



## Mother-Baby Nurture Group Facilitator 3-Day Training

Mother-Baby Nurture is a 10-week targeted group intervention, for infants and their mothers experiencing relational or emotional distress. It is a unique therapeutic group program that aims to build parent's reflective capacity and sensitivity to their baby, thereby strengthening the parent-infant relationship, minimising the risk of harm to the developing child. This relationship-focussed intervention shares common ground with infant-parent psychotherapy and mentalization based treatment. The theories that are foundational to the program are informed by infant development and attachment theory, and the growing body of knowledge on the determinants of intergenerational transmission of trauma and attachment patterns. Two university-based research evaluations have demonstrated positive outcomes in terms of reducing maternal distress (anxiety and depression symptoms) and increasing the mother's reflective capacity, positive feelings towards her infant and parenting confidence.

**Invitation** extended to clinicians that engage mothers and infants (0-6 months) that have an interest and capacity to deliver MBN (under supervision) within their own service setting. Places limited.

### **Dates**

Thursday 21<sup>st</sup> March, Friday 22<sup>nd</sup> March and Friday May 3<sup>rd</sup> 2024  
8.30am – 4.00pm

### **Venue**

35 Clifton Crescent, Mt Lawley

*Morning tea, lunch and afternoon tea provided.*

**Total cost to participant/organisation** \$1,500.00 (plus GST) per person

Places strictly limited - with priority given  
to those with capacity for program delivery

Please email your expression of interest to Sharon Cooke  
sharon@motherbabynurture.com • 0403 761 870  
[www.motherbabynurture.com](http://www.motherbabynurture.com)

## Learning Objectives

This training is designed to be both educative and experiential. Participants will be engaged in reflective processes, with careful attention placed on the content and pace of each session to give room for deeper learning. Critical to the role of the MBN Facilitator, participants will be invited to reflect on the range of personal and interpersonal processes (observations, thoughts, feelings, experiences) that are elicited by the material. By the end of the training, participants will have had opportunity to consider the MBN group processes from the perspective of the facilitator, the mother and the infant. Day 3 will provide opportunity to reflect on current groups that are in progress.

Information will be provided on the:

- evidence and theory informing practice and mechanisms of change
- intergenerational transmission of trauma & attachment security
- psychological processes of becoming a mother
- relational needs of the infant and how these shape the developmental trajectory
- role of the facilitators during the beginning, middle and end phase of the group
- role of reflective dialogue in the group, reflective supervision and note-taking

## MBN Training Facilitators

**Caroline Winchester** has trained as a Clinical Psychologist here in WA after completing her undergraduate studies in her first home - the UK in 1991. She has had many years of experience working with adults across the lifespan presenting to both community and government mental health settings with a range of difficulties in living that commonly have their roots in early relational struggles. Her interest in perinatal MH has been borne from an appreciation of the developmental significance of the early years along with a keen passion in supporting both infants and their caregivers find their way together. Caroline's enthusiasm and appetite for psychoanalytic thinking precipitated her decision to complete her infant observation training in 2016 and more recently immerse herself in the Australian Psychoanalytic Psychotherapy Association of WA, with whom she has been a training candidate since 2019. Caroline's appreciation of the powerful conscious and unconscious processes that shape our lives has well and truly been nurtured over the years. She now appreciates (maybe a bit like parenthood), this is a rich learning journey that hopefully has no definitive end. Caroline currently spends her working life shared between the public service at FSH Mother Baby Unit and her private practice in South Fremantle.



**Sharon Cooke** works in a not-for profit perinatal infant mental health service, providing parent-infant therapy to families from pregnancy to four years. Her work also includes parent/professional group training, professional reflective groups/retreats and reflective supervision. Sharon was the lead researcher in two preliminary studies evaluating the impact of MBN on the mother-infant dyad and has been instrumental in growing MBN, which is now offered in three rural and 10 metropolitan sites in Western Australia.

Diploma of Parent-Infant Therapy OXPIP UK  
Master of Perinatal and Infant Mental Health  
B.Sc (Nursing) Post Grad (Midwifery, Child & Community Health)  
Diploma Professional Coaching, GAICD  
Registered provider Circle of Security, Courage & Renewal

