

Women's and Children's Health Network (WCHN)  
Perinatal and Infant Mental Health Services -  
Helen Mayo House Annual Conference 2017

# Nature and nurture in the 21<sup>st</sup> century: infants, their parents, their brains, their traumas



University of South Australia,  
City West Campus, Adelaide

16 - 17 November 2017  
8:30am – 4:45pm



Government  
of South Australia

SA Health

## Invitation

The Helen Mayo House Conference 2017 promises to provide rich stimulation for professionals working with mentally ill mothers and troubled families with young infants. We are excited that Graham Music will come from the United Kingdom to be the centrepiece of our conference this year. He is the author of *Nurturing Natures: Attachment and children's emotional, sociocultural and brain development* and has enormous knowledge regarding normal and emotionally compromised infant development, artfully drawing on work in many areas of scientific and psychological development. He is particularly interested in working with trauma.

Our conference is augmented by the generosity of several Adelaide professionals who will share their work. Femke Buisman-Pijlman will expand Graham's theme with her plenary, the Long-term biological impact of early start: the role of oxytocin. Shirley Young and Valerie Aylesbury will run a workshop on working with Aboriginal families with infants. Zakiyyah Muhammed whose insights on working with Muslim women were so welcomed in 2016 will provide a whole workshop on "Muslim men - pregnancy and birth" and Jackie Amos will provide her amazing insights into Shame and its place in our psyches.

Many staff who work in perinatal and infant mental health services (PIMHS) at Helen Mayo House and at Women's and Children's Hospital (WCHN) will also present their work on a range of topics, including:

- > Dr Liz Coventry – Supporting the psychological transition to parenthood
- > Sharron Hollamby - How to offer emotional containment therapeutically for people with Borderline Personality Disorder
- > Meg Prior – Working with infants whose parents have mental illness.
- > Dr Georgie Swift - Round and round the mulberry bush no more: Working with vulnerable infants to disrupt the intergenerational cycle of mental illness
- > Dr Rebecca Hill/Cathy Monsma - Vicarious trauma vs vicarious resilience
- > Chris Yelland – Mindful strategies for families
- > Neil Underwood – Beyond beer and sex: validating conversations with fathers
- > Dr Anne Sved Williams - Emotional dysregulation and its central place in perinatal work

Our conference will also be a great opportunity to network with many others who work in the field. We hope you will register early and receive the early bird rate.

### **Dr Anne Sved Williams**

Medical Unit Head, Helen Mayo House  
Women's and Children's Health Network

## Invited keynote speakers

**Graham Music** (PhD) is Consultant Child and Adolescent Psychotherapist at the Tavistock and Portman Clinics and an adult psychotherapist in private practice. His publications include *Nurturing Natures: Attachment and children's emotional, sociocultural and brain development (2016)*, *Affect and Emotion (2001)*, and *The Good Life: Wellbeing and the new science of altruism, selfishness and immorality (2014)*. He has a particular interest in exploring the interface between developmental findings and clinical work. Formerly Associate Clinical Director of the Tavistock's child and family department, he has managed a range of services working with the aftermath of child maltreatment and neglect, and organised many community based psychotherapy services. He currently works clinically with forensic cases at The Portman Clinic. He teaches, lectures and supervises on a range of trainings in Britain and abroad.

**Dr Femke Buisman-Pijlman** is a Behavioural Neuroscientist with a strong interest in the neurobiological basis of individual differences in behaviour and mental health. She works on the intersection between psychology, physiology and behaviour using a translational social neuroscience approach. She has proposed a new theory about the effects of early life experiences on the developing oxytocin system and the impact this has on stress regulation and later drug use. She studies the impact of social experiences and early oxytocin exposure on babies and children.

Femke studies at Utrecht University (The Netherlands) and gained a Bachelor in Biology, Master of Science in Biology (Ethology and Medical Sciences majors), a PhD in Medicine (Psychopharmacology). After working in the addiction field outside of academia for several years, she worked as a postdoc investigating the influence of genes and parenting environment on child behaviour and physiology at the Child & Family Studies and Data Theory Department (Social Sciences) at Leiden University. She has since gained a Postgraduate degree in Education (Online Learning) and a certificate in Infant Mental Health. Her career has been devoted to understanding how stress and adversity can impact on someone's vulnerability to develop addiction and mental health issues and which factors can improve resilience.

