



Mother-Baby Nurture Group Facilitator 3-Day Training Opportunity

Mother-Baby Nurture (MBN) is a targeted intervention specifically developed for mothers and infants (0-6 months) that are experiencing relational difficulties. It is a unique 10-week group program that aims to strengthen the parent's reflective capacity to enable them to more sensitively attune and respond to their infant, thereby strengthening the parent-infant relationship, minimising the risk of harm to the developing child. It draws from the modalities of psychoanalytic parent-infant psychotherapy and mentalization-based treatment. Two pilot evaluations have demonstrated positive outcomes in terms of reducing symptoms of maternal distress and increasing the mother's reflective capacity, positive feelings towards her infant and parenting confidence.

Invitation

As the service continues to expand, Playgroup WA have invited Mother-Baby Nurture (Sue Coleson & Sharon Cooke) to train more facilitators to join the service delivery team. Due to generous sponsorship by the WA Department of Health there is a once-off opportunity for it to be extended to include practitioners that have an interest and capacity to deliver MBN (under supervision) within their own service setting. **Places limited!**

Dates

Saturday June 8th, June 15th and August 10th 2019 - 8.30am – 4.00pm

Venue

Playgroup WA: 1-3 Woodville Lane, North Perth

Morning tea, lunch and afternoon tea provided.

Total cost to participant/organisation \$370.00 per person. This is a once-off reduced rate training opportunity due to generous co-sponsorship by Playgroup WA and the WA Department of Health. Please note that future facilitator training opportunities will be at full fee rates.



Government of **Western Australia**
Department of **Health**



Places strictly limited - with priority given
to those with capacity for program delivery

Please email your expression of interest to Sharon Cooke
sharon@motherbabynurture.com • 0403 761 870
www.motherbabynurture.com

Mother-Baby Nurture training Learning Objectives

This training is designed to be both educative and experiential. Participants will be engaged in reflective processes, with careful attention placed on the content and pace of each session to give room for deeper learning. Critical to the role of the MBN Facilitator, participants will be invited to reflect on the range of personal and interpersonal processes (observations, thoughts, feelings, experiences) that are elicited by the material. By the end of the training, participants will have had opportunity to consider the MBN group processes from the perspective of the facilitator, the mother and the infant. Day 3 will provide opportunity to reflect on current groups that are in progress.

Information will be provided on the:

- evidence and theory informing practice and mechanisms of change
- intergenerational transmission of trauma & attachment security
- psychological processes of becoming a mother
- relational needs of the infant and how these shape the developmental trajectory
- role of the facilitators during the beginning, middle and end phase of the group
- role of reflective dialogue in the group, reflective supervision and note-taking

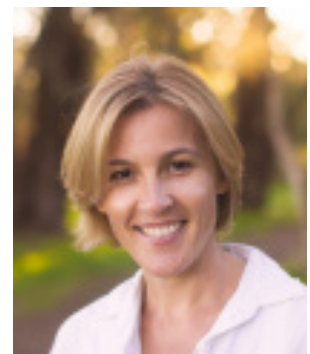
MBN Training Facilitators

Sue Coleson is a Psychotherapist with significant experience in individual Psychodynamic Psychotherapy and specialised training in Parent-Infant Psychotherapy, working with dyads and with groups. Her psychoanalytic thinking is sustained by long association with the Anna Freud Centre and Tavistock Clinic in London, through ongoing supervision and training. Sue works privately offering Parent-Infant Psychotherapy and is available for Reflective Supervision for clinicians working in the field as well as for Early Childhood Educators in Child Care Centres. Recognising a gap in services in WA for new mothers and their infants, Sue and a colleague piloted the first MBN group in 2009 and Sue has been facilitating groups and training others since then.



BA (Hons) Social Administration
Adv. Dip. Psychotherapy and Counselling
Advanced Training in Infant Mental Health

Sharon Cooke is a perinatal and infant mental health consultant in private practice, and service coordinator for Mother-Baby Nurture, Playgroup WA. Sharon provides relationship-focussed services to individual families as well as perinatal and early childhood providers. Her work includes facilitating individual consults, parent/professional group training, professional reflective groups/retreats and reflective supervision. Sharon was the lead researcher in two preliminary studies evaluating the impact of MBN on the mother-infant dyad and has been instrumental in growing MBN, which is now offered in one rural and six metropolitan sites in Western Australia.



Master of Perinatal and Infant Mental Health
B.Sc (Nursing) Post Grad (Midwifery, Child & Community Health)
Diploma Professional Coaching, GAICD
Registered provider Circle of Security, Courage & Renewal