

Name of course or programme	Web address	Training type	Location	Participants	Topic/s	Training provider
PMH Workforce Training	https://www.app-network.org/training-on-pp/	Short course	Flexible	All practitioners working with women and families in pregnancy and during the perinatal period	Postpartum psychosis and severe mental illness in the perinatal period	Action on Postpartum Psychosis
Experts by Experience Talks & Training	https://www.app-network.org/training-on-pp/	Presentation	Flexible	All practitioners working with women and families in pregnancy and during the perinatal period	Lived experience of postpartum psychosis	Action on Postpartum Psychosis
Parent-Infant Relational Assessment Tool - PIRAT Global Scales Training	https://www.annafreud.org/training/training-and-conferences-overview/training-at-the-anna-freud-national-centre-for-children-and-families/parent-infant-relational-assessment-tool-pirat-global-scales-training/	Short course	London	Health professionals working with parents and infants, including GPs, social workers, health visitors, midwives, infant mental health workers, psychiatrists, clinical psychologists, child psychotherapists and researchers in the field.	Early parent-infant relationships and infant mental health; observation of parent-infant interactions; coding videotaped parent-infant interactions on the PIRAT; use of PIRAT in professional, clinical and research settings	Anna Freud Centre
Parent-Infant Psychotherapy - Specialist Training	https://www.annafreud.org/training/training-and-conferences-overview/training-at-the-anna-freud-national-centre-for-children-and-families/parent-infant-psychotherapy-specialist-training/	Short course	London	Psychotherapists, clinical and counselling psychologists	Psychoanalysis; attachment theory and research; infant developmental research; direct work with the baby as patient	Anna Freud Centre
Parent-Infant Psychotherapy: Using Groups to Strengthen Parent-Infant Relationships: A Training Workshop	https://www.annafreud.org/training/training-and-conferences-overview/training-at-the-anna-freud-national-centre-for-children-and-families/parent-infant-psychotherapy-using-groups-to-strengthen-parent-infant-relationships-a-training-workshop/	Short course	London	Professionals working with infants and their families who want to extend their skills in groups, including health visitors, children's centre workers, baby massage teachers, psychologists, individual and group psychotherapists	Creating a group environment which maximises the potential for infant centered interactions; parent-infant psychotherapy; group analysis	Anna Freud Centre

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Principles and Practice of Psychoanalytic Parent-Infant Psychotherapy	https://www.annafreud.org/training/training-and-conferences-overview/training-at-the-anna-freud-national-centre-for-children-and-families/principles-and-practice-of-psychoanalytic-parent-infant-psychotherapy/	Short course	London	Professionals working with infants and their parents who are interested in developing specialist therapeutic skills in this area, including child psychotherapists, psychiatrists, psychologists, therapists, social workers, psychiatric nurses and allied professions	Theory and principles of psychoanalytic parent- infant psychotherapy; engaging the family in parent-infant psychotherapy; baby, parent/s and therapist – the therapeutic encounter; the process of ending in parent-infant psychotherapy; working with ‘hard to reach’ high risk populations; therapeutic mother baby groups	Anna Freud Centre
A wide range of further training and conferences relating to perinatal and infant mental health	https://www.annafreud.org/training/training-and-conferences-overview/training-at-the-anna-freud-national-centre-for-children-and-families/	Short course	Flexible			Anna Freud Centre
Relational Trauma in Infancy - AIMH UK National Conference	https://aimh.org.uk/events-resources/	Conference	London	NHS practitioners, early years practitioners, Clinical Commissioning Groups, midwives, academics, health visitors, acute and community mental health services, paediatricians, allied health and wellbeing professionals, obstetricians, social workers, gynaecologists, nurses, psychiatrists, psychologists	Infant mental health; trauma in infancy	Association for Infant Mental Health UK
VIG Introductory	https://www.videointeractionguidance.net/training	Short course	Flexible		Parent-child relationships; VIG evidence, theory and values; implementing VIG	Association for Video Interaction Guidance UK (AViGuk)
Various training in perinatal OCD and perinatal anxiety disorders	https://www.kcl.ac.uk/ioppn/depts/psychology/research/researchgroupings/cadat/training/training	Short course	Flexible	All practitioners working with women and families during the perinatal period	Perinatal anxiety disorders; perinatal OCD	Centre for Anxiety Disorders and Trauma

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Building Bonds and Breaking Cycles	https://www.buildingbonds.org.uk/	Short course	Varies	Professionals working with vulnerable parents and infants in the antenatal and postnatal period.	<p>Overview of Parent Infant Mental Health and its importance in the 1001 critical days.</p> <p>Parent-Infant Bonding, Attachment, Separation and Loss in the Ante/Postnatal period.</p> <p>Parent-Infant, Attachment-based assessments, Interventions and support for families.</p> <p>Understanding 'Ghosts in the Nursery' and impact on the parent-infant relationship.</p> <p>Life and Cost Savings for Children's mental health, education, 'school readiness', future by investing in 'building good secure bonds' during the first 2 years of life.</p> <p>How Professionals can offer more specialist PIMH support/interventions in their role to support families to build bonds, prevent separation, ACE's and break difficult life cycles.</p>	Building Bonds
Perinatal training for adult mental health teams, specialist perinatal mental health teams and perinatal leads in primary care	cally@documentaltheatre.co.uk	Short course	Flexible	All practitioners working with women and families during the perinatal period	Perinatal mental health	Documental Theatre

