

Presentation folder

Perinatal & Infant Mental Health in the Nordic Countries: Challenges and the Way Forward

*1st Nordic Marcé-NFSU Joint Conference 25-27 October
2023*



25 oktober (NFSU)

Parent-infant psychotherapy with traumatised parents



Amanda Jones, dr.

Dr Amanda Jones is psychological professional lead and consultant perinatal psychotherapist for NELFT NHS Foundation Trust's Perinatal Parent Infant Mental Health Service (PPIMHS). This is a community perinatal service in the UK that offers psychiatric and psychotherapy treatment to pregnant women and their partners experiencing serious mental illness during pregnancy and up until the baby reaches toddlerhood. The psychotherapy treatment usually includes the baby. Amanda's doctoral research at the Tavistock Centre/UCL studied how mothers' use of maladaptive defensive processes can derail their baby's development. Amanda speaks nationally and internationally on the subject of understanding and helping perinatal mental/emotional illness and parent-infant psychotherapy.

Amanda's talk will discuss how psychodynamic parent-infant psychotherapy can help parents who are feeling threatened and traumatised by their baby. Parental defensive responses can become a problem. The risk for the baby is that a parent may find it hard to provide good enough parental care. Amanda will describe a systematic way to think about parental care and how to monitor how and whether the parent-baby relationship is becoming safer for the baby.

Experiences and thoughts about mothering and the infant in first year postpartum with bipolar disorder (Norwegian)



Teija Anke, PhD, psykologspesialist.

Teija har over 30 års erfaring som klinisk psykolog, og jobber for tiden både med forskning og behandling i perinatal fase ved sped- og småbarnsteamet i Drammen BUP, Vestre Viken HF. Teija tok sin doktorgrad på forskning om gravide og spedbarnsmødre med bipolar lidelse: "Bipolar disorder in the perinatal period. Transition to motherhood and mother-infant interactions." For tiden er hun og kollegaer i gang med å bygge opp et perinatalt tverrfaglig helsetilbud for kvinner med bipolar lidelse og deres familier ved Drammen sykehus. Teija har også arbeidet i 15 år som lærer i sped- og småbarnsutdannelser ved R.bup øst og sør

Repetitive Negative Thoughts in the Perinatal period



Agnes Bohne

Agnes Bohne er psykolog på barneavdelingen ved UNN Tromsø og PhD i klinisk psykologi. I sitt daglige virke treffer hun mange spedbarn og deres foreldre, både de som er innlagt på Nyfødt Intensiv og de som av ulike grunner følges ved barneavdelinga. Hun veileder også helsesykepleiere som jobber med de minste barna. Både i sin PhD og i sitt kliniske virke er hun opptatt av å møte familier med et helhetlig perspektiv, da det kan ligge mange ting bak et symptom hos de minste barna.

NBO, AMOR Interventions & Sensitivity Training (Norwegian)



Unni Tranaas Vannebo

Unni Tranaas Vannebo er helsesykepleier og er ansatt ved Seksjon Sped- og Småbarn ved RBUP Øst og Sør. Hun er opptatt av de minste barna og det å komme tidlig til for å hjelpe barnet og familien sammen. Hun er mastertrener og nasjonal koordinator i Newborn Behavior Observation (NBO) og

har som hovedjobb å holde opplæringer i NBO metoden. Hun holder også opplæringer i Alarm Distress Baby Scale (ADBB)

Implementation of the ADBB in Primary Care in Denmark – Lessons learned and future perspectives



Mette Skovgaard Væver, Ph.D,

Mette Skovgaard Væver, Ph.D, is a professor in clinical child psychology and early intervention and Director of the Centre for Early Intervention and Family Studies at the University of Copenhagen in Denmark. Dr. Væver's long-standing research focus has been on basic and applied research on parenting and early childhood mental health in both normative and high-risk populations, combining a variety of research methods, including observations, experiments, and psychological assessments. Dr. Væver is also a certified psychotherapist and integrates developmental science and clinical practice in her work, which is evidenced by her focus on randomized controlled intervention studies and research on the clinical implementation of assessment tools. Most of her research is designed in the form of large collaborative projects with practitioners with the overall aim of translating early childhood research in to practice. In her talk she will present how the observational tool "Alarm Distress Baby Scale" has been implemented in the Danish primary care system and used by the health visitors as a standardized lelemnet in Danish homevisiting program.

26 oktober, (fælles dag Nordic Marcé og NFSU)

Moving on from the First 1000 Days in the Nordic Countries



Gun-Mette Rösand, Norge

PhD, Specialist in Clinical Psychology. Head of department for Infant Mental Health, regional Center for Child and Adolescent Mental Health, Oslo, Norway

Liv Lyngå Folsach, Denmark (via zoom)

Liv Lyngå von Folsach is a Pediatrician, M.D., and Senior medical officer working at the Danish Health Authority, in the department of Health Promotion and inequity. She is responsible for maternal and child health care, with an emphasis on family health; developing national health guidelines to promote health for all as well as to prevent ill health, identify health risks and provide targeted interventions. 2012- 2019 she was Senior Consultant (*Barnhälsovårdsöverläkare*) in the county of Scania with an overarching responsibility for preventive health care for all children 0-5 years in the county and for vulnerable groups up to 20 years (children as relatives, at risk for violence, in migration or in foster care).