## Workshop presenters

**Dr Jackie Amos** is a Senior Child and Adolescent Psychiatrist. She has been working with vulnerable families exposed to inter-generational child maltreatment for over 24 years. She has worked with Child and Adolescent Mental Health Services in Dunedin, New Zealand, Southern Adelaide CAMHS and as a private psychotherapist treating adult survivors of early, chronic, interpersonal trauma. Much of her work has been with clients presenting with child protection concerns. Her clinical experience has informed the ongoing development of a dyadic therapy for this population which is being refined through a theory-driven research program, drawing on evolutionary theory, attachment theory, and theories of trauma and dissociation.

**Valerie Aylesbury** has a background as a Registered Nurse and Midwife and Child and Family Health. In 2009 she completed her Masters in Perinatal Infant Mental Health and has worked across a variety of roles within SA Health. She also has facilitated Acorn Groups for Anglicare SA. In 2017 she took up the new role of Perinatal Infant Mental Health Clinician with Nunkuwarrin Yunti. Providing early intervention targeted at enhancing the emotional wellbeing of mothers, fathers and newborns, promoting healthy attachment and reducing parenting difficulties in a culturally sensitive program for Aboriginal people.

**Dr Liz Coventry** is a consultant psychiatrist with Perinatal and Infant Mental Health Services - Helen Mayo House and has a special interest in perinatal psychiatry.

**Dr Rebecca Hill** is a consultant psychiatrist with Perinatal and Infant Mental Health Services - Helen Mayo House. She has been working in the field of perinatal psychiatry for over 10 years, beginning her psychiatry training at the University of Arizona, USA. Prior to commencing with Helen Mayo House, Rebecca worked at the Werribee Mercy Mother Baby Unit in Melbourne for five years, and completed her Graduate Diploma of Infant and Parent Mental Health at the University of Melbourne in 2012. Rebecca's work with mothers with mental illness and their families is informed by the fields of attachment theory, psychodynamic concepts including the importance of reflective function in parents, and infant-parent psychotherapy.

**Sharron Hollamby** is a Senior Social Worker with Perinatal and Infant Mental Health Services - Helen Mayo House. Sharron has approximately 20 years' experience as a social worker in South Australia. She has worked across statutory child protection, child and adolescent mental health, domestic violence and adult mental health. Sharron has an interest in working with children and infants who have experienced trauma and/or abuse.

**Zakiyyah Muhammad** is the Principal Consultant and Founder, and Director of SA Pregnancy and Parenting Counselling Services, which began in July 2014. For the previous 10 years, she has been employed within both SA Health and Department of Education and Child Development in a variety of capacities ranging from community work to managerial roles. Zakiyyah has walked alongside some of the most vulnerable members of the global community over the last 20 years; women and their families who had been victims and survivors of domestic and family violence, prostitution, alcohol and drug related problems, rape, abuse, refugees and asylum seekers, those who had experienced FGM, those afflicted with Post Traumatic Stress Disorder and also those who had been pregnant, birthed and parented in some of the most difficult situations imaginable.

Zakiyyah's passions are studying and living within a social justice framework. This has led to her obtaining a wide range of qualifications to enhance her holistic practice including naturopathic and teaching qualifications gained while in the UK; her Masters of Social Work from Flinders University; Perinatal Non-Clinical Mental Health

Counselling from the Australian Psychological Society; Doula qualifications from The Australian Doula College and a Diploma in Massage and Aromatherapy from Birmingham College.

Zakiyyah is the Founding Director of Family Haven, successfully chosen to be the provider for the Safely Together Program funded by the SA Attorney Generals Department working with children experiencing domestic and family violence, based within school settings. She is also interested in developing Trauma Sensitive Safe Spaces for children and families while they are accessing services.