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Perinatal training for General Practitioners and perinatal leads in primary care	cally@documentaltheatre.co.uk	Short course	Flexible	All practitioners working with women and families during the perinatal period	Perinatal mental health	Documental Theatre
Perinatal Mental Health - Saving Mothers Lives and Changing Outcomes	http://www.edgetraining.org.uk/product/perinatal-mental-health-saving-mothers-lives-and-changing-outcomes-2-day/	Short course	London	Multi-agency	Presentation and aetiology of perinatal mental illness and potential risks to the mother and her infant and/or others; impact of research, policy, case law, and practice issues when assessing women in perinatal period; impact of perinatal mental illness on the mother, her infant, her relationship and wider family; practice and ethical dilemmas facing practitioners	Edge Training and Consultancy
Perinatal Mental Health and the Mental Health Act for Approved Mental Health Professionals	http://www.edgetraining.org.uk/	Short course	Flexible	Approved mental health practitioners	Presentation and aetiology of perinatal mental illness and potential risks to the mother and her infant and/or others; impact of research, policy, case law, and practice issues when assessing women in perinatal period; impact of perinatal mental illness on the mother, her infant, her relationship and wider family; practice and ethical dilemmas facing approved mental health professionals	Edge Training and Consultancy
Fathers and Paternal Depression	http://www.reachingoutpmh.co.uk/accredited-paternal-mental-health-basic-awareness-course/	Short course	Flexible	Health professionals working with parents and infants, including GPs, social workers, health visitors, midwives, infant mental health workers, psychiatrists, clinical psychologists, child psychotherapists and researchers in the field	Paternal depression	Fathers Reaching Out
Perinatal Mental Health (Health Visitors) - Module 1 - Perinatal depression and other maternal mental health disorders	https://portal.e-lfh.org.uk/Catalogue/Index?HierarchyId=0_212&programmId=212	Online	Flexible	Health visitors	Perinatal depression and other maternal mental health disorders	Health Education England e-LfH

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Perinatal Mental Health (Health Visitors) - Module 2 - How to recognise perinatal anxiety and depression	https://portal.e-lfh.org.uk/Catalogue/Index?Hierarchyld=0_212&programmeld=212	Online	Flexible	Health visitors	Perinatal anxiety and depression - recognition	Health Education England e-LfH
Perinatal Mental Health (Health Visitors) - Module 3 - Interventions for perinatal anxiety, depression and related disorders	https://portal.e-lfh.org.uk/Catalogue/Index?Hierarchyld=0_212&programmeld=212	Online	Flexible	Health visitors	Perinatal anxiety and depression - interventions	Health Education England e-LfH
Perinatal Mental Health - Module 1 - Introduction to Perinatal Mental Health 1	https://portal.e-lfh.org.uk/Catalogue/Index?Hierarchyld=0_212&programmeld=212	Online	Flexible	Multi-agency	Perinatal mental health	Health Education England e-LfH
Perinatal Mental Health - Module 2 - Introduction to Perinatal Mental Health 2	https://portal.e-lfh.org.uk/Catalogue/Index?Hierarchyld=0_212&programmeld=212	Online	Flexible	Multi-agency	Perinatal mental health	Health Education England e-LfH
Perinatal Mental Health - Module 3 - Antenatal Care	https://portal.e-lfh.org.uk/Catalogue/Index?Hierarchyld=0_212&programmeld=212	Online	Flexible	Multi-agency	Perinatal mental health; antenatal care	Health Education England e-LfH
Perinatal Mental Health - Module 4 - Labour and Postnatal Care (until discharged from midwifery care)	https://portal.e-lfh.org.uk/Catalogue/Index?Hierarchyld=0_212&programmeld=212	Online	Flexible	Multi-agency	Perinatal mental health; labour and postnatal care	Health Education England e-LfH
Perinatal Mental Health - Module 5 - Later Postnatal Care (first year after birth)	https://portal.e-lfh.org.uk/Catalogue/Index?Hierarchyld=0_212&programmeld=212	Online	Flexible	Multi-agency	Perinatal mental health; later postnatal care	Health Education England e-LfH

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FACE Perinatal Assessment	https://imosphere.co.uk/solutions/face-assessments/toolsets-perinatal	Flexible	Nottingham	Senior practitioners or trainers who will be taking a lead in implementing FACE toolsets in their organisation	Perinatal mental health outcomes and assessment	Imosphere
The Infant CARE-Index	https://iswmatters.co.uk/calendar/	Short course	Greater Manchester, North Yorkshire	Researchers and a wide range of professionals working with infants and their carers, including midwives, health visitors, early years workers, psychologists, paediatricians, clinicians, and social workers	Parent-infant relationships; risk assessment	Independent Social Work Matters (iswm)
Infant Mental Health e-learning	https://ihv.org.uk/for-health-visitors/resources-for-members/resource/e-learning/infant-mental-health-e-learning-module-1/	Short course	Online	Health visitors	Infant mental health	Institute of Health Visiting
Perinatal & Infant Mental Health Champions Training	https://ihv.org.uk/training-and-events/training-programme/courses/multi-agency-perinatal-infant-mental-health-champions-training/	Short course	London	Can be delivered multi-agency or uni-professional – suited to health and social care practitioners working perinatally with parents who would benefit from an awareness level programme	Perinatal mental illness and why it matters; recognition and detection of perinatal mental illness; transition to parenthood and the significance of building relationships; infant observations and parallel processes; safeguarding and risk; practitioner's role, communication and interventions	Institute of Health Visiting
Maternity Perinatal Mental Health Champions training	https://ihv.org.uk/training-and-events/training-programme/courses/maternity-perinatal-mental-health-champions-training/	Short course	London	Maternity professionals, e.g. obstetricians, midwives etc.	Perinatal mental illness and why it matters; recognition and detection of perinatal mental illness; impact of parental mental health on the infant; safeguarding and risk; networks and pathways; everyone's business: your role, communication and interventions	Institute of Health Visiting

