



## The Ububele Educational and Psychotherapy Trust

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Registered Trust (IT4688/00)

Non-profit Organisation (010-472NPO); Public Benefit Organisation (930002474)



Winner of the  
Inyathelo Award for  
Community Philanthropy  
2007



Affiliate of the World  
Association of Infant  
Mental Health

## Ububele invites you to attend: An Introduction to Parent – Infant Psychotherapy



*An Introduction to Parent-Infant Psychotherapy* is a once-a-week, 8-week training course that provides mental health professionals with an introduction to working with mothers, fathers and their infants. It examines the parent-infant relationship, attachment theory and infant development. Parent-Infant Psychotherapy is a new field, which works in the relationship between mother (or caregiver) and infant. The course includes learning to observe interactions between mother and infant. It explores the earliest precursors of disordered attachment and provides an introduction to the process of intervention.

The unique mother-infant intervention “The Baby Mat Project” will be introduced as a community-based intervention tool. The course is presented by Katharine Frost – Head of the Ububele Umdlezane Parent-Infant Project and Nicki Dawson – Counselling Psychologist and Baby Mat Practitioner.

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***Training through Service, Service through Training***

### TRUSTEES

Prof. Chabani Manganyi; Mr Tony Hamburger; Mrs Bongzi Dhlomo-Mautloa;  
Mrs Thabsile Levin; Mrs Tshidi Maseko; Ms Hannah Yilma

All donations are tax deductible

**The Introduction to Parent-Infant Psychotherapy course is presented over 8 sessions:**

- Session 1: Beginnings and observing interactions
- Session 2: Infant development and the earliest relationship – Part 1
- Session 3: Infant development and the earliest relationship – Part 2
- Session 4: Stages of development
- Session 5: Precursors of disordered attachment
- Session 6: Process of intervention – Part 1
- Session 7: Process of intervention – Part 2
- Session 8: Process of intervention – Part 3 - Endings

(The course is experiential and includes theory, a group process and parent-infant observations.)

***The course is registered with the HPCSA and on completion you will be awarded 24 CEUs on Level 1.***

There is a limited number of spaces available. Due to a great demand for training of lay people, this will be the only PIP training offered to professionals in 2015. Please email Nicki your completed application form as soon as possible to reserve your place. Registration deadline is 30 November 2014.

- Dates:** 23 January 2015 to 13 March 2015 (8 Friday mornings in total)
- Times:** 9:00–12:30
- Venue:** Ububele, 1 Tenth Road, Kew.  
(100m from the intersection of Corlett Drive & Louis Botha Avenue)
- Parking:** Secure parking available
- Cost:** R4000 (You may make a deposit of R1000 to secure your place, and pay two monthly installments of R1500)

If you have any questions regarding the course please contact Katharine Frost ([kf.ububele@gmail.com](mailto:kf.ububele@gmail.com)) or Nicki Dawson ([nicki.dawson@gmail.com](mailto:nicki.dawson@gmail.com)) or phone (011) 786-5085.

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**An Introduction to Parent-Infant Psychotherapy**  
**Course – January 2015**

**Registration form**

Full Name:.....

PS No: (if applicable) .....

**Contact details:**

Telephone Number (work): .....

Telephone Number (home):.....

Cellphone Number :.....

Email Address :.....

Please tell us a little about your work. Do you work for an organization, or are you in private practice, and what kind of mental health service do you provide?

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Thank you.

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