

Overview

Thursday 10th November

12:00 – 12:30 pm Registration

12:30– 1:00 pm What is a successful mother-infant interaction?

1:30– 2:30 pm Mother-infant interaction – direct observation of the mother-infant interaction using video and interactive exercises for developing assessment skills.

2:30 – 3:00 pm Afternoon Tea

3:00 – 4:00 pm The HUGS Program

Play and Physical contact?

Play provides interactional opportunities. It allows assessment of interactional deficits and modelling of alternative responses.

Observing and understanding baby's signals

Essential elements of a 'good enough' interaction are taught to parents using guided exercises to maximise small successes

4:00 - 5:00 pm Parental responses to infant cues

Building on cognitive strategies - distorted cognitions are challenged to separate past experiences from the reality of the infant. Infants can re-awaken powerful memories of earlier family relationships.

Consolidating gains

Reinforcing positive interactional behaviours and cognitions about the infant.

Can Intervention Improve the Mother-Infant Relationship?

Despite the success of a specialised treatments targeting postnatal depression in reducing maternal symptomatology, a major finding has been that treating the mother is not always sufficient to improve the parent-infant relationship. Parent-infant difficulties have been shown to accompany postnatal depression (PND) and persist beyond treatment for PND, becoming entrenched.

A number of specialised mother-infant interventions have been shown to enhance the mother-infant relationship. We have developed the HUGS program (Happiness, Understanding, Giving and Sharing) by targeting common elements found in successful interventions. A simple three-pronged approach is used to enhance attunement and engagement: play and physical contact to promote interaction, observing and understanding infant cues and examining parental responses to infant cues.

This approach draws from the works of Field, Stern, Fraiberg, McDonough, Censello, Marvin, Cooper & Hoffman, Brazelton, Cramer, Muir and others.

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Mother Infant Interactions - Assessment, Impact of Postnatal Depression and HUGS

Objectives of Workshop

To develop mother-infant interaction observation skills, compare various assessment tools and introduce the HUGS intervention program for infants of women with postnatal depression.

1. To understand key components of a 'good enough' interaction and the impact of postnatal depression.
2. Practice observational skills required to assess the relationship.
3. To introduce an approach for intervening with mothers and infants following Postnatal Depression - the HUGS Program.

Expected Outcomes

1. Professionals will be able to assess mother infant difficulties.
2. Professionals will understand principles of an intervention program.
3. Professionals will focus on mother-infant interaction in their clinical work with postnatal depression

Presenter

Professor Jeannette Milgrom



Professor Jeannette Milgrom is Director, Parent-Infant Research Institute, Austin Health and Professor of Psychology, Psychological Sciences University of Melbourne. She is a clinician-researcher who has worked with mothers and infants for over 20 years. Her publications cover postnatal depression, infant mental health, evaluating parent-infant interventions and health psychology, and she has held a number of long-term research grants.

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