AGIP

The Association for Group and Individual Psychotherapy

Tiny Blooms Two Module Course

Navigating Adulthood to Parenthood

Tiny Bloom Early Intervention from Pregnancy to Toddlerhood



Summary

This certificate course is designed specifically for any qualified counsellor, psychotherapist, psychoanalytic psychotherapists, applied psychologist, trainee child psychotherapists or people who have relevant experience working with adults transitioning into parenthood, as well as with parents, infants, and toddlers.

The programme is underpinned by psychoanalytic, psychodynamic, psychosocial, psychoeducational, and psychological perspectives, providing participants with a comprehensive understanding of adults transitioning into parenthood and perinatal mental health within contemporary clinical practice. Students will critically engage with current research, theories, and policy developments, while examining innovative clinical approaches to assessment, early intervention, and therapeutic interventions.

Course details

Course length:	Two modules	**Module length:**	10 weeks
Frequency:	Weekly	**Commencing:**	14th January 2027
Start time:	7pm	**Seminar duration:**	1 hour 15 minutes
Course fee:	£550 per module £1,000 if booked together	**Course Delivery:**	Online

The evenings will consist of one workshop led by senior child psychotherapist.

For those who want it, we will organise participants into peer supervision groups so that they could discuss their learning and clinical application together.

Programme Overview

The programme explores parenthood, the transition to parenthood, and infant mental health from both theoretical and clinical perspectives. It is grounded primarily in contemporary psychoanalytic theory, while also drawing on current research and evidence from attachment theory, neuroscience, psychosocial studies, and related disciplines.

The programme is structured to progressively integrate theoretical knowledge with clinical application.

Module One: Navigating Adulthood to Parenthood

Participants will develop a critical understanding of the emotional processes associated with the transition to parenthood. They will be encouraged to reflect on their own professional practice, apply theoretical concepts to clinical work, and consider therapeutic approaches for supporting expectant and new parents experiencing perinatal mental health difficulties.

Module Two: Tiny Bloom Early Intervention from Pregnancy to Toddlerhood

The module focuses on clinical practice and the application of assessment and early intervention models. Participants will develop knowledge and practical skills in perinatal and infant mental health assessment, including online assessment, and will explore a range of evidence-informed early intervention approaches. These include individual, video-feedback, and multidisciplinary group-based interventions designed to strengthen parent–infant and parent–toddler relationships. Where available, participants may also undertake a short-term supervised clinical placement, providing opportunities to observe and gain experience across a range of therapeutic modalities for working with parents, infants, and young children.

In the summer term, participants will be encouraged to think about Tiny Bloom early intervention with mother and babies and Tiny Bloom group interventions.

On successful completion of the programme, participants will be equipped with enhanced knowledge and practical competencies to integrate perinatal mental health principles into their professional practice across clinical, educational, community, and multidisciplinary settings.

Key Themes

Across the programme, participants will explore:

- Conception, pregnancy, and the psychological relationship between body and mind within the parental couple.
- The transition to parenthood, including the experiences of birthing and non-birthing parents.
- Contemporary psychoanalytic and psychodynamic perspectives on parenthood and early relationships.
- Parent–infant relationship development, attachment, and early emotional communication.
- Parent–toddler relationships and developmental transitions during the first three years of life.
- The changing dynamics of couple relationships across different stages of child development.
- Perinatal mental health assessment and infant mental health assessment, including online assessment models.
- Early identification of risk and multidisciplinary approaches to supporting vulnerable families.
- Culturally responsive and inclusive practice when working with diverse parents, infants, and young children.
- Evidence-informed early intervention models for promoting secure parent–infant and parent–toddler relationships.
- Tiny Bloom: an early intervention model for working therapeutically with parents and babies or toddlers in both individual and group settings.
- Video-feedback intervention models for strengthening parent–infant relationships.
- Video-feedback intervention models for enhancing parent–toddler relationships.
- Reflective clinical practice, ethical considerations, and interdisciplinary collaboration in perinatal and infant mental health services.

By the end of the programme, participants will have developed an advanced understanding of perinatal and infant mental health and will be equipped with the knowledge, critical thinking skills, and evidence-informed clinical approaches required to assess and support parents, infants, and toddlers across a range of professional settings.

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https://agip.org.uk/

AGIP is a member organisation of UKCP within the College of Psychoanalysis and Jungian Analysis

Acknowledgements

This version of the manual has been adapted by Arianna Pulsoni

Front cover illustration
To discuss adapting this resource for your service, please contact arianna.pulsoni@transformingautism.org