



## AIMH (UK) National Conference 2017 - Programme

### ‘Working effectively with fathers during the perinatal period’

**Date:** Friday 29<sup>th</sup> September 2017

**Time:** 09:00 - 16.30

**Venue:** Hallam Conference Centre, 44 Hallam Street, London W1W 6JJ

<http://www.cavendishvenues.co.uk/marylebone-euston-conference-venues/location/>

**Keynote Speaker:** Paul Ramchandani - Professor of Child and Adolescent Mental Health, Imperial College, London

#### **Delegate Rates:**

AIMH Members: £85.00

Non-Members: £110.00

Student Members: £70.00 (restricted to 15 seats)

Exhibition Stands: £170.00 (includes one free conference seat)

#### **Conference Overview:**

Recent research shows that fathers are now as important to the mental health of babies as mothers. For example, the prevalence of depression and anxiety in fathers during the postnatal period, whilst lower than mothers, is still significant and children of fathers experiencing these problems face an increased risk of adverse emotional and behavioural outcomes, independent of maternal mental health. Perhaps, most importantly, fathers can protect children from the consequences of maternal mental health problems.

This one-day conference will provide an opportunity to both listen to and observe practitioners working with fathers experiencing a range of difficulties, with the aim of promoting the mental health of the baby.

#### **Benefits of Attending:**

- Learn about the importance of fathers for infant mental health
- Hear about some of the key group-based and individual methods of working with fathers in the perinatal period
- Watch videos of practitioners working with fathers and be inspired by examples of best practice
- Learn how to promote the father-infant interaction using video feedback
- Learn how to overcome the barriers that prevent fathers from taking part in interventions during this important time
- Meet other professionals from NHS, local Authorities, voluntary and community services, working with fathers during the postnatal period
- Gain the maximum number of 6 CPD points

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**PROGRAMME:**

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**09:00** *Registration and Breakfast*

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**09:30** Welcome and Introduction - Professor Jane Barlow - President AIMH (UK)

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**09:45** Key Note: 'The impact of fathers on children's development: The underpinning science' - Professor Paul Ramchandani, Imperial College, London

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**10:30** 'SMS4dads: Connecting fathers to their infants and partners through texts' – Richard Fletcher, Associate Professor, Faculty of Health and Medicine, University of Newcastle, NSW

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**11:00** *Coffee*

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**11:30** 'There is no such thing as a father' - Dr Sebastian Kraemer, Honorary Consultant, Tavistock Clinic, London

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**12:00** Practitioner Perspectives 1: 'How video interaction guidance (VIG) works for fathers of young children' - Hilary Kennedy AVIGUK and Kevin Ball NELFT Perinatal Parent Infant Mental Health Service

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**13:00** *Lunch and Poster viewing*

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**14:00** Practitioner Perspectives 2: 'Mellow Dads: Promoting father-child relationships using an attachment based parenting programme' - Raquib Ibrahim, Mellow Parenting, Scotland

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**15:00** Practitioner Perspectives 3: 'Parent-infant psychotherapy against the odds: How a neglected and abused dad's motivation to be with his baby was the catalyst for change' - Joanna Tucker, OXPIP (Oxford Parent Infant Project)

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**16:00** *Tea* and Presentation of Dilys Daws Founders Award and Louise Emanuel Infant Mental Health Award

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**16:30** *Close*

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**Abstracts:****Paul Ramchandani, Professor of Child and Adolescent Mental Health, Imperial College, London:**

In this presentation Professor Ramchandani will be reviewing some of the more recent research about fathers' influences on children's early lives. This is a research and clinical field, which is developing, but is still relatively on the side-lines when considering infant mental health. Paul will draw on two studies of early parent-infant interaction to think about where, and how, we might best intervene to promote infant and early child mental health.

**Richard Fletcher, Associate Professor, Faculty of Health and Medicine, The University of Newcastle, New South Wales:**

Fathers whose partners are pregnant or whose infant is less than 3 months old can enrol in a free SMS4dads service delivering 3 texts per week to their mobile phone. The messages with tips, information and links to other services help fathers understand and connect with their baby, support their partner, and monitor their wellbeing. The texts are keyed to the developmental stage of the baby (texts run from week 12 of the pregnancy until 48 weeks post birth). Many texts use the 'voice' of the baby, for example, 'Talk to me about anything dad. Your words will help my brain development' others suggest actions 'Find ways to tell your partner she is doing an amazing job. This could be really important to her'. Every three weeks fathers receive a 'How's it going?' interactive text. Dads can reply with *Awesome* or *Cool* or *OK* or *Shaky* or *Bad*. 'Bad' responses escalate to receive a telephone call from a national perinatal mental health help line. This presentation will describe the results from the feasibility study, progress with the RCT and developments with SMS4dads for partners of mothers with severe mental illness.