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Fathers and Perinatal Mental Health Champions training	https://ihv.org.uk/training-and-events/training-programme/courses/fathers-perinatal-mental-health-training/	Short course	London	Can be delivered multi-agency or uni-professional – suited to health and social care practitioners working perinatally with parents who would benefit from an awareness level programme	Role of fathers and transition to fatherhood; contemporary policy and research related to paternal mental health; impact of paternal mental illness on the father and his family; recognition and detection of paternal perinatal mental illness; challenges, risks and responsibilities relating to paternal mental illness; building father-inclusive services and engaging fathers through father- inclusive practice	Institute of Health Visiting
Perinatal Mental Health Champions Training	https://ihv.org.uk/training-and-events/training-programme/courses/multi-agency-perinatal-mental-health-champions-training-copy/	Short course	London	Can be delivered multi-agency or uni-professional – suited to health and social care practitioners working perinatally with parents who would benefit from an awareness level programme	Perinatal mental illness and why it matters; recognition and detection of perinatal mental illness; impact of parental mental health on the infant; safeguarding and risk; networks and pathways; practitioner's role, communication and interventions	Institute of Health Visiting
Perinatal Mental Health Awareness	Contact: Training@ihv.org.uk	Short course	Flexible	Can be delivered multi-agency or uni-professional – suited to health and social care practitioners working perinatally with parents who would benefit from an awareness level programme	Perinatal mental illness and why it matters; recognition and detection of perinatal mental illness; impact of parental mental health on the infant; safeguarding and risk; networks and pathway: when and where to refer families for help; practitioners' role, communication and interventions	Institute of Health Visiting
Perinatal and Infant Mental Health Awareness	Contact: Training@ihv.org.uk	Short course	Flexible	Can be delivered multi-agency or uni-professional – suited to health and social care practitioners working perinatally with parents who would benefit from an awareness level programme	Perinatal and infant mental health: what it is and why it matters; recognition and detection of perinatal mental illness; impact of parental mental health on the infant; supporting the parent–infant relationship; safeguarding and risk; networks and pathway: when and where to refer families for help; practitioner's role, communication and interventions	Institute of Health Visiting

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An introduction to perinatal and infant mental health	https://www.annafreud.org/training/training-and-conferences-overview/training-at-the-annafreud-national-centre-for-children-and-families/itsiey-an-introduction-to-perinatal-and-infant-mental-health/	Short course	London	Professionals working in perinatal mental health and infant mental health, e.g. nurses, therapists, psychologists, family therapists, social workers, health visitors and psychiatrists	Perinatal mental health; infant mental health	International Training School for Infancy and Early Years (ITSIEY)
Parental mental illness	https://www.annafreud.org/training/training-and-conferences-overview/training-at-the-annafreud-national-centre-for-children-and-families/itsiey-specialist-parental-mental-illness/	Short course	London	Professionals working in perinatal mental health and infant mental health, e.g. nurses, therapists, psychologists, family therapists, social workers, health visitors and psychiatrists	Perinatal mental illness	International Training School for Infancy and Early Years (ITSIEY)
Mentalizing in practice: working with parents and babies	https://www.annafreud.org/training/training-and-conferences-overview/training-at-the-annafreud-national-centre-for-children-and-families/itsiey-mentalizing-in-practice-working-with-parents-and-babies/	Short course	London	Professionals working in perinatal mental health and infant mental health, e.g. nurses, therapists, psychologists, family therapists, social workers, health visitors and psychiatrists	Infant mental health; parent-infant relationship; mentalization; reflective parenting; attachment	International Training School for Infancy and Early Years (ITSIEY)
Reflective supervision in infant mental health (0 - 24 months): Holding the supervisee, child and family in mind	https://www.annafreud.org/training/training-and-conferences-overview/training-at-the-annafreud-national-centre-for-children-and-families/itsiey-specialist-reflective-supervision-in-infant-mental-health-0-24-months-holding-the-supervisee-child-and-family-in-mind/	Short course	London	Professionals working in perinatal mental health and infant mental health, e.g. nurses, therapists, psychologists, family therapists, social workers, health visitors and psychiatrists	Infant mental health; supervision	International Training School for Infancy and Early Years (ITSIEY)
Risk Assessment & Report Writing	https://www.annafreud.org/training/training-and-conferences-overview/training-at-the-annafreud-national-centre-for-children-and-families/itsiey-risk-assessment-report-writing/	Short course	London	Professionals working in perinatal mental health and infant mental health, e.g. nurses, therapists, psychologists, family therapists, social workers, health visitors and psychiatrists	Infant mental health; risk assessment; report writing	International Training School for Infancy and Early Years (ITSIEY)

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Emotional Abuse in Infancy	https://www.annafreud.org/training/training-and-conferences-overview/training-at-the-anna-freud-national-centre-for-children-and-families/itsiey-emotional-abuse-in-infancy/	Short course	London	Professionals working in perinatal mental health and infant mental health, e.g. nurses, therapists, psychologists, family therapists, social workers, health visitors and psychiatrists	Infant mental health; emotional abuse and neglect	International Training School for Infancy and Early Years (ITSIEY)
First Steps	https://www.kmpt.nhs.uk/students-and-professionals/professionals/training/mimhs-perinatal-training/	Short course	Kent	All professionals working with women and children	Awareness of perinatal mental ill health and impact on families; referral pathways	Kent and Medway Partnership Trust
Perinatal simulation training	https://www.kmpt.nhs.uk/students-and-professionals/professionals/training/mimhs-perinatal-training/	Short course	Kent	All professionals working with women and children	Assessment and management of perinatal mental health presentations	Kent and Medway Partnership Trust
GP training sessions	https://www.kmpt.nhs.uk/students-and-professionals/professionals/training/mimhs-perinatal-training/	Short course	Kent	GPs	Perinatal psychiatry	Kent and Medway Partnership Trust
Perinatal Mental Health Short Course	https://www.kingston.ac.uk/short-courses/courses/perinatal-mental-health-short-course/	Short course	London	Healthcare practitioners working within maternity services and with an interest in supporting women with mental health issues	Perinatal mental health	Kingston University London
Perinatal Mental Health (PgCert)	https://www.lsbu.ac.uk/study/course-finder/perinatal-mental-health-pgcert-pgdip-msc	Post-graduate course	London	Practitioners working in perinatal mental health and non-practitioners who want to engage with the wider issues of perinatal mental health	Perinatal mental health; screening, assessment and management; socio-cultural aspects of maternal mental health; leading service change; mother-infant attachment and family relationships	London South Bank University
Perinatal Mental Health (PgDip)	https://www.lsbu.ac.uk/study/course-finder/perinatal-mental-health-pgcert-pgdip-msc	Post-graduate course	London	Practitioners working in perinatal mental health and non-practitioners who want to engage with the wider issues of perinatal mental health	Perinatal mental health; screening, assessment and management; socio-cultural aspects of maternal mental health; leading service change; mother-infant attachment and family relationships	London South Bank University

