



Dear AAIMH Members,

You are invited to join us at our AAIMH NSW November 2025 seminar! Join us for an engaging online seminar—a wonderful opportunity to connect with colleagues in the infant mental health community and gain fresh insights from an expert in the field.

Event Details

What: AAIMH NSW Monthly Evening Seminar Series

When: Wednesday, 26 November 2025 | 7:00–8:00 PM

Where: Online via Microsoft Teams

Presenter: Sharon Cooke

Topic: *“Minding the infant - the mother – and the mind of the other: describing a 20-hour parent-infant group program.”*

Overview: In this seminar we will hear from Sharon Cooke about Mother–Baby Nurture® (MBN), a government-funded, relationship-focused group program for mothers and babies, now delivered by seven services in thirteen communities across Western Australia. MBN is a step-down service based on principles of Mentalization-Based Treatment. The group addresses the way childbirth and attachment trauma can unravel families by activating the caregiver’s biobehavioural stress system, capacity to mentalize, attachment behaviours (re-enactments), and epistemic (mis)trust.

Speak bio: Sharon Cooke practices as a parent–infant therapist and co-founder of Mother–Baby Nurture® (MBN). Initially starting out as a midwife and child health nurse, Sharon has been a committed advocate for the developing infant and family system for the past thirty years. Frustrated by how difficult it can be to help families affected by intergenerational trauma, Sharon returned to study. She deepened her understanding of attachment theory and family dynamics through a Master of Perinatal and Infant Mental Health and UK-based training in Psychodynamic Parent–Infant Psychotherapy. For the past twelve years, Sharon has facilitated reflective relationship-focussed groups and led ongoing development of MBN. In 2024, Sharon was awarded the Creswick Fellowship, visiting Finland and the UK to explore the peaks and pitfalls of establishing community-based infant mental health programs in diverse cultural and service contexts.

Cost: Free for AAIMH members | \$15 for non-members

Register: <https://www.trybooking.com/DHFLI>

We look forward to seeing you there!

Warm regards,
The AAIMH NSW Branch Committee