The 11th World Congress for Infant Mental Health.
Yokahama, Japan
August, 2008

Akachan ni Kanpai! Celebrating the Baby

Deep down in every heart lie things long forgot.
Each of us
A babe in arms;
Each of us once wrapped in someone’s arms:
Such sweet little memories

Pre-congress Symposium I
Perspectives on Infant Mental Health

A special conversation with:
Daniel Stern (Switzerland)
Arnold Sameroff (USA)
David Olds (USA)

Daniel Stern

What is shared between the mother and the infant?
The baby in the family - what does the baby bring to the triad?
What does the practitioner bring?

“Our Science has fragmented the World of the Baby”

Individual Case Studies
New ideas from the natural setting.

“There is a crisis in childcare in most places in the world”

“Lobbying to remove the resistances and focus on motherhood”

Stern, 2008
Stern, 2008
‘We were all babies once

and we all have assumptions about babyhood and particular babies. None of us can be with a baby, care for a baby, or study a baby without ascribing to him or her certain thoughts, feelings, and wants at any particular moment. In a baby’s presence we are forced to invent that baby’s inner world.’

Stement:1990 Diary of a Baby

Arnold Sameroff

- The academic and scientific agenda: How do we understand babies?
- The social agenda: How do we improve babies?
- The political agenda: Who is responsible for babies?

The Social, Academic and Political Agenda -

Do infants have mental health?

Who is suffering?
- Infants? Parents? Professionals?

Who are we working with?
- The parent? The infant? The relationship?

How does a baby with a problem become a successful adult?

The Person Model
The Social Model
The Regulatory Model
The Psychological Model

“The real patient is the relationship”

“Human existence is social existence - infants’ physical existence is tied to the care provided by other human beings. The same can be said for their psychological existence.”

Emode & Sameroff 1989

David Olds

Nurse Home Visiting Program
Evidence Based Practice
Devising interventions that are engaging to parents.

Practitioners must have passion for the work.

Colwyn Trevarthen
Interested in how the rhythms, and emotions of children’s play & fantasy, musical games & songs, stories and acts of discovery, with real or imaginary companions, support cultural learning in infancy and pre-school years.

The Musicality of Infancy

- Babies use their whole body to express themselves and are sensitive to the states of mind of others.
- Brains want to express movement.
- Communicative musicality - an emotional narrative. A beginning, a climax and an end.

- Our minds are born for transmitting our interests, intentions and feelings by moving together.
- Babies can imitate & ask others to imitate - they are ready for give & take.
- Pre-speech movements that will make words - infants have expressive bodies.

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Master Lecture - Bertrand Cramer

Technique of Mother-Infant Brief Psychotherapy and the impact of interaction on Interventions

Parents, infants and the Drama of Early Attachment

Therapeutic efforts with a child are often jeopardized by protracted conflict in the child’s relationship with parents. Joint parent-infant therapy offers the opportunity to bring about changes in both parties simultaneously at a time when each is extra ordinarily open to new learning and change.

Cramer, 1991

A Basic Technique - the search for the focus

Use what we see to try to understand the focus of the problem.

The focus is the basic conflict - the core-conflictual relationship theme.
The conflict

A typical mode of relating

A central form of anxiety or affect.

A characteristic fantasy.

A projective identification.

Indications for therapy

- Functional disorder
- Relationship conflicts
- Difficulties in attachment
- Postpartum depression

Effects of baby massage on mothers

Measured brain waves, heart rate, blood pressure, body surface temperature and cortisol concentration in the mothers saliva

The well being of Japanese breastfeeding mothers

The availability of emotional & physical support had a significant impact on the breastfeeding mothers mental health & mental fatigue.

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Leipzig, Germany. August 2010

www.waimh.org

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