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Perinatal Mental Health (MSc)	https://www.lsbu.ac.uk/study/course-finder/perinatal-mental-health-pgcert-pgdip-msc	Post-graduate course	London	Practitioners working in perinatal mental health and non-practitioners who want to engage with the wider issues of perinatal mental health	Perinatal mental health; screening, assessment and management; socio-cultural aspects of maternal mental health; leading service change; mother-infant attachment and family relationships	London South Bank University
Make Birth Better Training	https://www.makebirthbetter.org/	Short course	London	Aimed primarily at healthcare, mental health and birth professionals but open to all. Of use to obstetricians, GP, midwives, therapists, doulas, health visitors, commissioners, perinatal services, yoga therapists, hypnobirthing practitioners and more	Birth trauma; perinatal mental health	Make Birth Better

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Mother and Baby Yoga and Relaxation	https://www.mamababybliss.com/nhs-training/	Short course	Flexible	Maternal health nurses, nursery nurses, occupational therapists, health visitors, ward managers, community support teams, peer support workers	Healing postnatal and self-care exercises; mindfulness relaxation techniques for mums; dry massage for babies; baby yoga	Mama Baby Bliss
Baby Massage	https://www.mamababybliss.com/nhs-training/	Short course	Flexible	Maternal health nurses, peer support workers, community teams, nursery nurses, occupational therapists, health visitors, ward managers	Baby massage	Mama Baby Bliss
Head, Hand and Foot Massage	https://www.mamababybliss.com/nhs-training/	Short course	Flexible	Perinatal mental health nurses, mental health nurses, nursery nurses, occupational therapists, health visitors, ward managers	Basic massage techniques for techniques for mums-to-be and new mothers experiencing low self-esteem, stress, anxiety and depression	Mama Baby Bliss
Perinatal Mental Health Simulation Training	https://www.maudsleysimulation.com/events/perinatal-mental-health-simulation-course	Short course	Flexible	Designed as an inter-professional learning opportunity the course is open to psychiatrists, GPs, obstetricians, mental health nurses, midwives, health visitors, social workers, and allied health professionals who work with women in perinatal period	Assessment and management of a variety of perinatal mental health presentations including antenatal and postnatal depression, postpartum psychosis, obsessive-compulsive disorder, personality disorder and substance misuse	Maudsley Simulation
Mellow Babies	https://www.mellowparenting.org/our-training/	Short course	Flexible		Parent-child relationships; background and evidence base of Mellow Parenting	Mellow Parenting
Develop and Leading Specialist Perinatal Mental Health Services – Annual	https://maternalmentalhealthalliance.org/wp-content/uploads/Leaders-masterclass-November-2018-inc-booking-form.pdf	Conference	London	Anyone in a senior/leadership role in perinatal mental health pathways at local, regional or national levels	Perinatal mental health; leadership and management	Mental Health Courses Centre (Dr Alain Gregoire)

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Perinatal Mental Health: Expertise for Expanding Services ('the Winchester course') – Annual	https://www.mamaacademy.org.uk/wp-content/uploads/2018/10/Feb-2019-programme.pdf	Conference	Hampshire	Health and social care professionals in adult or child mental health, including mental health nurses, psychologists, IAPT practitioners, psychiatrists, mental health social workers, child social workers; midwives, obstetricians, GPs and health visitors with a special interest in perinatal mental health; all clinicians and managers involved in specialist perinatal mental health services	Perinatal mental health	Mental Health Courses Centre (Dr Alain Gregoire)
Perinatal Mental Health Study Day	https://www.mdx.ac.uk/courses/cpd/perinatal-mental-health-study-day	Short course	London	Multi-agency	Perinatal mental health; depression; contributory factors	Middlesex University
Perinatal mental illness in primary care	https://www.mimslearning.co.uk/courses/perinatal-mental-illness-in-primary-care	Online	Flexible	GPs	Perinatal mental health problems such as postnatal depression, PTSD, anxiety and postpartum psychosis; screening and detection; when to refer; available treatments	MIMS
Perinatal Mental Health Workshop	https://www.togmind.org/services/perinatal-mental-health-workshops	Presentation	Greater Manchester	Professionals interested in increasing their confidence and understanding of perinatal mental health	Impact of media images for parents; difference between baby blues and perinatal mental health issues; recognising perinatal mental health; challenging stigma around mental health; signposting for perinatal mental health issues	Mind: Tameside, Oldham and Glossop
Module One: Understanding maternal mental health	http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx	Online	Flexible	Anyone who works with pregnant women and new families, including health visitors, midwives, GPs, obstetricians, paediatricians, neonatal nurses, psychologists and third sector organisations, and support workers and students of these professions	Maternal mental health; factors affecting maternal mental health; promoting maternal mental health; during pregnancy; medication	NHS Education for Scotland

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Module Two: Maternal mental health, the woman's journey	http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx	Online	Flexible	Anyone who works with pregnant women and new families, including health visitors, midwives, GPs, obstetricians, paediatricians, neonatal nurses, psychologists and third sector organisations, and support workers and students of these professions	Maternal mental health; preconception care; during pregnancy; labour and birth; postnatal	NHS Education for Scotland
Pregnancy to Preschool	https://www.nscap.org.uk/content/pregnancy-to-preschool	Short course	West Yorkshire	Anyone working with parents, infants and toddlers from pregnancy through to nursery	Impact of becoming a parent; infant and early years development from the perspectives of psychoanalysis, attachment theory, risk assessment and the cultural and social policy context; difficulties in the parent-infant relationship particularly where presentations of emotional difficulties or neglect are present; foundations of emotional, cognitive, and personality development in babies and young children in the context of their families; responses to family challenges	Northern School of Child and Adolescent Psychotherapy
An Introduction to Watch, Wait and Wonder	www.oxpip.org.uk/short-courses	Short course	Oxfordshire	Social workers, early years professionals, health visitors, family support workers and mental health professionals who want to help parents become more attuned to their babies, and to follow their babies' lead in play.	Parent-infant relationships	Oxford Parent Infant Project (OXPIP)
Attachment: The Basics of the Parent and Baby Relationship	www.oxpip.org.uk/short-courses	Short course	Oxfordshire	Social workers, early years professionals, health visitors, family support workers and mental health professionals who want to understand about attachment and how to apply attachment theory within their work setting	Attachment	Oxford Parent Infant Project (OXPIP)

