



The Emotional Development of the Infant

and its implications for psychotherapy

*A seminar series for adult and child psychotherapists,
psychoanalysts, counsellors and psychologists working
with the concept of the baby-self*

3 Terms – January to November 2011

INTRODUCTION



These seminars have been designed in the light of accruing research evidence on the importance of very early experiences in the development of a core sense of self – the baby-self that is present throughout life. The programme traces the journey from the first sense of self that the baby experiences to the adult's interaction with that earliest developmental core.

We now have much clearer understanding about how the emotional development of a baby is influenced by multiple factors: parental states of mind and their emotional histories, genetic inheritance, the pregnancy and birth experience, local political and cultural circumstances, and available material resources. The baby-self that develops during this time resides deeply within us and emerges in intimate relationships throughout the life span.

We begin by exploring the reality of a baby's dependency and primitive neediness. We will consider, for example, how it is within the lived relationships with the primary care givers that a baby gradually develops ways to manage painful physical experiences, experiences that are felt intensely in the body because a baby has no words with which to think. Our speakers will offer a contemporary understanding of many crucial and complex developmental themes: babies' ways of communicating, emerging sexuality, how a baby experiences and manages triangular and sibling relationships, and why a parent may find themselves facing emotional breakdown when faced with a new baby.

Individuals who suffer from psychological problems later in life have immense difficulty in regulating difficult emotions when the defences that have been needed to protect the vulnerable baby-self have become too defensive, too habitual or too rigid. These seminars will help us to understand where such problems may begin, and how to relate psychotherapeutically to the baby-self we meet in our adult patients or clients.

It is a fascinating era in terms of our understanding both a baby's and an adult's emotional world and we hope you will join us in this important exploration.

Amanda Jones and Jane Ryan

PROGRAMME

TERM 1

- 13-Jan-11** **Cathy Urwin**
Ways babies communicate and experience parental communications
- 20-Jan-11** **Jean Knox**
The co-construction of a self in parent-infant and therapist-patient relationships – an affective neuroscience perspective
- 27-Jan-11** **Maggie Turp**
A sense of skin: the baby's early attempts to establish a workable boundary between self and others
- 3-Feb-11** **Judith Woodhead**
Embodied and disembodied states: unconscious communication within relational parent-infant-therapist matrices
- 17-Feb-11** **Amanda Jones**
Infantile sexuality: how the communicative intercourse between parents arouses bodily felt emotions as a baby observes parental faces, mouths and eyes interacting
- 10-Mar-11** **Judith Edwards**
Love, hate and potency: the impact of early care on the baby's developing sense of self and later life patterns
- 17-Mar-11** **Joanna Tucker**
An exploration of the parents' role in the baby's developing sense of self, agency, and autonomy
- 24-Mar-11** **Amanda Jones**
The importance of infancy and how it can reverberate throughout the lifespan

TERM II

- 5-May-11** **Amanda Jones**
The co-construction of defensive processes: the fine line between helpful self preservative capacities and the destructive severance of potential emotional intimacy
- 12-May-11** **Amanda Jones**
Rejection versus acceptance of a baby's primitive love and need for both parent and baby: an existential tension
- 19-May-11** **Phil Mollon**
Infantile shame and later manifestations of the crushed babyself, revived when an adult becomes a parent and/or a patient in psychotherapy

- 9-Jun-11** **Janine Sternberg**
The ongoing influence of the past on current relationships
- 16-Jun-11** **Graham Music**
The capacity for ongoing rupture and repair and its relation to resilience
- 23-Jun-11** **Speaker to be confirmed**
The bereaved baby: disruption of core unconscious internal working models and the importance of attachment
- 30-Jun-11** **Tessa Baradon**
Relational trauma - embodied and representational 'ghosts'
- 7-Jul-11** **Joan Raphael-Leff**
Difficulties managing difference: parental reflective function and unconscious 'contagious arousal'

TERM III

- 22-Sep-11** **Cathy Urwin**
The baby-self in the adult psychotherapy patient: a psychodynamic understanding of time
- 29-Sep-11** **Em Farrell**
Enduring emptiness: affect regulation, infantile need and the adult's relationship to food
- 6-Oct-11** **Chris Clulow**
Couple relationships: the parental couple in the infant and the infant in the parental couple
- 13-Oct-11** **Estela Welldon**
Messing up babies: The start of "personality disorder"
- 3-Nov-11** **Frances Salo**
'No entry ...' - when closeness is dangerous in intimate relationships
- 10-Nov-11** **Carine Minne**
Infanticide or matricide? Shifting identifications with the disturbed grandmother and baby
- 17-Nov-11** **Sheila Ritchie**
Who is mirroring whom? Mirroring processes in a group where mothers and babies are equal contributors
- 24-Nov-11** **Amanda Jones**
Working through perinatal breakdown: what we've learnt through this series of presentations so that we can help parents and babies in the future

Tessa Baradon

Tessa Baradon came from the field of Public Health to child psychoanalysis and psychotherapy. She has worked in the public and private sectors and has been responsible for the planning and provision of services for parents and infants in the National Health Service and The Anna Freud Centre where she developed and manages the Parent Infant Project. She is a practicing child therapist and supervisor and writes and lectures on child psychoanalysis and parent infant psychotherapy. She is Member of the Association of Child Psychotherapists and the Association of Child Psychoanalysis.