Ann-Christine Jonsson, Sverige

Ann-Cristine Jonsson works as analyst at the Public Health Agency of Sweden, on the Department of Living Conditions and Lifestyles. She has worked with public health for eighteen years, and since 2013 a great part of her work concerns developing knowledge and support for the younger children. She is trained in social and behavior sciences from an interdisciplinary perspective and received her Ph.D. vid at the Department for Thematic studies, Linköping university, theme Health in Society. Ann-Cristine has been the representative for the Public Health Agency of Sweden in the nordic working group for the First 1000 Days in the Nordic Countries”-project, and worked as chairman in the network 2023. Other ongoing projects that concerns infants is that she one of the organizing partners for the national conference *Värna våra yngsta/Protect our youngest*, <https://anoriga.se/konferenser/varna-vara-yngsta-2022/>, and one of the representatives from the Public Health Agency of Sweden in the government assignment to develop a national health programme for children and youth, where six national agencies lead by the National Board of Health and Welfare, will work on a national level in near contact with regional and municipal level, to develop a national health programme for children and youth.



Petra Kouvonen, Finland (via zoom)

Ms. Kouvonen work as Director at the Finnish Children’s Foundation, subordinate to the Finnish Parliament.

In the position of Director Dr.Sc.Soc. Kouvonen has been responsible for the establishment of the Early intervention -Brokering Knowledge for the Support of Children work (kasvuntuki.fi) in Finland since 2014 onwards. The work includes evaluation, dissemination and implementation of evidence-based psycho-social support for children and families. Dr. Kouvonen has further been holding the position as the ombudsman at the Finnish Children's Foundation during the years 2013-2017. In 2020-2023 onwards she also worked as ombudsman for the Alli Paasikivi Foundation.

Previously Dr. Kouvonen has worked under the auspice of the Nordic Council of Ministers in institutions situated in both Helsinki and Stockholm. Dr. Kouvonen has been responsible for several comparative projects in the fields of addiction, prevention and early support for children and families. In her current work Dr. Kouvonen is still involved in several international projects and networks.

Currently Dr. Kouvonen is leading a nationally funded project for national and regional development and is responsible for the work package on implementation of evidence -based support in the project "Improving mental wellbeing as a means of increasing inclusion of young people (IMAGINE)", funded by the Strategic Research Council in Finland. She has been the co -writer of Early intervention handbook on implementation <https://www.kasvuntuki.fi/en/manuals/>.



Jenny Ingudottir, Island (via zoom)

Jenny Ingudottir is a public health specialist at the Directorate of Health Iceland. She is a project manager for Health promoting preschools and Violence prevention as well as taking part in various public health work, including the project of the first 1000 days in the Nordic countries.

”Orkdalsmetoden – The Orkdal Method – Inpatient care for women with postpartum depression”



Elin Haug Killi-Olsen

Utdannet ved UiO, NTNU, KU og Trinity College

Psykologspesialist

Jobber ved Nidelv DPS, Orkdal døgns St.Olavs Hospital, i Trondheim, Norge.

Har siden 2018 vært psykologfaglig ansvarlig for behandlingen ved fødselsdepresjonstilbudet ved døgnavdelingen og «Orkdalsmetoden».

Heidi Hagen

Utdannet spesialpedagog ved Dronning Mauds Minne Høyskolen (DMMH), i master ved NTNU.

Utdannet PCIT terapeut (Parent-Child Interaction Therapy) og tar nå etterutdanning i NBO (New Born Observation)

Jobber på nevroteam ved BUP Orkanger poliklinikk Orkdal, St.Olavs Hospital, Orkanger (Norge). Har jobbet med fødselsdepresjonstilbudet «Orkdalsmetoden» siden høst 2022.

Vibygård (Family Center in Denmark)



Finn Glad har været leder af familiecentret Vibygård i 8 år. Han er uddannet psyko- og traumeterapeut og har tidligere været leder og afdelingsleder af et opholdssted. Finn har arbejdet med børn og unge indenfor specialområdet de sidste 22 år.

Trine Sissel Jensen er autoriseret psykolog og traumeterapeut og har arbejdet på familiecentret i 22 år. De sidste 5 år har hun haft det overordnede behandlingsansvar, men hun kan allerbedst lide at deltage i den daglige behandling og samværet med familierne. Trine tilbyder supervision, traumescreeninger af børn og forældrekompetenceundersøgelser.