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Assessing Parent-Infant Relationships (APIR)	www.oxpip.org.uk/short-courses	Short course	Oxfordshire	All those working with young, vulnerable families	Parent-infant relationships; early brain development; impact of risky behaviour and poor parent baby interaction on the developing child	Oxford Parent Infant Project (OXPIP)
Ghosts in the Nursery	www.oxpip.org.uk/short-courses	Short course	Oxfordshire	Social workers, early years professionals, health visitors, family support workers and mental health professionals	Parent-infant relationships; psychoanalytic/psychodynamic concepts; unconscious aspects of parent-infant relationships	Oxford Parent Infant Project (OXPIP)
Emotional Regulation in Pregnancy	www.oxpip.org.uk/short-courses	Short course	Oxfordshire	Midwives, health visitors and all those working with pregnancy and in early intervention settings	Physical, physiological and psychological changes involved in the transition to parenthood; parents' emotional responses and anxieties linked to labour and first 3 months of a baby's life; identification of mild, moderate and severe mental health issues and appropriate referral pathways; supporting expectant parents' emotional regulation	Oxford Parent Infant Project (OXPIP)
Supervised Contact Training	www.oxpip.org.uk/short-courses	Short course	Oxfordshire	Social care staff who supervise contact visits	Parent-infant relationships; recording skills	Oxford Parent Infant Project (OXPIP)
Parent-Infant Group Work	www.oxpip.org.uk/short-courses	Short course	Oxfordshire	Aimed at early years professionals who want to learn to run groups with parents with babies aged 6 weeks - 2 years	Parent-infant group dynamics; run groups safely and effectively	Oxford Parent Infant Project (OXPIP)
OXPIP Associate Programme	www.oxpip.org.uk/associate	Extended course	Oxfordshire	Psychotherapists, counsellors, clinical psychologists, art therapists and other suitably qualified mental health professionals who wish to specialise in parent infant psychotherapy	Parent-infant psychotherapy; psychoanalytic and psychodynamic theory; attachment; theories of inter-subjectivity and neuroscience; reflective practice; working with other professionals and thinking about the network around the family	Oxford Parent Infant Project (OXPIP)
OXPIP Infant Observation	www.oxpip.org.uk/infant-observation	Extended course	Oxfordshire	Psychotherapists, health professionals and anyone who has an interest in gaining a greater understanding of a baby's early life, relationships and how they develop	Infant observation	Oxford Parent Infant Project (OXPIP)

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OXPIP Parent-Infant Practitioner Training	www.oxpip.org.uk/pip	Extended course	Oxfordshire	People currently working in early years settings looking to enhance their understanding of parents and babies	Parent-infant relationships; infant development; parent-infant psychotherapy; psychoanalytic and psychodynamic theory; attachment; theories of inter-subjectivity and neuroscience; reflective practice; working with other professionals and thinking about the network around the family	Oxford Parent Infant Project (OXPIP)
Diploma in Parent Infant Psychoanalytic Psychotherapy	http://www.infantmentalhealth.com/infant-mental-health-school/	Extended course	Flexible	Professionals who work with infants and young children	Infant development and psychoanalysis; parent- infant psychotherapy and psychoanalysis;	Parent Infant Centre - School of Infant Mental Health
Parent Infant Psychotherapy 1 - Infant development (module)	http://www.infantmentalhealth.com/infant-mental-health-school/	Extended course / online	Flexible	Anyone who is interested in an infant's early years, either professionally or as a parent. Can form part of the continuing professional development for anyone working in early years.	Infant development: the first months of life, including birth, breastfeeding, brain development, the role of fathers and challenges faced by refugee families	Parent Infant Centre - School of Infant Mental Health
Parent Infant Psychotherapy 2- Challenges and problems in infancy (module)	http://www.infantmentalhealth.com/infant-mental-health-school/	Extended course / online	Flexible	Anyone who is interested in an infant's early years, either professionally or as a parent. Can form part of the continuing professional development for anyone working in early years.	Infant development: problems experienced by the mother and infant around the time of birth and in the first few years of life	Parent Infant Centre - School of Infant Mental Health
Psychoanalysis 1 - Fundamental concepts in psychoanalysis (module)	http://www.infantmentalhealth.com/infant-mental-health-school/	Extended course / online	Flexible	Anyone who wants to gain a basic understanding of psychoanalysis, including some key psychoanalytic concepts. The module can form part of a continuing professional development.	Psychoanalytic concepts	Parent Infant Centre - School of Infant Mental Health