**Sebastian Kraemer, Honorary Consultant, Tavistock Clinic, London:**

Neither evolution nor history favoured father's early involvement in the care of his child, yet both are rewarded if he can be there from the beginning. I tell an illustrated story of the various obstacles in his way. "There is no such thing as a father without the mother's relationship to the father."

**Hilary Kennedy and Kevin Ball** - Video Interaction Guidance has proved an accessible, effective intervention for fathers of young babies. Hilary will introduce and develop VIG through the experience of fathers, drawing on practice and research evidence. Kevin will illustrate the power of VIG to establish a father as the main carer for his young infant while supporting his partner to be involved with their infant to the best of her ability. They will conclude with their ideas as to why VIG is such an acceptable and effective intervention with fathers.

**Raquib Ibrahim, Evaluation & Research Officer - Mellow Parenting:**

This presentation will take us on a journey of Mellow Dads, an attachment-based early intervention parenting programme offered to fathers with complex and additional social care needs during the postnatal period. The programme is designed to help fathers gain a deeper understanding of their own life experiences and their child's development in order to help promote positive father-child relationship. During the presentation the theoretical underpinnings and implementation of the programme will be shared as well as findings from evaluations across Scotland. The presentation will also discuss some of the successes and challenges when working with fathers in a group-based intervention.

**Joanne Tucker, Parent-Infant Psychotherapist, Clinical Director OXPIP:**

The therapeutic work I will describe raises the question of how we gauge what is 'good enough' in relationships between parents and their infants. I will outline how a dad's desire to live with his partner and infant son was what kept him engaged in parent-infant psychotherapy, and willing to return after ruptures in the relationship between him and the two therapists working with him and his family.

At the start of the work, my co-therapist and I doubted whether sufficient change would be possible in the 6 months available before the Court hearing. However, dad did make some shift from identifying with the aggressors of his childhood to being more able to identify with his infant son's vulnerability. His willingness to acknowledge the link between his misuse of alcohol and subsequent violence contributed to the process of change. There was some improvement in his reflective capacity, his ability to self-regulate, and to interact playfully with his son. I will show video clips to illustrate the process of change in this family over the 6 months of the therapy.

**This Conference will be of particular interest to:**

NHS Practitioners/Clinical Commissioning Groups/Academics/Acute and Community Mental Health Services/Health and Wellbeing Professionals/Midwives/Social Workers/Nurses/Psychiatrists and Psychologists

**Delegate Rates:**

AIMH Members: £85.00

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**To Buy Tickets Online**

Visit [www.aimh.org.uk/store.php](http://www.aimh.org.uk/store.php) (existing AIMH Members please log in first to receive your Member Rate)

**Application Form and Expressions of Interest**

Email [info@aimh.org.uk](mailto:info@aimh.org.uk)

**We hope you will be able to join us for this important, informative event.**

## **AIMH (UK) CONFERENCE - TERMS AND CONDITIONS**

### **Payments**

All bookings made prior to the conference must be paid in full to guarantee registration. Email confirmation will be sent.

### **Substitutions & Cancellations**

Delegates may nominate an alternative person from their organisation to attend up to 24 hours prior to the start of the event, at no extra charge. Should substitution not be possible, cancellation charges apply as follows:

6 weeks or more prior to start of the event: 10% of the delegate fee

4 to 6 weeks prior to start of event: 50% of the delegate fee

4 weeks or less prior to start of event: 100% of the delegate fee

All substitutions and cancellations must be received by email to [info@aimh.org.uk](mailto:info@aimh.org.uk)

### **Alterations to Programme - Cancellation/Postponement of Event**

AIMH (UK) reserve the right to make alterations to the conference programme and timings. In the unlikely event of the programme being cancelled by AIMH (UK), a full refund will be made. Liability will be limited to the amount of the fee paid by the delegate. In the event of it being found necessary, for whatever reason, that the conference is being postponed, or the dates being changed, the organisers shall not be liable for any expenditure, damage or loss incurred by the delegates

### **Speakers**

Views expressed by speakers are their own. AIMH (UK) cannot accept liability for advice given, or views expressed, by any speaker at the conference or in any material provided to delegates.

### **Photography & Filming**

There may be professional photography/video production taking place during the conference. Delegates who do not wish to be filmed or recorded should approach the organisers at the beginning of the conference

### **Websites & Links**

The conference and associated websites may link to other websites and networking tools provided for the convenience of the users. The contents of these websites are maintained by their owners, for which AIMH (UK) takes no responsibility. Neither can responsibility be taken for contents of any website linking to this website.

### **Insurance**

It is the responsibility of the delegate to arrange appropriate insurance cover in connection with their attendance at the conference. AIMH (UK) cannot be held liable for any loss, liability or damage to personal property.