**Cathy Monsma** has continued to work as a clinical nurse at Perinatal and Infant Mental Health Services - Helen Mayo House for the past 13 years. Her nursing career spans over 50 years after having completed her general training at the Royal Adelaide Hospital followed by her psychiatric training at Glenside Hospital, a Bachelor of Nursing and Masters in Mental Health and a Graduate Diploma of Gerontology. Her experience spans from working in the Cardiac Unit at the Repatriation General Hospital, being in charge of a dementia unit at Masonic Memorial Homes and designing an enrolled nursing course in collaboration with the Nurses Board. Throughout the years in the variety of roles she has fulfilled, Cathy began to recognise an insidious process in herself and some of her colleagues and was able to identify that it was vicarious trauma.

**Meg Prior** is a psychologist who is working as the parent-infant therapist at Perinatal and Infant Mental Health Services - Helen Mayo House. Meg has over 15 years' experience in working with families with high and complex needs. Previously Meg has worked in the adult mental health, child protection and infant mental health fields. Her current interests include working with mentally unwell women and their babies to enhance infant and attachment reflective functioning. Meg works in both individual and group settings.

**Neil Underwood** is a Nurse Consultant of Perinatal and Infant Mental Health Services - Women's and Children's Hospital. Neil is associate clinical lecturer at the University of Adelaide school of nursing, and a visiting lecturer in the Master's program of counselling and psychotherapy.

**Dr Anne Sved Williams** is the Medical Unit Head of Perinatal and Infant Mental Health Services - Helen Mayo House and Clinical Senior Lecturer in Psychiatry, University of Adelaide. She has taught perinatal and infant mental health for an extremely long time.

**Dr Georgie Swift** is a senior child and adolescent psychiatrist. She spent almost 10 years learning and growing in her work at Perinatal and Infant Mental Health Services - Helen Mayo House and has recently moved to the Women's and Children's Hospital as psychiatrist for children in care. Her special interests are working with mother infant dyads, developmental trauma and gender and sexuality in mental health.

**Chris Yelland** is a senior clinical psychologist working with Perinatal and Infant Mental Health Services - Helen Mayo House, facilitating group work and individual therapy. Chris has worked in a variety of positions within Child and Adolescent Mental Health Services since 1996.

**Shirley Young** is a local Aboriginal woman descending from the Nukunu people. She is the mother of two children aged 25 and 27. Her Honours in Social Work was completed with a thesis focused on the social and emotional wellbeing of Aboriginal people entitled "Sista, this is making me sick". In the 20 years since that time, Shirley has worked in a variety of Aboriginal and mainstream positions, including home support to families, training and development. She has worked at Northern CAMHS as an Aboriginal Child Adolescent Mental Health Consultant and recently won a role as Clinical Coordinator of the Strengthening Families Program there. Shirley has developed an interest in the early years and has completed her Introductory Certificates in Infant Mental Health and Perinatal Mental Health, and is interested in supporting non-Aboriginal staff to understand the importance of culture whilst working with Aboriginal children, mothers, families and communities. She is also the Reconciliation Ambassador for the SA Australian Association of Social Workers (AASW).

## Conference Program – Thursday, 16 November 2017

<b>8.00am Registration and arrival tea/coffee/water</b>		<b>(Rm: BH2-09)</b>
<b>PLENARY 1: 'Nature and Nurture in the 21st Century'</b>		Chairperson : Dr Ros Powrie <b>(Rm: BH2-09)</b>
8:40am	Introduction	Sue Ellershaw
8:50am	Official opening	The Hon. Leesa Vlahos, MP
9:00am	Neglecting neglect	Graham Music
10:00am	Long-term biological impact of early start: role of oxytocin	Dr Femke Buisman-Piljman
<b>10:30am Morning tea</b> (Catherine Spence courtyard)		
<b>11:00am Concurrent Workshops (1)</b>		
<b>1a</b>	Muslim men - pregnancy and birth	Zakiyyah Muhammed
<b>2a</b>	Supporting the psychological transition to parenthood <i>For professionals only.</i>	Dr Liz Coventry
<b>3a</b>	How to offer emotional containment therapeutically for people with Borderline Personality Disorder	Sharron Hollamby
<b>4a</b>	Unsettled babies, unsettled mothers	Meg Prior
<b>5a</b>	Round and round the mulberry bush no more: Working with vulnerable infants to disrupt the intergenerational cycle of mental illness <i>For professionals only.</i>	Dr Georgie Swift
<b>12:30 – 1.30pm Lunch</b> (Catherine Spence courtyard)		
<b>1.30pm Concurrent Workshops (II)</b>		
<b>1b</b>	Vicarious trauma vs vicarious resilience	Dr Rebecca Hill / Cathy Monsma
<b>2b</b>	I KNOW I should stay calm but I have big feelings too: Mindfulness and DBT approaches to parenting	Chris Yelland
<b>3b</b>	Beyond beer and sex: Validating conversations with fathers	Neil Underwood
<b>4b</b>	Working with Aboriginal families	Shirley Young/Valerie Aylesbury
<b>5b</b>	Unseen, unheard and invisible: more on working with SHAME in mother-infant relationships	Dr Jackie Amos
<b>3:00pm Afternoon tea</b> (Catherine Spence courtyard)		
<b>PLENARY II: 'Passions and Play'</b>		Chairperson: Dr Liz Coventry <b>(Room BH2-09)</b>
3:15pm	Emotional dysregulation and its central place in perinatal work	Dr Anne Sved Williams
3:45pm	Playing games: Why the brain prefers real games to the screen	Graham Music
<b>4.45pm</b>	<b>CLOSE</b>	

