

What Women say about our Programs

"I was anxious about attending at first, but being in a supportive environment really helped me to get the most out of the program."

"I noticed an improvement in my mood after a couple of sessions and I became stronger over time"

"Meeting other women who were also struggling was important as I felt less alone. It was also rewarding to lend support to others in the group – we bonded well."

"Because I feel better about myself I'm able to be more available and loving with my baby."

Our Program has been scientifically evaluated and published. The findings show that this program significantly improves depression within 12 weeks.

Long term improvements were maintained at a 12 month follow up.

Fees

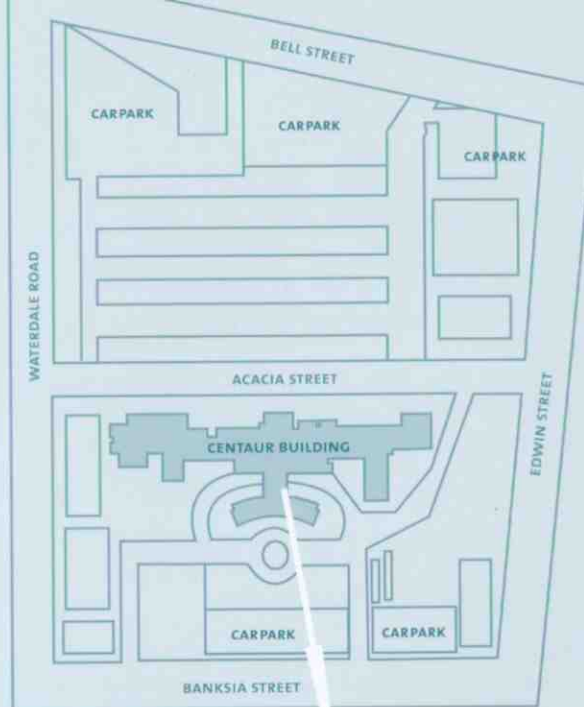
Many of our services are now available through Medicare on a bulk billing system where a referral is provided by a medical practitioner (GP, psychiatrist or paediatrician). Generally, this option is available for the Getting Ahead of Postnatal Depression program. An assessment (\$30) is required before beginning any programs. This session focuses on discussing and choosing the best treatment option for you.

The additional group programs are offered on the following fee-paying basis:

Getting Ahead of Postnatal Depression	\$200 (12 sessions)
Baby HUGS	\$50 (3 sessions)
Intuitive Mothering	\$140 (8 sessions)

Babysitting is available during group sessions at a small cost. Individual treatment is also available, phone to discuss.

The Heidelberg Private Infant Clinic is a privatised arm of our service supported by HBA, which pays full benefits for all members who use the Infant Clinic.



Parking is available off Banksia Street for a small fee

Contact the Infant Clinic

To inquire about our services please feel free to contact us on one of the following. Self referrals are accepted.

Repatriation Campus
Centaur Building, Level 1 (Melways Ref **Map 31 K4**)
Tel (03) 9496 4496 **Facsimile** (03) 9496 4148

Or find out more from our website
www.piri.org.au

Adjusting to Parenthood

Programs to increase
Coping Strategies,
Help Manage Your Mood and
Enhance the Parent-Infant Relationship



THE INFANT CLINIC is a service arm of
THE PARENT-INFANT RESEARCH INSTITUTE
ph 9496 4496

Heidelberg Repatriation Hospital
Level 1, Centaur Building
Banksia St, Heidelberg Heights Vic 3081

Adjusting to Parenthood can be Difficult

- Are you struggling to cope?
- Do you feel anxious or overwhelmed by the task of parenting an infant?
- Have you been feeling flat, sad or depressed and find that you no longer get enjoyment from things?

Our programs might be what you need.

Adjusting to parenthood and all its demands can be a difficult experience for some women. The Infant Clinic provides assistance and support for families through individual, group or couple counselling.

For those who are experiencing adjustment to parenthood difficulties with feelings of depression, anxiety or irritability, we offer a proven group program.

Our Proven Program is Beneficial, Effective and has Helped Many Women

Women who have completed the 'Getting Ahead of Postnatal Depression Program' report gaining a sense of support and understanding from other women in the group. They have said that in addition to learning coping strategies to help them deal with their mood, they feel less isolated.

Women often report that through the group process their experiences have been validated, which has also served to alleviate their sense of distress at a difficult time.

Enhanced Group Program for PND and Mother-Infant Interaction

The Infant Clinic offers a specialised and comprehensive enhanced treatment program for women with postnatal depression, which includes their partner and baby.

Getting Ahead of Postnatal Depression Group Program

This is a twelve-week cognitive behavioural therapy (CBT) group program designed primarily to improve maternal mood. Each session lasts approximately 1.5 hours. Women learn coping strategies to help manage their moods. Nine of the sessions help mothers develop the following:

Behavioural Skills:

- Understanding and managing moods
- Pleasant activities – how can I find the time?
- Relaxation on the run
- Assertiveness and self-esteem – telling others what I think and how I feel

Cognitive Skills:

- Unrealistic expectations of parenting – influences from the past
- My internal dialogue – the missing link
- Developing a more helpful thinking style
- Challenging my internal critic

In addition, three couples sessions are held, usually in the evenings. These provide information and support for partners as well as an opportunity for them to become involved in the therapeutic process.

We typically include 5-8 women in a group. We have found this to be an optimal number to allow the time and opportunity for everyone to be heard, while also having enough women in the group to provide a sense of mutual support.

Baby HUGS

The BabyHUGS component of treatment focuses on the mother and baby together and the interaction between them. It is a natural progression from the Getting Ahead of Postnatal Depression Program which focuses on the mother and her partner relationships.

BabyHUGS is a three-session intervention program designed for women and their infants and follows on from the Getting Ahead of Postnatal Depression program. This program is designed to promote the relationship between mother and baby. The sessions focus on interaction and include:

- Play and Physical Contact
- Observing and Understanding your Baby's Signals
- Parental Responses to Infant Cues

Intuitive Mothering

This module has a focus on the natural movement, holding patterns and imaginative play that occurs between mother and infant. It incorporates movement and dance with music and is followed by a brief time for talking about what the mothers noticed about their baby in their play. The module is called 'Intuitive Mothering' as it builds on how each woman intuitively interacts with their infant. Some mothers are beginning to recover from PND and wish to regain confidence in their mothering skills, while others who have recovered are hoping to re-find their former energy. Intuitive Mothering is facilitated by an experienced dance therapist and comprises 8 sessions. It can follow on from Baby HUGS.

The Aims of the Infant Clinic

To help parents deal with the stress and difficulties they experience when raising their infant.

To assist parents find alternative ways of managing the problem and relieving the stress.

To maximise the child's future development through early assessment and intervention.

To consult with professionals about methods of working with and helping parents and infants.