ill parents, their families, their babies, and the practitioners involved in their care.

Mentalizing in practice; working with parents and babies

9th – 10th Sept 2019

Fee: £400

This module aims to enhance clinical practice by drawing on psychoanalytic and mentalization research and clinical work to encourage reflectiveness. The module considers ideas and skills to increase reflectiveness in self and other - the practitioner, the team and workplace, and parents of babies. The theory of mentalization will be described, including its attachment and neurodevelopmental origins. We will look at why parental mentalization is important for child development and offer practical exercises.

Reflective supervision in infant mental health (0 - 24 months): Holding the supervisee, child and family in mind

20 to 22 March and 5 June 2019

Fee: £900 (includes post-training supervision)

This exciting new training is designed for practitioners working in Infant Mental Health who wish to take on a supervisory role. Infant Mental Health (or 0-5s) is a unique area of practice where clinicians simultaneously address the needs of the infant and wider family, whilst holding the needs of the infant in the centre of their practice. It is also well documented that it is an area of work that can be particularly emotionally taxing because of the vulnerability of the baby and the rawness of emotions in the perinatal period.

Risk Assessment & Report Writing 5th - 6th March 2019

Fee: £400

This course is run by professionals who have expertise in the field of assessing parent infant relationships and report writing for the family courts. It will be helpful to all practitioners in the field of infant mental health who need to write professional or court reports about their observations of parents and infants. The course will equip practitioners with a comprehensive framework for assessing the parent infant relationship, identifying risk factors and writing informed reports.

Testimonials

"I most enjoyed the quality, style, knowledge and kindness of speakers. The diverse audience. The lecture about brain development. The curiosity and space for thinking and learning. Comprehensive introduction with interesting reading list."

"I found the tutor's style, expertise and attitude to the subject totally enlightening. Her reflective style instills a critical analysis of behaviours otherwise missed in the normal rushed approach in mental health services. Thanks."

"I really enjoyed the course. The lectors delivered their talks in a highly professional manner, the information given was rich, and the subject was explored from different perspectives. I also enjoyed communicating with the other participants on the course."

Course tutors

Tessa Baradon (course director), Andrea Katz (course lead), Michela Biseo, Amanda Jones, Sara Rance, Graham Music, Dickon Bevington, Sheila Redfern, Carol Broughton, Emily Durling, Jill Domoney and others.

Tessa Baradon came from the field of Public Health to child psychoanalysis and psychotherapy. She has worked in the public and private sectors as a child and adolescent therapist and has been responsible for the development, implementation and evaluation of services for parents and infants in the NHS and the Anna Freud National Centre for Children and Families. Tessa Baradon writes and lecture on child therapy/psychoanalysis and parent infant psychotherapy.

Michela Biseo has worked in the NHS in generic multi-disciplinary CAMHS teams and also for some years in a specialist CAMHS for Looked After Children. A special interest is in working with Under-fives. Michela ran a parent-toddler group at the Anna Freud Centre, and taught toddler observation, as well as Parent-Infant observation on the UCL/AFNCCF Masters. She continues to teach and supervise trainees on Child Psychotherapy trainings and Psychodynamic counsellors.

Sara Rance trained as a Child & Adolescent Psychotherapist at the Tavistock Clinic. She worked in the NHS for 24 years, most recently as Head of Child Psychotherapy for Newham CAMHS. She now has an independent practice and specialises as a clinician, trainer and clinical supervisor in work with Under 5s. She works as a Parent Infant Psychotherapist at Enfield Parent Infant Partnership, part of PIP UK and has taught for many years on the Tavistock Dip/MA in Infant Mental Health/Early Years.

Andrea Katz is a Parent Infant Psychotherapist and trained at OXPIP. She is also a UKCP Registered Adult Psychotherapist, Child Psychotherapist and Supervisor. Andrea has worked therapeutically with parents and children for many years, in both the private and public sectors. She is an Integrative Child Psychotherapy Trainer & Supervisor and a Seminar Leader for Infant & Toddler Observation Studies. Andrea works as a Parent Infant Psychotherapist with the Enfield Parent Infant Project (EPIP).

How to find us

Training for all CPD courses takes place at:

Anna Freud National Centre
for Children and Families
12 Maresfield Gardens
London
NW3 5SU

Or:

Anna Freud National Centre for
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4 – 8 Rodney Street
London
N1 9JH

Tel: +44 (0)20 7794 2313

www.annafreud.org

For all course enquiries and if you would like to commission the modules for your service please contact helena.miles@annafreud.org .

Special Offer

A 5% discount is available for students who book on more than one ITSIEY module at the same time. Please contact helena.miles@annafreud.org to claim this offer.





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