Å bygge et liv - fra rus til foreldreskap (Norwegian) [Building a life – from drugs to parenthood]



Hilde Moan Ingebrigtsen

Hilde Moan Ingebrigtsen er psykolog ved Avdeling for gravide og småbarnsfamilier, Blå Kors klinikk Lade i Trondheim, Norge. Hun har jobbet med gravide og småbarnsforeldre med rusrelaterte problemer i over 20 år. Hun er opptatt av at det er viktig å anerkjenne hvor komplekse utfordringer denne målgruppen kan ha, og at de tilbys helhetlig behandling i trygge omgivelser med høyt kompetente terapeuter. Hilde har vært med i utarbeidelse av Pakkeforløp gravide og rus, og i revisjon av LAR-retningslinjene for gravide.

Haga Mödra-barnhälsovårdsteam, Gothenburg: Intensive follow-up during and after pregnancy (Swedish)



Marina Liljeros

Marina Liljeros, Distriktssköterska. Arbetat med barnhälsovård senaste 20 åren. På Haga mödra-barnhälsovårdsteamet senaste 5,5 åren. "Tycker om att se människor växa."



Charlotte Karlsson

Charlotte är leg. hälso- och sjukvårdskurator och har arbetat på Haga Mödrabarnhälsovårdsteam i 10 år. Dessförinnan har hon arbetat över 10 år inom socialtjänsten.

Haga Mödra-barnhälsovårdsteamet är en specialistmottagning för gravida, och deras barn, med skadligt bruk/beroende av alkohol, droger och/eller fosterskadliga läkemedel. Mottagningen är belägen i Göteborg med upptagningsområde även för kranskommunerna.

27 October (Nordic Marcé)

Severe mental disorders in the perinatal period



Prof. Em. Louise Howard, King's College, London, UK

Louise Howard is a professor emerita in Women's Mental Health at King's College, London. She is an honorary consultant perinatal psychiatrist at South London and Maudsley NHS Foundation Trust. Louise was awarded a prestigious NIHR Research Professorship in 2013 and became an NIHR Senior Investigator in 2019. She was President of the International Marcé (perinatal mental health) Society 2020-2022 and awarded an Honorary Fellowship of the Royal College of Psychiatrists in 2022. Howard was appointed Officer of the Order of the British Empire (OBE) in 2023 for services to women's mental health.

Howard's research includes medication in pregnancy, violence and health and the effectiveness and cost-effectiveness of perinatal mental health services.

Care pathways with focus on stepped care



Dr. Nicole Hight, Victoria, Australia

Dr Nicole Hight is the founder and executive director of COPE: Centre of Perinatal Excellence. Nicole has a background in clinical psychology, marketing, campaign development, and advocacy. Following over thirteen years at Beyondblue, Nicole founded COPE in 2013 to provide a dedicated

focus on effective and sustainable approaches to best practice in perinatal mental health. COPE's work involves maintaining national momentum, ensuring support for best practice through new National Guidelines and investment into innovative, measurable, and sustainable approaches to best practice implementation including but not limited to electronic approaches to psycho-education, e-screening platforms, online training, e-referral and e-health promotion initiatives.

Prof. Heather O'Mahen, University of Exeter, UK



Prof. Heather O'Mahen, University of Exeter, UK

Prof. Heather O'Mahen is a Research Clinical Psychologist and works at the Mood Disorders Centre (MDC) and Psychology Department at the University of Exeter. She is currently an NHS England National Clinical Advisor to the Perinatal Mental Health Policy team. She is actively involved in translating clinical research into policy and practice. She is amongst other an executive member of the British Psychology Society's Perinatal Faculty and a NICE - Expert Adviser for the Centre for Clinical Practice.

Inspirational lecture



Prof. Em. John L Cox, Keele University, UK

John Cox is Professor Emeritus of Psychiatry at Keele University, UK. He is Past President of the Royal College of Psychiatrists and former Secretary General of the World Psychiatric Association. He is a

founder member of the Marcé Society. Currently he continues academic work – as well as his interest in music and the brain. His leadership in developing innovative services and his research interests led to the development of the Edinburgh Postnatal Depression Scale (EPDS) as a widely recognised and used screening instrument.

Prediction of peripartum depression



Prof. Trine Munk-Olsen, Aarhus University, Danmark

Trine Munk-Olsen currently holds a Professor's position at the University of Aarhus in Danmark and leads a sizable research group focusing on psychiatric epidemiology. Prof. Munk-Olsen has made significant contributions in the field of perinatal mental health epidemiology, lately focusing on important prediction efforts.

Transgenerational effects of peripartum depression



Prof. Hasse Karlsson, University of Turku, Finland

Professor Hasse Karlsson is a pioneering researcher in brain development with an extensive career as a psychiatrist. Hasse founded the FinnBrain Birth Cohort in the University of Turku, Finland, together with Professor Linnea Karlsson, to study the role of environmental and genetic factors on the development of brain, behavior, and health.



Assistant professor Carolyn Cesta, Karolinska Institutet, Sweden

Assistant professor Carolyn Cesta works as a researcher at the Centre for Pharmacoepidemiology in the Department of Medicine Solna, at Karolinska Institutet, Sweden. Her research focuses on maternal use of medication during pregnancy and the consequences for both the mother and offspring, and utilizes the population register data in Sweden and other Nordic countries.