Dr Chris Clulow

Christopher Clulow is a Senior Fellow of the Tavistock Centre for Couple Relationships, London, where he practices as a visiting lecturer and researcher. His recent work for TCCR includes leading the project to develop couple therapy competences for treating depression within the IAPT framework, and consulting to/evaluating the development of services within a mental health organisation that included treating post-natal depression through relationship counselling. He has published extensively on marriage, partnerships, parenthood and couple psychotherapy, most recently from an attachment perspective. His most recent publications include *Sex, Attachment and Couple Psychotherapy: Psychoanalytic Perspectives*, Karnac Books, 2009, and two booklets written for practitioners by the TCCR with support from the Parenting Fund, *Becoming Parents Together*, and *How Attachment Shapes Family Relationships* (TCCR, 2009).

Dr Judith Edwards

Dr Judith Edwards is a consultant child and adolescent psychotherapist teaching and supervising on various courses at the Tavistock Clinic, where she is also course tutor for the MA in Psychoanalytic Studies. Apart from publishing papers in academic journals internationally, she has contributed to many books including most recently *The Emotional Experience of Adoption* (Hindle and Shulman, Routledge, 2008) and *Acquainted with the Night: Psychoanalysis and the Poetic Imagination* (Canham and Satyamurti, Karnac, 2003).

Em Farrell

Em Farrell is a UKCP registered psychotherapist. She founded the Elizabeth Gentle Centre for Eating Disorders in 1989 and is currently working on applying intensive short term dynamic psychotherapy theory and practice to working with morbidly obese and anorectic individuals. She works in private practice in London W1 and N7.

Dr Amanda Jones

Amanda Jones, PhD is a systemic family therapist with a special interest in the perinatal period. She is head of North East London NHS Foundation Trust's Perinatal Parent Infant Mental Health Service and Honorary Associate Professor of Warwick Medical School. Her doctoral research at the Tavistock Centre and UEL explored how a psychoanalytic and systemically sensitive parent-infant treatment could influence the impact of disturbed pathological projective processes in mother-infant relationships, freeing the baby from ghostly influences from the past. In collaboration with the Anna Freud Centre, Amanda was the therapist in Channel 4's award winning documentaries *Help me Love My Baby*, programmes that brought the importance of her research findings to the lay public in an ordinary digestible way.

Dr Jean Knox

Dr Jean Knox is a psychiatrist and Jungian analyst in private practice in Oxford. She is a Training Analyst of the Society of Analytical Psychology, a Senior Member of the British Association of Psychotherapists, Consultant Editor of the Journal of Analytical Psychology and Honorary Senior Lecturer at the University of Kent. She has written and taught extensively on the relevance of attachment theory and developmental neuroscience to Jungian theory and practice. Her book *Archetype, Attachment, Analysis: Jungian Psychology and the Emergent Mind* was published by Brunner- Routledge in 2003

Dr Carine Minne

Dr Carine Minne is Consultant Psychiatrist in Forensic Psychotherapy at Broadmoor Hospital, West London Mental Health NHS Trust and the Portman Clinic, Tavistock & Portman NHS Foundation Trust. She is also a psychoanalyst with the British Psychoanalytical Society. She is the Training Programme Director for the North West London Specialist Registrar forensic psychotherapy training. She chairs the Royal College of Psychiatrists Special Interest Group in Forensic Psychotherapy. One of her particular interests is in providing long-term continuity of psychotherapy to patients across the different levels of security they pass through and continuing when they are back in the living in the community.

Dr Phil Mollon

Phil Mollon, PhD is a psychoanalyst and member of the British Psychoanalytical Society. He also trained in psychotherapy at the Tavistock Clinic, and his original profession is clinical psychology. His PhD was a study of shame and disturbances in the sense of self. He has since written extensively on shame, trauma, and the psychology of the self. Amongst his ten books are included *The Fragile Self* [Whurr 1993], *Releasing the Self: the Healing Legacy of Heinz Kohut* [Whurr 2001], and *Shame and Jealousy* [Karnac 2002]. Dr Mollon has worked in the National Health Service for over 30 years.