## Workshop – Friday, 17 November 2017

<b>8.00am Registration and arrival tea/coffee/water</b>		<b>(all day Room BH2-09)</b>
<b>8:30am ALL DAY WORKSHOP BY GRAHAM MUSIC</b>		Chairperson am: Dr Rebecca Hill
‘NURTURING NATURE: OUR EXTRAORDINARY CAPACITY TO ADAPT: ADVANTAGES AND DOWNFALLS’		
<ul style="list-style-type: none"> <li>• Highlighting Trauma, and the place of body awareness in therapy</li> </ul>		
Graham will begin the day outlining the adaptive nature of the human infant, using developmental science such as neurobiology, attachment theory and evolutionary thinking		
<b>10:30am Morning tea</b> (Catherine Spence courtyard)		
Graham will move on to examine how early life experiences powerfully affects our life-courses, including the extent to which we feel compassion, trust, empathy and compassion or alternatively develop more aggressive, risk-taking and self-interested motivations.		Graham Music
<b>12:30 – 1.30pm Lunch</b> (Catherine Spence courtyard)		Chairperson: Dr Kate Jarvis
Graham will examine the effects of such experiences on our brains, bodies, nervous systems and life-trajectories. He will look at some of the effects of trauma and how this interferes with positive development and then turn towards ways in which therapy may heal.		Graham Music
<b>3:00pm Afternoon tea</b> (Catherine Spence courtyard)		
Finally, using clinical examples, including some video clips, Graham will explore ways of being which can reverse worrying trajectories, including the use of play, mindfulness as well as compassion-focused perspectives.		Graham Music
<b>4.45pm</b>	<b>CLOSE</b>	

## Registration

Submit to: Tina Bull, Helen Mayo House

Phone: (08) 708 71047

Fax: (08) 708 71060

Email: tina.bull@ sa.gov.au

## Cost

- > **Early Bird** - Day 1: \$230.00; Day 2: \$180.00; Both days: \$370.00  
NB: Early bird registrations close on Thursday, 31 August 2017.
- > Day 1: \$250.00; Day 2: \$200.00; Both days: \$405.00
- > Includes: Tea/coffee/water on arrival, morning tea, lunch and afternoon tea
- > 50% discount full-time students with valid student ID card – photocopy must be provided.
- > 10% discount for group bookings of six or more for full fee paying registrations.

## Registration policy

- > Cost of registration is GST inclusive.
- > Cancellations received before Friday, 10 November will be refunded, less an administration fee of \$50.
- > Cancellations made after that date will not be eligible for a refund, although registrations are transferable. Cancellations must be made in writing to Tina Bull at Helen Mayo House.

## Registrant details

Title:	First name:	Last name:	
Phone	Mobile:	Fax:	
Current position:			
Work place:			
Work address:			
Email address :			

Please note: Our conference does NOT provide indemnity for you or your attendance at the conference. You may want to check with your workplace if their insurance will cover you. Please note that by signing the registration form, you confirm you have insurance.

