



# IACAPAP 2018

23<sup>rd</sup> WORLD CONGRESS OF THE INTERNATIONAL ASSOCIATION  
FOR CHILD AND ADOLESCENT PSYCHIATRY AND ALLIED PROFESSIONS



## Insights from developmental research for the practicing child psychiatrist

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Current research has documented the essential function of the caregiving relationship in modulating risk factors due to both heredity and the environment. Reciprocal communication of affect and intention between infant and caregiver creates a sense of safety and enjoyment within the infant that promotes the exploration of the world and the generation of meanings about self and other. Self-regulation and a sense of agency grow from this mutual exchange. Similar reciprocal processes – largely communicated through the body and the “musical” elements of speech – take place between an older child and the child psychotherapist. An understanding of these developmental processes enriches psychodynamic and psychoanalytic theory and is useful to a child psychiatrist when functioning as the child’s psychotherapist and also when serving as a consultant to parents or as a member of a clinical team. The presentation provides videotape demonstrations of how this developmental perspective can be useful in child psychotherapy and also how the developmental perspective can play a role in training health workers caring for infants and their parents.

### Educational Objectives:

1. After attending this lecture the participant will be able to name three adverse child experiences modulated by a responsive caregiving relationship.
2. After attending this lecture the participant will be able to explain how nonverbal communication is important in creating a sense of safety and agency in psychotherapy.
3. After attending this lecture the participant will be able to discuss how child psychiatrists can use their expertise to train health workers in preventive mental health in developing countries.