

MeAIMH MEMBERSHIP APPLICATION

Name _____

Address _____

Phone _____ Email _____

Profession/Practice: _____

Amount Enclosed (Circle one)

Agency Membership \$150.00

5 copies of the Newsletter and other publications, 10% discount for any five staff members at MeAIMH-sponsored events.

Individual Membership \$35.00

Individual copy of the Newsletter and other publications, 10% discount at MeAIMH-sponsored events.

Student Membership \$20.00

Same benefits as individual; please provide name of agency or institution at which you are studying on a full- or part-time basis.

Donation \$ _____

Because membership dues only partially off-set the expenses of the Association, donations in excess of dues are extremely valuable.

Dues and donations are both tax-deductible. Make check payable to: MeAIMH, Inc. The membership year is January 1st to December 31st. Detach the completed application and mail to:

Debra Nugent Johnston
MeAIMH Executive Coordinator
592 Sawyer Road, Greene, ME 04236
Phone/Fax: 207-375-8184 E-mail: debranj@aol.com

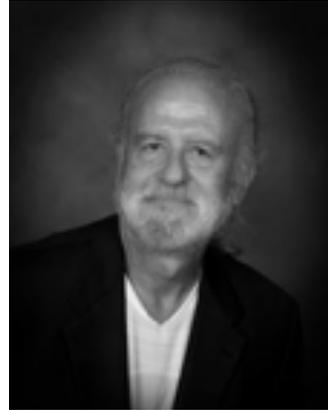
If you are not now a member of the Association, and would like to join and take advantage of the 10% discount in conference registration costs, you may either join as an Individual Member to December 31, 2019 upon payment of \$35.00 or to December 31, 2020 upon payment of \$52.50 (in addition to payment of the \$130.50 member conference registration fee). For either option, please complete the above form, in addition to the conference registration form on the reverse side.



The Maine Association for Infant Mental Health

Presents:

A New Look at Mindfulness in Our Work with Families



Featuring:

Michael Trout, MA

The Infant-Parent Institute
Urbana, IL

**May 10, 2019
8:15 AM – 4:00 PM
Hilton Garden Inn
Freeport Downtown
5 Park St.
Freeport, Maine**



Maine Association for Infant Mental Health, Inc.
Children's Healthy Early Relationships Invite Success and Hope
-Since 1979-
592 Sawyer Road, Greene, Maine 04236

PRESENTER

Michael Trout, M.A.

In the mental health field since 1968 and in private practice since 1979, Michael Trout directs The Infant-Parent Institute, which is engaged in research, clinical practice and clinical training related to problems of attachment. Mr. Trout is the author of two books, **Baby Verses: The Narrative Poetry of Infants and Toddlers** and the forthcoming **This Hallowed Ground: Four Decades in Infant Mental Health** and co-author of two books, **The Jonathan Letters** and **See Me As A Person**. In addition, he has published a number of book chapters and journal articles and has produced 16 documentary films that are in use in universities and clinics around the world.

In 1984, Mr. Trout won the Selma Fraiberg Award for “significant contributions to the needs of infants and their families,” and a Lifetime Achievement Award given by ATTACH, “for his decades of work with children of loss and trauma.” Mr. Trout notes that “the most important part of his work was always in the quiet private practice where he saw families and children of all ages every week. After 46 years, he retired in the summer of 2014. He continues to be active in the field, conducting efficacy research in infant mental health, teaching, and writing.

Conference Overview

Is mindfulness a strategy, or a way of being with? This day-long presentation will focus on what actually happens with a family visit, and the centrality of the relationship between the intervener and the family. We will consider how we become present, how we attune, how we follow, how we hold. Examples will be offered of the key role played by mindfulness in learning about and supporting families as well as in diagnosis and treatment, and we will be reminded that the mindfulness we so wish for parents must first be found in ourselves.

LEARNING OBJECTIVES

- Participants will demonstrate a working definition of attunement, and describe the source of their own capacity or deficiency in this area.
- Participants will give one example, from their own work, of listening to a child or a parent with a “third ear.”
- Participants will describe one situation in which they felt helpful with a family, and one in which they realized they were not being helpful. In each case, participants will add why they believe the outcome was as it was.
- Participants will describe one family that came to mind, today, because it is now evident that technique was great, but mindfulness was missing. Participants will add what they might have done differently, and why this difference might have affected outcome.

Schedule of the Day

8:15 - 9:00	Registration
9:00 - 9:15	Welcome and Introduction
9:15 - 10:30	Mindfulness: In Our Lives and in Our Work
10:30 - 10:45	Break
10:45 - 12:00	Mindfulness: How Do We Get There
12:00 - 1:00	Lunch and MeAIMH, Inc. Presentation
1:00 - 2:15	Mindfulness, Narrative, and Culture
2:15 - 2:30	Break
2:30 - 3:30	Mindfulness and Hope: Transforming Trauma, Loss, and Pain
3:30 - 4:00	Questions and Answers/Wrap Up

REGISTRATION

Registration is **\$150.00** for non-members and **\$135.00** for **MeAIMH members and Conference Sponsors**. Lunch is included. University of Maine and Psychology CEUs will be available. All participants will receive a certificate for 5.0 contact hours.

NO REFUNDS OF REGISTRATION FEES ARE POSSIBLE AFTER MAY 3, 2019

Name _____

Agency/Position _____

Mailing Address _____

Email _____

Phone _____

MeAIMH Member or Sponsor Yes No

If so, which organization _____

AMOUNT ENCLOSED \$ _____
(or Purchase Order #) Make Check Payable to MeAIMH, Inc.

Registration online is also available through PayPal by visiting our website: www.infantmentalhealth.org

Please indicate any special accommodations required:

Please return to *Conference 2019*, c/o Debra Nugent Johnston, 592 Sawyer Road, Greene, Maine 04236, by **May 3rd** with your check payable to MeAIMH or a Purchase Order Number. Questions to Debra at phone/fax 207-375-8184 or e-mail debranj@aol.com. The Hilton Garden Inn Freeport (207-865-1433) has a limited number of hotel rooms at a rate of \$119.00 for May 9th.

Be sure to mention it is for the infant mental health group and make your reservation by 4-9-19.