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Psychoanalysis 2 - Further concepts in psychoanalysis (module)	http://www.infantmentalhealth.com/te-he-school/	Extended course / online	Flexible	Anyone who wants to deepen their understanding of psychoanalysis. The module requires a basic level of knowledge of this approach. The module is especially relevant as part of the continuing professional development of a psychodynamic counsellor or therapist.	Psychoanalytic concepts; object relations and attachment theory; psychoanalytic approach to various psychopathologies and therapeutic techniques	Parent Infant Centre - School of Infant Mental Health
Post Natal Depression Awareness Course	http://psspeople.com/help-for-professionals/mental-health-services/parent-and-baby-wellness	Short course	Liverpool		Perinatal mental illness; antenatal and postnatal depression and psychosis; triggers and causes; symptoms; impact on family; skills to support recovery	Person Shaped Support
Perinatal Mental Health (module)	https://www.plymouth.ac.uk/your-university/about-us/university-structure/faculties/health-human-sciences/perinatal-mental-health-degree-and-masters-level	Post-graduate module	Devon	Registered health and social care practitioners or health and social care workers working in an area of clinical practice that will allow you to meet the module learning outcomes	Mental health disorders in pregnancy and the perinatal period; impact of maternal mental health on the developing infant both before and after birth; treatments and support available for women and families with perinatal mental health needs; national and international policies, guidelines and contemporary issues in perinatal mental health	Plymouth University
Awareness of the Issues in Antenatal Mental Health	https://www.pmhtraining.co.uk/our-courses/	Short course	Flexible		Antenatal mental health	PMH Training
Awareness of Perinatal Mental Health	https://www.pmhtraining.co.uk/our-courses/	Short course	Flexible		Perinatal mental health	PMH Training
Cultural Issues - Cultural Differences in Perinatal Mental Health	https://www.pmhtraining.co.uk/our-courses/	Short course	Flexible		Perinatal mental health	PMH Training
Fathers and Paternal Depression	https://www.pmhtraining.co.uk/our-courses/	Short course	Flexible		Perinatal mental health; role of the father; paternal depression	PMH Training

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Man Up or Man Down	https://www.pmhtraining.co.uk/our-courses/	Online	Flexible		Perinatal mental health; role of the father; paternal depression	PMH Training
Listening Visits in Perinatal Mental Health	https://www.pmhtraining.co.uk/our-courses/	Short course	Flexible		Perinatal mental health	PMH Training
Perinatal Mental Health Annual Meeting	https://www.rcog.org.uk/en/departmental-catalog/Departments/postgraduate-and-scientific-meetings/2063---perinatal-mental-health-annual-meeting---december-2018/	Conference	London	Obstetricians, gynaecologists, midwives, health visitors, GPs and mental health professionals	Perinatal mental health	Royal College of Obstetricians and Gynaecologists
A range of events, conferences and networking days	https://www.rcot.co.uk/events/networking-day-occupational-therapists-perinatal-mental-health	Conference	London	Occupational therapists working in perinatal mental health	Presentation and aetiology of perinatal mental illness and potential risks to the mother and her infant and/or others; impact of research, policy, case law, and practice issues when assessing women in perinatal period; impact of perinatal mental illness on the mother, her infant, her relationship and wider family; practice and ethical dilemmas facing practitioners	Royal College of Occupational Therapy
Perinatal Psychiatry 3 Day Training Course for Psychiatrists, Psychologists, Obstetricians and Allied Health Professionals	https://www.rcpsych.ac.uk/events/conferences/detail/2019/04/01/default-calendar/perinatal-psychiatry-3-day-training-course	Conference	London	Anyone providing care to women of childbearing potential, including professionals in Crisis and Home Treatment Teams, first episode teams, and community teams as well as psychiatrists, psychologists, obstetricians and allied health professionals	Birth Trauma and PTSD; Maternal Anxiety and OCD; Postnatal Psychosis and BPAD; Depression in Pregnancy and Postnatally; Personality Disorders; Eating Disorders; Schizophrenia and Schizoaffective Disorder; Substance Misuse and Alcohol Dependency; Infant Mental Health; Safeguarding Children; The woman's and her partner's perspectives and experience; Co-morbidity and domestic violence; Evaluation of Major Risk – Lessons from Maternal Deaths Enquiries; General principles of Prescribing during Pregnancy and Breastfeeding; Prescribing off-licence. Prescribing Anti-Psychotic, Anti-Depressant, Mood Stabilising and Sedative Medications; Use of ECT in the Perinatal Period; Role of the MBU; Pre-Pregnancy Counselling; Pre-Birth Planning; Perinatal Mental Health Clinical Networks	Royal College of Psychiatrists

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Faculty of Perinatal Psychiatry Annual Scientific meeting	https://www.rcpsych.ac.uk/events/conferences/detail/2019/11/12/default-calendar/faculty-of-perinatal-psychiatry-annual-conference	Conference	London	Anyone providing care to women of childbearing potential, including professionals in Crisis and Home Treatment Teams, first episode teams, and community teams as well as psychiatrists, psychologists, obstetricians and allied health professionals	Perinatal psychiatry	Royal College of Psychiatrists
Mental health recovery and maternal health (module)	https://www.shu.ac.uk/study-here/options/health-and-social-care/short-courses-and-modules/mental-health-recovery-and-maternal-care	Post-graduate module	Flexible	Midwives, health visitors, social workers and mental health nurses	Perinatal mental health illnesses; management and support interventions for perinatal mental health illnesses; stigma, attitudes and behaviours towards mental health; multidisciplinary working, to include referral pathways and mental health legislation; safeguarding (maternal focus) to include fabricated illness	Sheffield Hallam University
Perinatal and Maternal Mental Health (PgCert)	https://www.shu.ac.uk/courses/nursing-and-midwifery/pgcert-perinatal-and-maternal-mental-health/distance-learning	Post-graduate course	Flexible	Registered mental health nurse, midwife, health visitor or social worker	Perinatal mental health conditions and their management, including personality disorders, eating disorders, tokophobia, self-harming, schizophrenia, puerperal psychosis, fabricated illness, substance misuse, antenatal and post-natal depression	Sheffield Hallam University
Foundation training	https://solihullapproachparenting.com/trainings/antenatal-2-day-foundation-training/	Short course	Flexible	All members of a perinatal mental health team, and associated midwives and health visitors	Concepts of containment, reciprocity and behaviour management; brain development and links to emotional health and wellbeing; neurological changes in the mother during pregnancy; applying concepts to work with parents-to-be, new parents and their families; theory of attachment; influence of containment and reciprocity on quality of attachment and relationships	Solihull Approach
Group facilitator training	https://solihullapproachparenting.com/trainings/	Short course	Flexible	All members of a perinatal mental health team, and associated midwives and health visitors	Applying the Solihull Approach model to the process of running a group	Solihull Approach

