

## CLINICAL FORUM

### VIA VIDEO LINK

**Saturday, 12 June 2021**

**11am to 1pm**

### **'Seeing is Believing': using video feedback in parent-infant psychotherapy to help shift parents' and babies' negative representations of themselves**

**Speaker: Joanna Tucker**

#### **Synopsis:**

My main hypothesis in this paper is that when parents see something for themselves it can surprise their unconscious, destabilise them, open up the possibility of change and speed it up. We need to find ways of helping parent and baby to connect while the baby is as young as possible, before difficulties in relationships become 'set' and much more difficult to shift. At OXPIP we believe that, for some families, integrating a strength-based video-feedback intervention into psychoanalytic parent-infant psychotherapy can help change parents' representations of themselves, and of their babies, more quickly and effectively than either of these ways of working on their own. In this paper I will explore why that might be. I will use video clips to illustrate how the relationship between a depressed mother and her baby changed over the course of their brief therapy.

#### **About the speaker:**

Joanna became passionate about the value of early intervention whilst a social worker in the field of child abuse. In 1999, a few years after completing her psychoanalytic psychotherapy training, she became involved with OXPIP (The Oxford Parent-Infant Project.) She has had various roles, including Parent-Infant Psychotherapist, Supervisor, Trainer, Infant Observation Seminar leader, Video Interaction Guidance supervisor, and Clinical Director. In October 2019 she largely retired from OXPIP, but continues to enjoy doing some Consultation and Training for them.

Joanna has taught on several therapeutic and academic trainings, and has had a number of articles published about clinical work in the perinatal period.

- Time:** 11.00am - 1.00pm
- Cost:** £30 (Bowlby Centre members and students - free)
- Chair of Clinical Forum:** Tori Settle, member of the Bowlby Centre
- CPD:** 2 hours - (CPD certificate provided)