

INFANT OBSERVATION

September, 2009



Infant Observation for students interested in Infant Mental Health

The main purpose of this course is to study how an infant's mind develops from conception through the first year of life through weekly observation of a parent and infant in the home. Close observation of the infant provides an intimate opportunity to learn about primitive states of mind and how these gradually transform, week by week, into what will become the child's sense of self, including his or her internal and external object relations. Similarly, observation of the primary caretaker (most frequently the mother) provides a window into the essential aspects of a relationship that serves as a foundation for an infant's identity and emotional growth. A further purpose is for students to hone their capacity to observe others while also noting their own internal emotional responses, thoughts, and related associations. These observations of the external situation and the observer's thoughts and related emotional responses are documented in weekly written narratives. Students then present their observations to the class on a rotating basis.

Two things distinguish this class. Each session is led by two instructors, which allows students access to two different, yet complementary minds. Second, the learning is largely experiential. Rather than reading *about* discoveries others have made, we will use the observations and the group as our 'textbook' to discover meaning for ourselves.

This method, though challenging, can ultimately yield a deeply integrated understanding of infantile states of mind. Participation in this course is limited to eight (8) students. Classes will start on February 5, 2010 and continue through the first birthday of the youngest infant observed (excluding August).

Details

- **Time** - Fridays, 11:30 a.m. to 1:10 p.m beginning Feb. 5, 2010.
- **Place** - Belltown (exact location will depend on class size)
- **Fee** - \$2000 (payable in quarterly installments)
- **Enrollment** – Limited to 8 students.
- For additional information please contact either instructor: Dana Blue, LICSW (206.709.9044) or Caron Harrang, LICSW (206.264.4860)

Dana Blue, LICSW is a clinical social worker in private practice in Seattle. She provides psychotherapy and psychoanalysis to adults and parent/infant pairs. Dana is an approved supervisor for therapists seeking licensure in Washington state. She is a graduating senior at Northwestern Psychoanalytic Society where she also teaches infant observation and is past president of the Washington Chapter of the World Association for Infant Mental Health. Dana is a long-standing faculty member of the Seattle Midwifery School, and was a practicing doula for nearly two decades.



Caron Harrang, LICSW is a clinical social worker in private practice in Seattle. She provides psychotherapy and psychoanalysis to infants, adolescents, and adults. Caron also provides consultation and supervision to therapists interested in deepening their clinical work with these populations informed, particularly by British Object Relations theory. She is a graduating senior at Northwestern Psychoanalytic Society where she also teaches infant observation and is current president of the Washington Chapter of the World Association for Infant Mental Health.