

Practice skills to promote infant and parent mental health in the first twelve months of life



Sarah Reiman
Child and Family Partner, SA

Sarah is a 36-year-old mother of an 18-

month-old son. She has been diagnosed with BPD and has struggled with mental health.

Sarah strongly believes that generational abuse has been the cause of many childhood mental struggles and, with her husband Claudius, is committed to not perpetuating this cycle. Sarah and her family have contributed as Child and Family Partners to a range of Emerging Minds' projects including the Practice strategies for infant and toddler assessment e-learning course.



Jessica Grant
Social Worker, NSW

Jessica Grant is an Accredited Social Worker with over 20

years of experience in public health and private practice. The focus of her work has been on supporting families to have the best start in life, to be safe and to heal from disruptions and traumas.

As a social worker and counsellor, her joy comes from deep listening with families in order to understand their unique circumstances and work towards positive change. Jessica has a special interest in working with families during pregnancy and early parenting, believing that this is a great opportunity to make a difference. She is a strong advocate for victim survivors of domestic and family violence, ensuring that the often overlooked voices of infants and children can be heard.

Jessica is excited to share the knowledge she has gained from the multitude of families she has worked with over the years, and to support others to develop their practice of reflection and deep listening with families.



Lauren Keegan
Psychologist,
NSW

Lauren Keegan is a perinatal psychologist with 13 years of experience in perinatal and infant mental health. She worked for more than a decade in a hospital-based parent-infant service in South-West Sydney supporting women with perinatal mental illness.

She works from an attachment-based, psychodynamic framework and has extensive experience in parent-infant therapies such as Circle of Security and Marte Meo. Now in private practice, she provides therapy to perinatal women in the Southern Highlands, NSW, as well as training and supervision in parent-infant therapies for professionals who work with perinatal populations. Lauren is also an accredited Marte Meo trainer.



Facilitator:
Vicki Mansfield
(she/her)

Practice
Development
Officer, NSW

Vicki Mansfield, a Practice Development Officer with Emerging Minds, has over 30 years' experience working with children and families. An accredited Mental Health Social Worker, Vicki has worked in a broad range of clinical roles in homelessness services, child and adolescent mental health, family and domestic violence services, child protection, acute hospital settings and private practice. She particularly enjoys the playfulness and creativity that comes with working with children and is committed to holding a safe space for the child's voice and individual uniqueness to shine.

For the last 10 years Vicki's primary area of focus has been perinatal and infant mental health, by providing clinical services, consultation, and reflective supervision across Australia. Vicki has a strong commitment to developing relationship focussed practice knowledge and skills, with the aim to promote infant mental health. She places great value in supporting parents in the perinatal period and feels this is a time of great transformation which offers many opportunities to make change as parent and child get to know each other. Vicki also works as a sessional academic with The University of Newcastle in their Social Work Faculty specifically areas of mental health, child protection, grief and loss. She particularly relishes in integrating theory into practice.