



Description and referral process

Description

- Mother-Baby Nurture group is a 10-week support group for 5-7 mothers and their 0-6 month (pre-crawling) infants hosted by a Peer and Senior Facilitator.
- In a safe and welcoming environment we invite participants to gently explore their thoughts and feelings towards their new role and relationships.
- We include the infant in the session, observing how they engage with their environment and reflecting on what the infant may be thinking or feeling.
- Our practice is informed by psychoanalytic parent-infant psychotherapy and mentalization-based treatment. It has similarities to Watch-Wait & Wonder and Circle of Security interventions; however, it is delivered within an experiential and containing closed group.

Outcomes

The group aims to promote infant mental health by

- Strengthening maternal sensitivity and attunement.
- Reducing symptoms of maternal distress, anxiety and depression
- Increasing parent confidence
- Lessening sense of isolation.

Please refer Mothers

- Struggling with the transition to parenting (not exclusive to first-time mothers)
- Expressing relational or developmental difficulties with baby
- That may have a history of pregnancy/birth trauma, loss, family of origin/relationship difficulties
- That may have elevated symptoms of depression or anxiety

Mother-Baby Nurture is a support group, which is not intended to replace psychological, psychiatric or medical advice or services.

Cost No cost – the service is funded by Anglicare and Mental Health Commission WA

How to Refer:

- Please encourage the Mother to make initial contact and register her interest:
 - No medical referral is required.
 - One to two weeks before start date, the Senior facilitator will conduct a phone interview to assess suitability and prioritise those with greatest need.
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Contact Details:

Busselton: contact South West Counselling

122 Adelaide Street, Busselton WA 6280

Phone: [08 9754 2052](tel:0897542052)

Fax: 08 9754 7000

Email: admin@swcounselling.org.au

Bunbury: contact South West Women's Health and Information Centre

19 Fielder Street, Bunbury WA 6230

Phone: [08 9791 3350](tel:0897913350)

Fax: 08 9791 1810

Email: admin@swwhic.com.au