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Combined Foundation and Group facilitator training	https://solihullapproachparenting.com/trainings/	Short course	Flexible	All members of a perinatal mental health team, and associated midwives and health visitors	Concepts of containment, reciprocity and behaviour management; brain development and links to emotional health and wellbeing; neurological changes in the mother during pregnancy; applying concepts to work with parents-to-be, new parents and their families; theory of attachment; influence of containment and reciprocity on quality of attachment and relationships; applying the Solihull Approach model to the process of running a group	Solihull Approach
Understanding Trauma Solihull Approach Advanced training	https://solihullapproachparenting.com/trainings/	Short course	Flexible	All Solihull Approach members of a perinatal mental health team, and associated midwives and health visitors. All Solihull Approach trained members of children's workforce, cross-agency.	Effects of trauma on children and adults; impact of trauma on brain development; supporting traumatised children, adults and communities	Solihull Approach
Understanding Attachment Solihull Approach Advanced training	https://solihullapproachparenting.com/trainings/	Short course	Flexible	All Solihull Approach members of a perinatal mental health team, and associated midwives and health visitors. All Solihull Approach trained members of children's workforce, cross-agency.	Attachment theory and links to the Solihull model; introduction to epigenetics.	Solihull Approach
Course 1: Perinatal Training for Community and Inpatient Perinatal Mental Health Team Managers Leaders	https://tavistockandportman.nhs.uk/training/cpd/perinatal-cpd-courses/	Short course	London	Managers of inpatient mother and baby units and specialist community perinatal mental health teams	Understanding the team; supporting the team; supporting individuals in the team; understanding unconscious defensive processes; working with risk; working with multiple agencies; understanding "attachment behaviour"; keeping the partner/father and family in mind; managing different disciplines; supporting clinical decision-making; conditions and treatments including depression, maternal anxiety and OCD, post partum psychosis, schizophrenia and bipolar affective disorder, personality disorder, eating disorders, substance disorders, medication and physical treatments, psychological therapies, physical health	Tavistock and Portman NHS Foundation Trust

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Course 2: Perinatal Training for Community and Inpatient Perinatal Mental Health Practitioners	https://tavistockandportman.nhs.uk/training/cpd/perinatal-cpd-courses/	Short course	London	Practitioners within inpatient mother and baby units and specialist community perinatal mental health teams	Understanding the “perinatal frame of mind”; working within a perinatal mental health multidisciplinary team; understanding how a baby’s personality develops; understanding unconscious defensive processes; understanding “attachment behaviour”; understanding one’s own emotional responses; working with risk; working with multiple agencies; keeping the partner/father and family in mind; “cultural competence” in the perinatal context; contributing to clinical decision-making; conditions and treatments including depression, maternal anxiety and OCD, post-partum psychosis, schizophrenia and bipolar affective disorder, personality disorder, eating disorders, substance disorders, medication and physical treatments, psychological therapies, physical health	Tavistock and Portman NHS Foundation Trust
Course 3: Perinatal Training: Working with acutely unwell women during the perinatal period	https://tavistockandportman.nhs.uk/training/cpd/perinatal-cpd-courses/	Short course	London	Mental health practitioners who assess and manage women who develop severe mental disorders during pregnancy and in the first year postnatally	Understanding the perinatal context; working across agencies and disciplines; understanding “attachment behaviour”; understanding one’s own emotional responses; assessing and managing risk; keeping the partner/father and family in mind; contributing to clinical decision- making; considering psychological treatment; considering the mother-baby relationship; referral into mother-baby psychiatric unit; working with social care to manage risk to the baby and children; anxiety disorders; mood disorders; post partum psychosis; schizophrenia and bipolar affective disorder; personality disorders; physical and psychological treatment	Tavistock and Portman NHS Foundation Trust
Course 6: Perinatal training for psychologists and therapists in CAMHS and adult mental health teams	https://tavistockandportman.nhs.uk/training/cpd/perinatal-cpd-courses/	Short course	London	Psychologists and therapists in CAMHS and adult mental health teams	Perinatal context, conditions and treatment	Tavistock and Portman NHS Foundation Trust

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Course 7: Perinatal Training: Risk assessment and management	https://tavistockandportman.nhs.uk/training/cpd/perinatal-cpd-courses/	Short course	London	Practitioners working with women in pregnancy and postnatally	Difference, stigma and barriers to care; detection of risk with women with no history of mental disorder; understanding aetiology, risks, recurrence and complications for mothers with psychotic and non-psychotic illness, their baby and infants; managing confidentiality and safeguarding; understanding one's own emotional responses; working across agencies and disciplines; understanding care pathways; keeping the partner/father and family in mind; psychological perspective on working with women in the perinatal period; assessments and care planning for women with severe mental disorder, acute onset of severe illness or rapidly deteriorating mental state; interface between Mental Health Act 2007, Mental Capacity Act 2005 and safeguarding; working towards recovery	Tavistock and Portman NHS Foundation Trust
Video-feedback Intervention to promote Positive Parenting and Sensitive Discipline (VIPP-SD)	https://tavistockandportman.nhs.uk/training/cpd-courses/video-intervention-promote-positive-parenting-and-sensitive-discipline-vipp-sd/	Short course	London	People working with children and families in health, social care or related settings who want to become an accredited VIPP practitioner	Theoretical basis of VIPP and its relation to attachment theory; principles of VIPP-SD; implementating the intervention	Tavistock and Portman NHS Foundation Trust
Newborn Behavioural Observations (NBO)	http://www.brazelton.co.uk/courses/newborn-behavioural-observations-nbo/	Short course	National courses held in London and Cambridge. Training courses offered across the UK.	Practitioners involved in clinical work with infants and families and in research on infant development and infant-parent issues: GPs, health visitors, midwives, nurses, nursery nurses, occupational therapists, physiotherapists, psychiatrists, psychologists, speech and language therapists	Newborn baby behaviour; newborn baby communication; parent-infant relationships	The Brazelton Centre UK

