

ASSOCIATION OF CHILD AND FAMILY DEVELOPMENT AND PSYCHODYNAMIC COUNSELLING ANNUAL SYMPOSIUM 2018

THE SOLIHULL APPROACH: Promoting major positive life changes
for parents, infants, professionals and the community: Information Session

JOINTLY SPONSORED WITH THE ASSOCIATION OF GRADUATES IN EARLY CHILDHOOD STUDIES (ACECS)

Wednesday 8th August, 1.00 – 5.00pm

The University of Melbourne Hawthorn Campus, 442 Auburn Road Hawthorn Vic. 3122 (Melways 59 E2)

KEYNOTE SPEAKER: HELEN STEVENS

The Solihull Approach developed in the UK is an exciting, visionary and well established and researched model to support the quality of service provision for emotional health and well being in the early years and beyond. Since its inception in the 1990's, the Solihull Approach developed by Dr. Hazel Douglas MBE, child psychotherapist and clinical psychologist, has evolved to offer a comprehensive theoretical and practical model and resources for practitioners and parents. Initially focused on infant-parent relational wellbeing the model has been shown to be applicable across the life span. It is used by clinicians concerned

with trauma, through to schools as well as corporate workplaces to promote emotional wellbeing. Currently in the UK it has become the common 'language' of mental health practitioners, psychotherapists, maternal and child health nurses as well as of large scale implementation projects such as the 'Sure Start' Programme. It has also been applied to major public services such as the police and fire services.

The Solihull Approach works through strengthening relationships, communication and on facilitating behaviour change. It is underpinned by three fundamental concepts: Bion's idea of containment,

Brazelton's model of reciprocity, together with elements of behaviour management and change. The approach highlights the central tasks of the parenting role to facilitate secure attachment and emphasises shared learning and the inclusion

of fathers. The evidence-based 'cascadable' Solihull Approach trainings throughout the UK and internationally now in Australia, provide practitioners with practical ways of integrating this approach into their everyday lives and practice.

HELEN STEVENS

Helen Stevens is a maternal and child health nurse and qualified infant mental health specialist. Helen has been trained in the UK Solihull Approach to provide this training in Australia. Helen has worked with families and professionals for over twenty years, specialising in infant-parent dysregulation. She brings together recognised frameworks from attachment to relational theories, neuro-science and psychodynamic findings in an accessible manner for both parents and professionals. Helen's focus through her lecturing and writing is on the primary consideration of the infant's experience. She is a published researcher and author and runs extensive two and three-day training programmes on the Solihull Approach for a wide range of professionals concerned with perinatal and infant parent mental health.

REGISTRATION FOR ANNUAL CONFERENCE 2018

Name _____

Address _____

_____ Post Code _____

Telephone _____ Email _____

Cost: **Non-members \$220.00 Association Members \$190.00**

- I am a paid up member of the Association and enclose a cheque for \$190.00.
- I am not a member of the Association and enclose a cheque for \$220.00.
- I would like to take out membership of \$45.00 with my registration and enclose a cheque for both registration and membership for \$235.00. **(This enables you to receive the discounted registration fee)**

This conference May be Claimed for Professional Development Points

Please Make Cheque Payable to Association of Child and Family Development and send with application form to P.O. Box 14600 Middle Camberwell, 3124