Graham Music

Graham Music is an adult psychotherapist in private practice and Consultant Child Psychotherapist at the Tavistock Clinic, where his clinical work is mainly with the aftermath of neglect and abuse. He leads on child development research teaching there, as well as teaching and supervising on many other courses there and elsewhere in Britain and abroad. He is author of *Nurturing Natures* (2010) and *Affect and Emotion* (2001) and has also published particularly on the interface between developmental research and clinical practice.

Professor Joan Raphael-Leff

Professor Joan Raphael-Leff, Psychoanalyst (Fellow, British Psychoanalytical Society) and Social Psychologist, is Leader of the UCL/Anna Freud Centre Academic Faculty for Psychoanalytic Research. Previously Head of UCL's MSc in Psychoanalytic Developmental Psychology, and Professor of Psychoanalysis at the Centre for Psychoanalytic Studies, University of Essex, she specialises in reproductive and parenting issues (8 books and 100 single-author publications in this field). She is a consultant to perinatal projects in many different countries.

Sheila Ritchie

Sheila Ritchie offers parent-infant psychotherapy at NELFT Perinatal PIMHS Service where she conducts a "Getting To Know You Group" where babies are equal members with their mothers and pregnant women. As a psychoanalytic psychotherapist and consultant group analyst she also works in the NHS and voluntary organisations. She was a therapist at the Women's Therapy Centre for many years where she developed a particular interest in motherhood.

Professor Frances Salo

Professor Frances Thomson Salo is an adult and child psychoanalyst, an Associate researcher for the Murdoch Children's Research Institute and is on the teaching faculty for University of Melbourne Graduate Diploma/Masters in Infant and Parent Mental Health. She has published in the fields of child psychotherapy and infant mental health.

Dr Janine Sternberg

Janine Sternberg is a Consultant Child and Adolescent Psychotherapist at the Portman Clinic, Tavistock and Portman NHS Trust. She trained originally as a child psychotherapist at the Tavistock Clinic and subsequently as an adult psychotherapist at the BAP. She is the author of *Infant Observation at the Heart of Training* (Karnac 2005).

Joanna Tucker

Joanna Tucker became passionate about the value of early intervention whilst a social worker in the field of child abuse. She has been involved with OXPIP (The Oxford Parent-Infant Project) since 1999 as a psychotherapist, trainer, and currently Clinical Director. She has taught infant observation for 10 years.

Dr Maggie Turp

Maggie Turp, PhD, is a Psychoanalytic Psychotherapist and Supervisor in private practice and a Chartered Psychologist. Her academic career has included lectureships at the University of Reading and at Birkbeck College, London, where she led infant observation seminars. She continues to offer private supervision of infant observations. She also runs training workshops for counsellors and psychotherapists, exploring some of the ways in which distress and disturbance find expression in psychological and physical domains of experience. Maggie is a member of the Editorial Boards of the journals 'Psychodynamic Practice' and 'Infant Observation' Her publications include journal papers and two books, *Psychosomatic Health: the body and the word* (2001 Palgrave) and *Hidden Self-Harm: narratives from psychotherapy* (2003 Jessica Kingsley). She welcomes correspondence at maggieturp@googlemail.com

Dr Cathy Urwin

Dr Cathy Urwin is a Child and Adult Psychotherapist working in the National Health Service and in private practice. She has a background in teaching and research in developmental psychology. Current research includes the impact of becoming a parent on identity, babies-in-groups and the impact of children's psychotherapy on their parents.

Dr Estela Welldon

Dr Estela V. Welldon MD DSc (Hon) FRC PSYCH is the Founder and Honorary Elected President for Life of the International Association for Forensic Psychotherapy; Fellow of the Royal College of Psychiatrists; Honorary Doctor in Sciences Oxford Brookes University; Honorary Consultant Psychiatrist in Psychotherapy at Tavistock Portman NHS Clinics. She is a Member of the BAP, the CBP, IGA, AGP, IAGP and Honorary member of the Society of Couple Psychoanalytic Psychotherapists, Tavistock Clinic. She works privately as a psychoanalytical psychotherapist. She is the author of *Mother, Madonna, Whore, the Idealization and Denigration of Motherhood* (1988); *Sadomasochism* (2002) and main editor of *A Practical Guide to Forensic Psychotherapy* (1997).

Dr Judith Woodhead

Dr Judith Woodhead is a consultant parent-infant psychotherapist at the Anna Freud Centre, a BPC registered Jungian analyst working in private practice with adults, and past Chair of the Society of Analytical Psychology. Judith teaches, lectures and consults on infancy in the UK and overseas, and has published papers on diverse themes from parent-infant psychotherapy.



BOOKING FORM

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