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Neonatal Behavioural Assessment Scale (NBAS)	http://www.brazelton.co.uk/courses/neonatal-behavioural-assessment-scale-nbas/	Short course	National courses held in London and Cambridge. Training courses offered across the UK.	Practitioners involved in clinical work with infants and families and in research on infant development and infant-parent issues: GPs, health visitors, midwives, nurses, nursery nurses, occupational therapists, physiotherapists, psychiatrists, psychologists, speech and language therapists	Newborn baby behaviour; newborn baby communication; parent-infant relationships	The Brazelton Centre UK
Incredible Years Baby Training	http://www.theministryofparenting.com/practitioners/about-the-trainings/incredible-years-baby-training/	Short course	Essex	Professionals working with parents of babies ages 0 – 6 months	Parent-infant relationships; helping parents learn to observe and read their babies' cues; helping parents learn ways to provide nurturing and responsive care including physical, tactile, and visual stimulation and verbal communication	The Ministry of Parenting
Perinatal Mental Health (workshop)	https://www.uea.ac.uk/medicine-health-sciences/continuing-professional-development/short-courses-and-study-days/-/asset_publisher/dkfQkqICLaZE/content/perinatal-mental-health-2/10165?inheritRedirect=false	Short course	Norfolk	Midwives, health visitors, mental health nurses, general practitioners, and social workers	Impact of mental illness on women's health during and after pregnancy; the multi-professional approach to care, including care and referral pathways	University of East Anglia
Addressing Postnatal Depression as a Healthcare Professional	https://www.futurelearn.com/courses/guided-self-help-for-postnatal-depression	Online	Online	Maternity, general practice, and supervised lay and peer support workers	Understanding Postnatal Depression, symptoms and cycles, Identifying Perinatal TRAPs - Identifying patterns that help maintain the depression cycle, Turning Perinatal TRAPs into TRACs - Breaking patterns by developing alternative coping strategies, Support and Communication - Strategies for good communication and asking for support in a postnatal context, Being a 'Good Enough' Mum - Identifying 'mummy goals' and using alternative coping strategies to meet them, Staying well - Strategies for staying well in the future.	University of Exeter

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Maternal Perinatal Health (module)	https://www.applycpd.com/HERTS/	Online	Hertfordshire	Healthcare practitioners who hold current NMC registration as a Registered Midwife or healthcare practitioners who hold other relevant professional registration and would be working in or having regular access to a relevant practice environment / client group	Communication for example listening to women; positive parenting and coping strategies; epidemiology of perinatal conditions; Mental Capacity Act; safeguarding; attachment theory and psychological effects on the foetus/infant; psychotic disorders and mental health disorders in general and recognition of pre-existing conditions; maternal suicide; treatment / medication of women	University of Hertfordshire
Perinatal Mental Health (module)	https://www.hull.ac.uk/study/cpd/modules/perinatal-mental-health	Post-graduate module	East Riding	All healthcare practitioners who work with women and families	Perinatal mental health	University of Hull
The Infant CARE-Index	https://www.roehampton.ac.uk/professional-development-courses/attachment-studies-short-courses/	Short course	London	Researchers and a wide range of professionals working with infants and their carers, including midwives, health visitors, early years workers, psychologists, paediatricians, clinicians, and social workers	Parent-infant relationships; risk assessment	University of Roehampton
Perinatal Mental Health (Mother, Infant and Family) (module)	http://www.salford.ac.uk/pgt-courses/perinatal-mental-health-mother-infant-and-family2	Post-graduate module	Greater Manchester	Midwives; health visitors; mental health practitioners; occupational therapists; IAPT Psychological Wellbeing Practitioners	Identifying, assessing and supporting pregnant and new mothers, their infants and families; impact of psychological/emotional changes during pregnancy, childbirth and the postnatal period on the mother, infant partner and family; safeguarding, legal and policy issues related to PIMH, including engagement in collaborative working within the multidisciplinary and agency team; complex factors that may increase the risk of perinatal and infant mental health problems; assessment, referral pathways and treatment options	University of Salford

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Perinatal Mental Health For Health and Social Care Practitioners (module)	https://courses.uwe.ac.uk/UZUR1H203/perinatal-mental-health-for-health-and-social-care-practitioners	Post-graduate module	Bristol	Midwives, health visitors, neonatal nurses, mental health nurses and other health and social care professionals who work with women and their families in pregnancy and up to one year after birth	Perinatal mental health; implications of mental illness for women, infants and families; care pathways, policy and guidelines for practice; approaches to assessment; appropriate management and treatments	University of the West of England
Infant Mental Health Online (IMHOL)	https://warwick.ac.uk/fac/sci/med/study/cpd/cpd/imhol	Online	Flexible	Frontline professionals who work with babies/children and their families	Infant mental health; neurophysiology and biochemical structure of the brain; social and emotional development; “ghosts and angels” in the nursery; emotional regulation in the early years	University of Warwick
Babies in Mind	https://warwick.ac.uk/fac/sci/med/about/centres/wifwu/training/bim/	Online	Flexible	Those working with parents and infants during pregnancy or the first year of life	Parent-infant relationship; infant and child development; infant psychology; attachment	University of Warwick
Parent Infant Interaction Observation Scale (PIIOS)	https://warwick.ac.uk/fac/sci/med/study/cpd/cpd/piios	Short course	Flexible	Professionals who work with parents and babies, such as health visitors, midwives, nursery nurses, social workers and psychologists.	Parent-infant interaction	University of Warwick
Mind-mindedness in Research Training course	https://www.york.ac.uk/psychology/research/groups/mind-mindednessinresearchandpractice/professional-training-courses/scheduledcourses/	Short course	North Yorkshire	Academics who are interested in using mind-mindedness assessments in their research; clinicians wishing to use mind-mindedness in their practice areas	Research findings on mind-mindedness as a predictor of children’s later development; development of mind-mindedness assessments; the video-feedback intervention; coding infant–mother interaction sequences and child descriptions	University of York
The Infant CARE-Index	https://store.york.ac.uk/short-courses/health-sciences/short-courses/the-infant-careindex-devised-by-patricia-crittenden	Short course	North Yorkshire	Researchers and a wide range of professionals working with infants and their carers, including midwives, health visitors, early years workers, psychologists, paediatricians, clinicians, and social workers	Parent-infant relationships; risk assessment	University of York