



Alarm Distress Baby Scale 3-hour Workshop

TUES 23RD APRIL | 9.30AM - 12.30 PM

AiMH UK is delighted to welcome back **Alexandre Deprez** for a 3-hour workshop on the modified version of the **Alarm Distress Baby Scale (M-ADBB)**. This workshop builds on the inspiring 1-hour lunchtime skills box session held last year and caters both for those who missed the session and those seeking to extend their practice in applying the M-ADBB to case material.

WHAT IS THE M-ADBB?

The M-ADBB scale is the shortened and validated version of the Alarm Distress baby Scale (ADBB) which allows for the early detection of babies who are showing relational withdrawal behaviour.

WHAT DOES THIS TRAINING OFFER?

This training, aimed at all health, mental health and childcare professionals, will enable you to quickly detect which babies might be suffering from psychological distress and either refer families for a more in-depth assessment or put in place appropriate support.

Participation in this workshop will equip you to:

- Recognise indicators of psychological distress in infants
- To practice assessing rapidly for emotional withdrawal in infants
- Strengthen your advocacy for the emotional health of babies in your care

This is a fantastic training opportunity. We hope you will be able to join us!

AiMH UK Members £60. Non-members £75

Book your place here



www.aimh.uk



ALARM DISTRESS BABY SCALE 3-HOUR WORKSHOP

TUESDAY 23RD APRIL - FROM 9:30 AM TO 12:30 PM



This extended, 3-hour workshop on the modified Alarm Distress Baby Scale (M-ADBB) will be an opportunity to learn the ways in which babies communicate that they are struggling in their relationship with their carer. It will help you to become more highly skilled in recognising the relational distress of infants, so that you can support parents to be more relationally responsive to their babies, signpost parents for this help or take steps to safeguard their baby where necessary.

This event takes place on **World Infant, Child & Adolescent Mental Health Day 2024**. It is a day that acknowledges that infants can also experience psychological distress. The Alarm Distress Baby Scale was designed by Professor Antoine Guedeney, to assess relational withdrawal and distress in infants between 0 and 24 months. This workshop, on the modified version of the Alarm Distress Baby Scale (the M-ADBB) will provide professionals with a tool for the rapid screening of babies in psychological distress.

The M-ADBB is accessible for all practitioners regardless of their role or the time they have available for training. The workshop will be of benefit to paediatricians, health visitors, perinatal psychiatrists, psychologists, nursery nurses and occupational therapists; parent-infant psychotherapists, children's social workers and anyone whose work, teaching or research touches on the lives of babies.

All attendees will receive a certificate of attendance.



ALEXANDRE DEPRez - BIO

Alexandra Deprez, PhD is a child psychologist, with a master's degree in instructional design and is therefore skilled in creating engaging and impactful learning experiences. Alexandra has research interests in attachment, perinatal psychopathology and infant mental health. She has undertaken extensive research studying the effect of parental visits on babies who have been taken into care. Alexandra collaborates on research with Antoine Guedeney who developed the ADBB. Alexandra has been a certified ADBB trainer for the last 10 years. She is currently creating an online training to provide professionals in the fields of infancy and early years with tools to spot and assess mental distress in very young children, from newborns to two-years old.

<https://adbb-scale.com>

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AIMH UK MEMBERSHIP

THE UK'S LEADING MEMBERSHIP
ORGANISATION FOR ALL INFANT
MENTAL HEALTH PRACTITIONERS,
EARLY YEARS WORKERS, STUDENTS
AND EDUCATORS

SUPPORTING YOUR WORK IN INFANT
MENTAL HEALTH

ABOUT US



Our mission is to promote understanding about infant mental health (IMH) and its importance, and to support the continuing professional development of all practitioners, early years workers, educators and students working to improve outcomes for parents, babies and toddlers.

AiMH UK, which was founded in 1996 and is an affiliate of the World Association for infant mental health (WAIMH), is a not-for-profit organisation and our primary function is to contribute to the raising of standards of IMH practice.

WHAT WE DO

- Raise awareness of the importance of Infant Mental Health for the child's future development
- Bring together practitioners working to promote the well-being of infants and toddlers in local AiMH UK hubs
- Provide CPD training events and conferences, delivered by experts in the field of infant mental health to update professional practice
- Provide practitioners with access to a range of resources that will improve their practice including the AiMH UK Best Practice Guides, the IJPE Journal, recommended IMH Books, articles and research papers.



Cited in the Family Hubs and Start for Life (SfL) Programme Guidance (2022)

THE AIMH UK IMH CPD PROGRAMME

Designed to enable you to map your skills, knowledge and practice experience against the UK national Infant Mental Health Competency Framework (IMHCF), to build your IMH Portfolio, and gain entry to the Infant Mental Health Recognition Register (IMHRR)



AIMH UK MEMBERSHIP



Access to all professional resources on the AiMH UK Member area including the AiMH UK Best Practice Guides and the 'Getting to Know Your Baby' Videos



Access to AiMH UK Skills Box sessions and online events and workshops



Access to the AiMH UK community through Mighty Networks; an App based platform available online and on mobile phones and membership of your local networking hub.



Quarterly copies of the International Journal of Birth and Parenting Education (IJBPE) and access to an archive of past issues (this would normally cost £25)



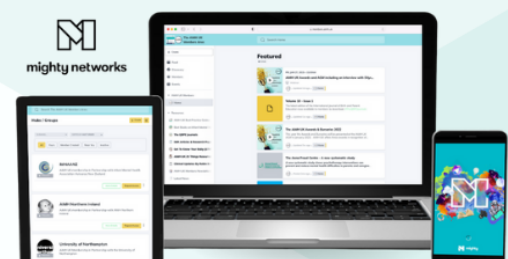
Discounted access to the AiMH UK National Conference, Spring Conference and the AiMH UK IMHAW Conference



Access to the AiMH UK IMH CPD Programme to generate an IMH CPD Portfolio and secure registration on the UK Infant Mental Health Recognition Register (IMHRR) <https://imhcpd.aimh.uk>



Regular email updates on the latest news and research in Infant Mental Health with downloadable articles, and reports. Clinical updates, regular newsletters and best books in IMH



INDIVIDUAL MEMBERSHIP

QUALIFIED PROFESSIONAL

£65

AiMH UK Membership and access to the IMH CPD Programme

EARLY YEARS WORKER

£35

with a Level 2 or Level 3 childcare qualification/Level 3 Diploma for the Children and Young People's Workforce/Level 3 Diploma for the Early Years workforce and the CACHE Diploma for Nursery Nurses

STUDENT

£30

Evidence of your University / College, course, and tutor must be provided to admin@aimh.uk

ORGANISATIONAL / TEAM MEMBERSHIP PACKAGES AVAILABLE

We offer several packages for your team / organisations to join AiMH UK. From a basic membership to a Bespoke IMH CPD package with access to events, support for building your teams IMH Portfolio and access to the IMH Recognition Register upon successful completion of the IMH CPD programme.

all valid for 1 year

FOR FURTHER INFORMATION CONTACT: ADMIN@AIMH.UK



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