

Perinatal Mental Health Training Opportunity Video-feedback Intervention to promote Positive Parenting and Sensitive Discipline (VIPP-SD)

What is VIPP-SD?

VIPP-SD is a brief evidence-based intervention, supporting the relationship between a caregiver and their infant. The programme is based on attachment and social learning theories, promoting caregiver sensitivity. The intervention focuses on positive moments, helping caregivers to see the world through the eyes of their child, guiding them to understand their child's communications and emotions. The programme also provides guidance regarding sensitive parenting behaviour and regulating their child's challenging behaviours. This training is being provided to support perinatal mental health teams in delivery of parent-infant interventions and will include specialised content related to the delivery of the intervention within a perinatal mental health context.

What does the training involve?

- **Duration:** 5 days - 22nd, 24th, 29th April, 1st, 8th May 2024, 9.30am-4.30pm (plus Introductory session on 21st Mar at 2-2.45pm)
- **Method:** Online via Zoom. Participants will be taught how to apply VIPP-SD through guided practice and exercises.
- **Training family:** Following the 5-day online course, participants are required to work with a "training family" under supervision. **Participants will need to identify a training family before the course** so they can start with them in early May 2024.
- **Supervision for training family:** In consultation with your supervisor, 6 online supervision meetings will be planned between May-Oct 2024.



Who should my training family be?

You will need to identify a family with a child between 10 mths-6 yrs. Preferably, the family should not have a high level of need, to allow you to get used to the techniques.

Who is this training for?

Practitioners who work in perinatal mental health teams are eligible to apply. No prior experience or qualifications are required but an interest in parent-child interactions and attachment theory is welcome.

If you are interested in this training opportunity, please contact the course administrator at: pedal@educ.cam.ac.uk to express your interest. You will be sent an application form in due course, with a deadline to submit by **25th January at 5pm**. Applicants will be selected on their suitability to the approach and ability to commit the time. If successful, the first introductory session will take place on **21st March at 2pm**.