ABOUT US

Au Milieu *Training*

Milieu is a French word for a social environment or setting: the physical or social environment in which something happens or develops, the cultural climate or atmosphere in which a person lives.

Au Milieu has two goals: to train and equip psychotherapists with the specialist skills needed to work with the delicate infant-parent relationship, and to provide therapy for parents who are struggling to bond with their babies during pregnancy and in the first two years of life.

The name Au Milieu ('in the midst') suggests a warm, safe environment in which the student can learn to hold the baby and mother securely while infant-parent psychotherapy takes place. Not a solitary player, but a gathering: it takes a village to raise a child.

We guide you sensitively as you learn to shine the searchlight of infant-parent psychotherapy into the dark and fearful experiences of traumatised parents, holding mother and baby within a safe, trusting relationship.

Au Milieu
INFANT-PARENT PSYCHOTHERAPY

Enquire *today*

CONTACT The Au Milieu team
EMAIL team@au-milieu.org
PHONE 07764 236676
WEB au-milieu.org

Contact us if you're interested in learning more, or to discuss your specific training needs.

Course details
Scan for modules, fees, dates and how to apply.

SUPPORTED BY THE WINSTON CHURCHILL MEMORIAL TRUST

Au Milieu CIO is a charitable incorporated organisation, registered charity number 1203902.

Au Milieu
INFANT-PARENT PSYCHOTHERAPY

TRAINING · RESEARCH · PRACTICE

Postgraduate Diploma in *Infant-Parent Psychotherapy*

Course leader: Dr Yvonne Osafo DPsych Psych, CF. Supporting infant-parent relationships for the sake of future generations.

WHY TRAIN WITH US

Already a *psychotherapist?*

Curious about working with infant-parent relationships? Up-skill with Au Milieu and specialise as an infant-parent psychotherapist.

In our changing world, we want to challenge ourselves to cross cultural and interdisciplinary thresholds, and so change the lives of future generations.

We acknowledge the achievements of the First 1001 Critical Days all-party manifesto to give every baby the best start in life, and recognise that this needs a workforce trained to work with the delicate infant-parent relationship and to reflect the diverse strengths and needs of our local communities.

Grounded in psychodynamic theory, developmental psychology, neuroscience and an awareness of international perspectives, we invite you to be part of this workforce.

> *"This course has been amazing. It's helped me become more of a therapist in the room."*
>
> Systemic Therapist and Counselling Psychologist, Perinatal IPP Therapist

THE CURRICULUM

Training *includes*

A training curriculum for the next generation of professionals that brings together best practice from around the world: tried and tested, research-informed, integrated infant mental health practice.

- Infant-parent observations and clinical observations
- Clinical supervision and culturally informed reflective practice
- Seminars on infant development and the theory central to infant-parent psychotherapy
- Supervised observations in specialist care settings (neonatal and mother and baby psychiatric units)
- Practical issues affecting infant-parent work in the local community
- Working within a multidisciplinary framework

We believe it still takes a village to raise a baby.

AT A GLANCE

The *Diploma*

2 years
specialist postgraduate training

5
modules

200 hrs
supervised clinical practice

70+ hrs
infant observation

For psychotherapists, midwives, perinatal teams and other professionals, particularly in the NHS, who work with parents and babies.

We also run **CPD seminars** with leading clinicians, each worth 2.5 CPD points.

Clinical practice: 200 hours for psychodynamic therapists. Other professionals need more, depending on their existing qualifications.

Fees, dates and how to apply: au-milieu.org/diploma