



the women's
the royal women's hospital
victoria australia



Building resilience: Attachment, development and the brain

Conference Room, Ground Floor, Royal Women's Hospital, Parkville, Victoria
Monday October 10, 2016

Program: BEAR Study Symposium

Chaired by Professor Ian Everall, Department of Psychiatry, University of Melbourne

Registrations close Thursday 6 October 2016 on Eventbrite <http://bit.ly/BEARstudy>

This is a free event - please register ASAP to ensure you don't miss out.

7.30-8.30 am	Registration
8.30-9.00 am	The concept of resilience Professor Bruce Tonge, Emeritus Professor, Centre for Developmental Psychiatry and Psychology, Monash University
9.00- 9.30 am	The resilient brain: Neurobiology of resilience Professor Louise Newman, Director, Centre for Women's Mental Health, Royal Womens Hospital and Department of Psychiatry, University of Melbourne
9.30- 10.00 am	Resilience across the lifespan: Midlife and beyond Associate Professor Christina Bryant, Director, Centre for Women's Mental Health, RWH Department of Psychology, University of Melbourne
10.00- 10.30 am	Morning tea break (provided)
10.30- 11.00 am	Intergenerational origins of attachment security Professor Craig Olsson Director, Australian Temperament Project Generation 3 Cohort Study Director, Centre for Social and Early Emotional Development (SEED), Deakin University Department of Paediatrics, University of Melbourne Centre for Adolescent Health, Murdoch Childrens Research Institute (MCRI)
11.00- 11.30 am	Understanding maternal anxiety Dr Penelope Sheehan, The Royal Women's Hospital, Melbourne
11.30- 12.00 pm	Interventions for promoting attachment: The 'Mindbabybody' and 'Parenting with Feeling' programs Dr. Kristine Mercuri, Centre for Women's Mental Health, RWH Alice Braden, CWMH, RWH and Department of Psychiatry, University of Melbourne
12.00- 12.30 pm	Panel discussion Building resilience in high risk communities and future directions
Conclusion of program	

BEAR

BUILDING EARLY ATTACHMENT & RESILIENCE

BEAR is a research project that looks at effective ways to support parents and their baby before and after birth.

BEAR aims to build your confidence as a parent and enhance the emotional attachment between you and your child before and after birth. It also aims to increase your understanding of your role as a parent and build early attachment with your child.

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BEAR AIMS TO:

- » Build your confidence as a parent and enhance the emotional attachment between you and your child before and after birth.
- » Increase your understanding of your role as a parent and build early attachment with your child.
- » *Mbb uses a mindfulness-based approach. A 5-week group based program, it is conducted in the antenatal period with the primary aim of reducing maternal anxiety and stress.
- » *PWF is based on the principles of attachment theory. It is a 10-week group based program conducted in the postnatal period. The primary aim is to enhance the capacities of parents who may be experiencing mental health difficulties and/ or psychosocial stress, to read the emotional cues or signals of their infants and improve their parental reflective capacity using mentalisation based approaches.

- » **RESILIENCE:** the capacity to rebound, and adjust from adverse experiences and maintain normal psychological and physical functioning.
- » Resilience can be built and fostered in an environment of protective factors. For infants the most important protective factor is having secure attachment relationships with their primary caregivers; generally their parents.
- » The parent-child attachment process can be disrupted when the parent/s have mental illness issues and/or psychosocial difficulties which may interfere with parental sensitivity and responsivity to the emotional cues of their infants.

ENQUIRIES
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BEAR is a collaborative project between the Royal Women's Hospital, Centre for Women's Mental Health, The University of Melbourne and Resilience Australia, Mental Health Foundation Australia and funded by Pratt Foundation.
Evaluation of the BEAR research project is under the leadership of Professor Louise Newman AM, Director of the Centre for Women's Mental Health at the Royal Women's Hospital.

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