Signature: \_\_\_\_\_

Date / /

<b>If you are part of a group booking please provide details of key contact.</b>	
Name of key contact: .....	Phone: .....
Organisation: .....	Email: .....
Authorised signature: .....	Date: .....

**Workshop attendance:** Please list your first three preferences (in order of preference).

<b>11:00am Concurrent Workshops (I)</b>	<b>1.30pm Concurrent Workshops (II)</b>
1 <sup>st</sup> Preference	1 <sup>st</sup> Preference
2 <sup>nd</sup> Preference	2 <sup>nd</sup> Preference
3 <sup>rd</sup> Preference	3 <sup>rd</sup> Preference

## Dietary requirements

For catering purposes, please indicate if you have any special dietary requirements.

Gluten free       Lactose intolerant       Vegetarian       Vegan

Any other dietary requirements/comments:

---



---



## Journal Transfer Authorisation Form

You are only required to complete this section if you are an SA Health employee and your organisation is paying for the course.

**Name of SA Health/Intra Health or Sub-region:**

WCHN Journal (for WCHN employees)       Journal between SA Health Units

PARTICIPANT'S NAME	POSITION TITLE	TOTAL COST (gst excl)
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
This is not an invoice. Charge will be done via journal transfer. Please authorise, fill in the cost centre details, then return for processing to:  <b>Helen Mayo House, either by                      Fax: (08)70871060 or                      Email: tina.bull@sa.gov.au</b>		<b>Sub-Total</b> \$
		<b>GST</b> \$
		<b>Total</b> \$

### Authorisation to Debit Cost Centre

LEGACY COST CENTRE	BUSINESS	UNIT	SERVICE	COST CENTRE	PROJECT ID	ACCOUNT	AMOUNT \$

I authorise WCHN to **Debit** the above Oracle RI for the charge noted above.

Authorised name: \_\_\_\_\_

Authorised signature: \_\_\_\_\_

Position title: \_\_\_\_\_

Department/Division: \_\_\_\_\_

## General information

The University of South Australia City West Campus has lifts, stairs and wheelchair access. The Campus will be well signposted for directions to the conference venue, or alternatively a Campus map is available on the UniSA website at <http://www.unisa.edu.au/Campus-Facilities/Maps-Tours/City-West-campus/City-West-campus-map/>.

## Car parking / transport

There is no car parking on the UniSA Campus grounds for the public.

Public car parks available in the surrounding areas include:

- > Adelaide Convention Centre Car Park, North Terrace  
Early bird: \$15.00/day (enter between 5:30am-9:30am; exit between 2:30pm-6:30pm)  
[https://www.adelaidecc.com.au/content/uploads/2015/04/Car-Parking-Rates\\_General-Public-2016-v2.pdf](https://www.adelaidecc.com.au/content/uploads/2015/04/Car-Parking-Rates_General-Public-2016-v2.pdf)
  
- > Light Centre Car Park, 22-140 Currie Street  
Early bird: \$15.00/day (enter by 8:30am; exit between 3:00pm-7:00pm)  
[http://www.parkopedia.com.au/parking/carpark/light\\_square\\_car\\_park/5000/adelaide](http://www.parkopedia.com.au/parking/carpark/light_square_car_park/5000/adelaide)
  
- > Wilson Parking, City West Car Park, 189-207 Hindley Street  
Early bird: \$17.00/day Monday and Friday; \$18.00/day Tuesday to Thursday (enter before 9:30am; exit same day)  
[https://www.wilsonparking.com.au/park/5014\\_City-West-Car-Park\\_189-207-Hindley-Street-Adelaide](https://www.wilsonparking.com.au/park/5014_City-West-Car-Park_189-207-Hindley-Street-Adelaide)
  
- > Alternatively on non-event days, the Adelaide Entertainment Centre operates a Park 'n' Ride facility.  
<http://www.theaec.net/ConcertsEvents/VenueInfo/Parking.aspx>
  
- > The Adelaide Metro's website also provides useful information on public transport.  
<https://www.adelaidemetro.com.au/>

## For more information please contact:

Tina Bull

Administration Assistant, Helen Mayo House

Child and Adolescent Mental Health Services

Women's and Children's Health Network

Phone: (08) 708 71047

Email: [tina.bull@sa.gov.au](mailto:tina.bull@sa.gov.au)

