



Australian Association for
Infant Mental Health

National AAIMH Invited Lecture: 8 Nov 2021

Fathering with Mental Health Problems: Father focused family work to foster Infants & young Children's resilience.

Dr Nick Kowalenko

President, Tresillian Family Care Centres & Deputy Chair Emerging Minds

Via Zoom: Details will be sent to all current financial members of AAIMH on Sunday 7 November 2021.
4pm WA / 5.30pm NT / 6pm QLD / 6:30pm SA / 7pm ACT, NSW, VIC, TAS

Paternal mental health problems can adversely impact father-infant relationship quality, infant development, couple and family functioning and longitudinal outcomes.

This presentation will outline the prevalence of fathers' mental health problems, the features of fathering with a variety of mental illnesses, their significance to infants and the mechanisms for their impact on infant development.

Video-excerpts from clinical practice will demonstrate a family focussed intervention to actively engage fathers to promote family functioning and promote their own and infants well-being and resilience. The implications for routine practice will be discussed.



Dr Nick Kowalenko is an infant, child and family psychiatrist with 30 years' experience in parent and infant mental health as a clinician, researcher, educator and policy advisor to promote parents' and infants' recovery after common mental health problems. He leads initiatives to translate research into practice for early intervention to promote fathers' wellbeing particularly with their infants and partners to promote infants' resilience throughout childhood. He coordinated Masters of Perinatal and Infant Mental Health (2011-2016) in Sydney and teaches in Asia/pacific as an international faculty member of Zero to Three.

His research interests and publications are in family based early intervention, infant outcome measures, and workforce development. He lectures at University of Sydney

This event is provided free of charge to AAIMH members in conjunction with the AAIMH AGM 2021 which will follow Dr Kowalenko's presentation and discussion.

Certificates of attendance are not able to be provided for this event.

Australian Association for Infant Mental Health

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