



Canadian Association of Psychoanalytic Child Therapists

and

Canadian Institute for Child and Adolescent Psychoanalytic Psychotherapy

Present:

A Study Day on Psychoanalytic Psychotherapy with Infants and Parents:

Presenting highly relevant contemporary concepts that can be effectively applied to therapy with children and adults.

Saturday, May 4, 2019

Toronto Lawn Tennis Club, 44 Price St., Toronto, ON

Summerhill Room

8:30 a.m. – 4:30 p.m.

ABOUT THE DAY

Psychotherapy with Infants and Parents (PIP) is unique among therapies by inviting human beings, intimately linked but developmentally far apart, to remedy their emotions and relationships. The therapist's job is to discern the psychological roots to the parent's depression, anxiety, ambivalence, role confusion, or marital difficulties - and to the baby's depression, distress, and contact difficulties. To achieve this, s/he must descend to subterranean communicative pathways that interfere with the parents' and the child's wishes for a harmonious relationship. Such expeditions are often painful and terrifying for patients and therapists alike. Health care organization and staff are also affected by the anxiety surrounding distressed dyads, which poses specific challenges.

LEARNING OBJECTIVES

Attendees will have an opportunity to gain an in-depth understanding of early communication and development which will be an invaluable experience for the psychotherapists / analysts who work with parents, parent-child dyads, older children, adolescents, families, as well as individual adults.

ABOUT THE SPEAKER

Björn Salomonsson is an Adult and Child training psychoanalyst of the Swedish Psychoanalytical Association, Stockholm, working in private practice and at the Mama Mia Child Health Centre. He is also Associate Professor at the Unit of Reproductive Health, Department of Women's and Children's Health, Karolinska Institutet. His research and publications focus on psychoanalytically inspired parent-infant therapies (theory, practice, and outcomes), child analysis and the 'weaving thoughts' case presentation method. His books, "Psychoanalytic Therapy with Infants and Parents: Practice, Theory and Results" and "Psychodynamic Interventions in Pregnancy and Infancy: Clinical and Theoretical Perspectives" were published in 2014 and 2018 by London, Routledge. A third book, written with Majlis Winberg Salomonsson, was published 2016: "Dialogues with Children and Adolescents": A Psychoanalytic Guide" (Routledge) and: "A quoi pensent les enfants?" (Erès)

SCHEDULE OF THE DAY

- 8:00 Registration
8:30 **Opening Remarks**
9:00 **Lecture 1**
*PATHWAYS TO FAMILY DISTRESS:
UNCOVERING. ORGANIZING HEALTH CARE.
SUPERVISING STAFF*
10:15 BREAK
10:30 **Lecture 2**
*PATHWAYS IN TIME: FOLLOWING A
GIRL FROM 5 MONTHS TO 7 YEARS OF
AGE*
11:30 Audience Discussion
12:00 LUNCH (provided)
1:00 **Lecture 3**
*PATHWAYS IN THE SESSION: ON PIP
TECHNIQUE AND
COUNTERTRANSFERENCE*
2:15 BREAK
2:30 **Lecture 4**
*PATHWAYS IN REVERSE:
RECONSTRUCTING THE IMPACT OF
POSTNATAL DEPRESSION IN A WOMAN
PATIENT*
4:00 **Interactive Discussion**
4:30 Closing Remarks

REGISTRATION DETAILS

Name: _____

Address: _____

City: _____ Prov: _____ PC: _____

Tel: _____

Email: _____

Professional Affiliation: _____

FEES (earlybird deadline April 19, 2019)

Light lunch included

\$165/\$175	Regular
\$140/\$150	CAPCT Member
\$100	Student (valid I.D. required)
\$100	CICAPP Student (stipend available)

Registration Available at:

www.capct.ca | 416.690.5464 | info@capct.ca

Registration is limited. Online registration preferred. If paying by cheque please make payable to CAPCT. Cancellation must be made in writing; if received prior to **April 19, 2019** a full refund less \$25 administration fee will be issued. There are no refunds after this date.

What is Parent-Infant Psychotherapy and How It Links to Work with Adults

PIP therapists assume that such pathways, if unrelieved, can extend in time and cause continued emotional suffering. To forestall such negative development, **Lecture 1** argues that **perinatal health care** should be organized so that the staff has the time and skill to detect emotional problems and has accessible channels for referral. **Lecture 2** brings up what may happen when **perinatal dyadic distress** remains undetected. A mother-infant dyad was captured on a video. At 4½ years, the distressed girl was observed again and at 6, she was helped in a therapy that revealed links between the internal worlds of mother and child. **Lecture 3** gets into **the nitty-gritty work of PIP work**. It focuses on a baby's gaze avoidance, an often overlooked phenomenon, that signals her distress in the interaction with the mother. Perhaps, it also heralds the building up of a "pathological organization" which, many years later, may underlie severe emotional suffering. This lecture also brings in how the therapist's technique is affected when moving about in the turmoil of parent-infant interactions. **Lecture 4** is a "**journey in reverse**". It highlights how an adult patient's distress is linked with reconstructions of childhood trauma, that is, how therapist and patient guess that experiences of emotional neglect in infancy have trickled into depression in adulthood. This touches on an argument sustained during the day: PIP can alleviate distress in babies and parents – and help therapists grasp infantile layers in adult therapy patients.