

Parent-Infant Psychotherapy Program

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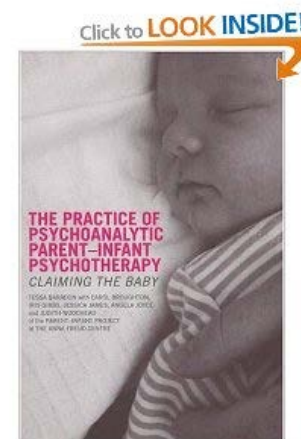
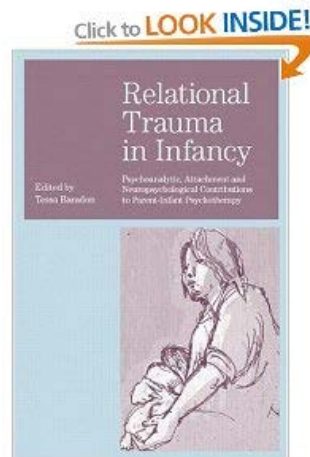
Marie Curie Exchange Program International Network for Early Childhood Health
Development (INECHD)
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Theoretical and Clinical Background

- Winnicott, D.W.
- Bowlby, J. and attachment theory
- Stern, D. and self development
- Research into infants' capacities (70s) and research into brain development (90s)
- Ghost in the Nursery (Fraiberg. S et. al., 1975)
- Angels in the Nursery (Lieberman, A. et. al., 2005)

Clinical Model

- Based on the model used at Parent-Infant Project (PIP), Anna Freud Centre (London, UK) and the work of Dr. Amanda Jones at Waltham Forest parent-infant mental health service (NHS, London, UK)



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VISION

To promote the emotional well-being of infants between 0 and 2 who belong to the public health system in the central area of Santiago and can benefit from outpatient services from the Psychology Clinic of Universidad Alberto Hurtado. The focus will be specially on cases where the early bonding between baby and mother or between baby and father has been affected given the characteristics of the baby, of the parents, of the relationship between them or because of the specific environmental circumstances of the infants' gestation, birth and early development.

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MISSION

Provide psychological services in early attachment relationships, so that in a one year period (March 2011-March 2012) the Psychology Clinic of Universidad Alberto Hurtado can count with specialized services that give high quality mental health care to infants between 0 and 2 and to their parents.

In the medium term (March 2012), the objective is to provide educational services, (teaching and research) and expanding to complementary services, for example support to health teams, childcare institutions, etc. In this second phase, we will evaluate the possibility of signing agreements with other public or private institutions.

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OBJETIVES

- 1) To provide mental health care to infants (0-2 years old) and their families, in those cases where difficulties have been detected that fulfill the diagnostic criteria of the Diagnostic Classification 0-3 (DC:0-3R; 2005).
- 2) To attain that the parent-infant psychotherapy program provided in the Psychology Clinic of the Universidad Alberto Hurtado, becomes a reference center in issues related with early emotional development of babies and their families, for health teams that work in the public health system of the central area of Santiago

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OBJETIVES

- 3) To offer complementary services as expert external consultation that suit the needs of this specific clinical group and the needs of the health teams working with this group.
- 4) To promote early interventions and have more qualified professionals in the field (training aim)
- 5) To increase the scientific knowledge in the field of early intervention and parent-infant psychotherapy and contribute to the development of the field in Chile through an evidence based practice model.

CLINICAL POPULATION

- Pregnant women, fathers-to-be, mothers and fathers with children between 0 and 2 that have shown difficulties to establish a close attachment relationship with their babies or feel insecure about their capacity to take care of them properly.

INCLUSION CRITERIA

- Pregnant women, fathers-to-be, mothers and fathers with:
 - Few psychosocial support networks
 - Anxiety symptoms in relation to the care of their children
 - Depression symptoms during pregnancy and post-natal period
 - A background of relevant losses during pregnancy and/or in their life history
 - A history of early traumas.
 - Attachment difficulties with other children.
- Babies with:
 - Health problems of the baby (i.e. premature childbirth)
 - Babies that are extremely irritable or difficult to calm down, extremely calm or with little or no interest in their environment, extremely active, that don't eat well or don't grow as expected (without medical reasons that explain it), with severe sleep problems, with severe difficulties to separate.

EXCLUSION CRITERIA

- Psychotic disorder
 - Problematic consumption of drugs and alcohol
 - Severe learning difficulties
 - Judicialization because of domestic violence (cases with open court situation)
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- All the referred cases will be analyzed previously by the team and referrals will be discussed to ensure an optimal attention.

TO DATE

- One-and-a-half-year of functioning (march 2011-june 2012)
 - 3 part-time parent-infant psychotherapists
 - All sessions video-taped
 - 2 institutional agreements for referrals (FADOP y JUNJI)
 - Training program for child care support workers (JUNJI / Fund. CPMC)
 - Development of parent-infant workshops (Fund. CPMC)
 - Training of undergraduate and postgraduate students of psychology
 - International seminar of infant mental health (FADOP)

FUTURE CHALLENGES

- Become part of the Marie Curie Exchange Program
- Build a set of instruments to measure pre, post and process measures (research)
- Increase team members and increase number of patients
- Increase number of agreements with public institutions
- Deliver training and consultation to health service providers

Case Study: Julia y Matías



"My son is a symptom, is not that I don't defend the option of being a single mother, but in my specific case it was the reflect of my grandiosity, that I thought that I could do everything on my own, I felt 'wonder woman', and now I feel I can not do it on my own"

(Julia, 35 years old)

- Motherhood provides a specific psychic disposition that can be transformed into an opportunity of deep restructuration of personality. For Julia motherhood has meant the possibility to elaborate conflicts not solved from her past given her the chance of feel vulnerable again. This process, although very painful, has enable her to be sensitive and responsive to his child's needs and interrupt an intergenerational cycle of unavailable caregivers.