

# The 2019 Community Education Seminar - Number 3

## Thursday, 4 April 2019

Topic

# EARLY IN LIFE MENTAL HEALTH

*Therapeutic interventions with infants and toddlers and their parents for every day practice.*

**The workshop will be presented by:** Staff from the Child Team

**This workshop will focus on:** The Early Life Mental Health Program (ELMHP), the EH CYMHS under 5s mental health service, will present a workshop aimed at assisting participants work therapeutically with very young children and their families within their own practice. Strategies and therapeutic approaches derived from the field of infant mental health will be presented and explained so they can be used in daily practice. There will be some theoretical discussion however the focus will be on the practicalities of intervening and assisting very young children and their families therapeutically. Interventions at multiple levels including the individual child, the child – parent relationship, parental capacity and broader family systemic levels will be discussed. It is anticipated that following the workshop participants will feel more confident and able to use a range of strategies and therapeutic interventions with in their daily professional roles. The workshop will include presentation of case material highlighting some of the intervention strategies and the background theoretical understanding.

**Target audience:** Designed for health sector workers, teachers, etc

**Time:** 9.30am to 12.30pm

**Cost:** \$80.00 plus GST, (seminar materials, and catered refreshments  
Upon registration, you will be invoiced prior to the event

**Bookings & Registration:** Email to: [communityseminarCYMHS@easternhealth.org.au](mailto:communityseminarCYMHS@easternhealth.org.au)  
or complete the Registration Form and fax to 039870 7973

**Contact:** Marion Bernard Community Engagement Seminars on 9871 7710

**Seminar Location:** Maroondah Federation Estate – Rooms 1&2  
32 Greenwood Avenue Ringwood 3134. Melways Map Ref: 49 H10



All prices and dates quoted are subject to change by CYMHS. Seminar fees are kept as low as possible. Enrolled participants will be notified of any changes to advertised programs when necessary. Participants are not entitled to a refund unless WRITTEN cancellation has been received at least 24 hours prior to the event. The department reserves the right to cancel any scheduled programs when necessary and course fees will be refunded if the course is cancelled. [www.easternhealth.org.au](http://www.easternhealth.org.au)