

'Building Bonds & Breaking Cycles'

2 Day Parent Infant Mental Health Training



The 'Building Bonds and Breaking Cycles' 2 Day Parent Infant Mental Health (PIMH) Training is for multi-disciplinary professionals who are passionate about working with vulnerable/at risk parents and infants in the antenatal and postnatal period. This 2 day PIMH training course is a specialist, therapeutic and reflective programme designed for professionals committed to gaining more specialist skills, insight and knowledge in the field of Parent Infant Mental Health.

Attendees will feel more confident, competent and equipped in their roles to support vulnerable/at risk families with issues relating to parent infant mental health. Professionals will have a greater understanding of how they can have a key supportive role in preventing future ACE's (Adverse Childhood Experiences), improve bonding, attachment, parent and infant mental health and how they can engage 'hard to reach families', and work more collaboratively with other professionals to 'build bonds and break cycles'.

The 2 day training will cover some of the following key areas:

- ◆ **Overview & general awareness of Parent Infant Mental Health**
- ◆ **Importance of bonding, attachment, building relationships, engagement and supporting PIMH during the 1001 critical days with vulnerable families in the community**
- ◆ **Attachment based assessments, Parent-Infant Interventions, models of therapeutic support for vulnerable families. The 2 Day Training will also provide a PIMH Toolkit**
- ◆ **Understanding of Specialist PIMH interventions/approaches which 'break cycles': Including 'Ghosts in the Nursery' and the impact on the parent-infant relationship**
- ◆ **How Professionals can join the PIMH workforce/mission & integrate this specialist training, knowledge & skills into their own practice to support vulnerable parents & infants**

Quality Assurance

Our menu of training packages are underpinned by a range of current drivers relating to improving parental mental health, infant mental health and child's mental health.

NICE CG 192 Antenatal and postnatal mental health: Clinical Management and service guidance

National Maternity Review
Better Births - Improving Outcomes of Maternity Services in England

Infant Mental Health Competencies Framework: The Association of Infant Mental Health (AIMH)

The NHS Long Term Plan
2019

This 2 Day 'Building Bonds & Breaking Cycles' PIMH training course is Registered on Health Education England (HEE) Perinatal Mental Health Training Directory (Page 3)

Training Feedback....

"I enjoyed all aspects of the training! Especially understanding the impact of parents past attachment & trauma on current relationships, and the barriers to building bonds with their babies, & how I can support them. - **Midwife**

The training was really well presented and easy to understand and relate to. I understand more attachment interventions now & how I could use some with parents with personality disorders. - **Mental Health Practitioner**

"Inspiring training! Best training I have ever been on! It really gave me time to sit & reflect on my practice & how I can improve my engagement with vulnerable families. 'Relationships are everything' & by building a positive relationship with parents & other professionals I know this will enable me to better support the baby!" - **Health Visitor**

"The training really helped me to think about myself, my work with vulnerable families & the importance of parent infant mental health and the relationship between parents and babies which can stop safeguarding & parents from breaking down if support is offered early from pregnancy - **Social Worker**

Dr Lisa Marsland

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