Tavistock and Portman NHS Foundation Trust

Infant Observation and beyond: a collection of resources to support the study of psychoanalytic Infant Observation.

Compiled by Georgia Cowley

This collection of visual, audio and literature resources has been compiled and thematically organized with a view to stimulating students’ engagement with psychoanalytic observation and make links with child development research. The pack is designed to augment student’s experience of traditional infant observation practice and seminar teaching, as well as encourage curiosity about the wide breadth of research and mainstream programming the study of children and infants has inspired. We hope it will contribute to student’s motivation to explore resource sources, encouraging them to look into contemporary perspectives on the subject. The thematic exploration of the Journal of Infant Observation found towards the end of this pack is designed to make it easy for students and teachers to source contemporary literature as well as review the scope, limitations and applications of the method which has accumulated over the last ten years.

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This is not a comprehensive list of papers and audiovisual resources but rather the result of a students thematic review. If anyone has knowledge of further resources that could be added to this pack please do not hesitate to contact me:

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Video resources available in the Tavistock library

- Attachment in practice, Siren Films
- The Attachment Relationship, Alan Sroufe
- Autism-a world apart, Susan Rein
- Autism: challenging behaviour, BBC
- Child of Our Time, BBC
- A Child’s World, Channel 4
- Children Behaving Badly, BBC
- For the Sake of the Children, BBC
- Francis Tustin remembers: an interview with Alexander Newman
- The Importance of Substitute Mothering: scenes from two films: John and Jane aged 18 months, James and Joyce Robertson
- Keeping Children in Mind: A model of child observation practice.
- Learning and Communication. Functional learning programmes for young developmentally delayed children, Katrin Stroh and Thelma Robinson
- Learning to Share, National Association of Toy and Leisure Libraries
- Monday’s Child: A baby born in rural Nepal Directed by Lynn Barnett and Meg Leng
- Observation Observed. Closely observed infants on film. Tavistock Clinic Foundation, Beth Miller, Margaret Rustin, Lisa Miller.
- Our children, ourselves, Channel 5
- Prisoners of Childhood, Alice Miller, Channel 4
- Saturday’s child. Part III 7-12 months, A child is born in Western India: maternal style and infant development (including daily massage), Lynn Barnett
- Saturday’s child. Part II: 3-6 months. A child is
- Saturday’s child. Part I: 0-2 months
- The Separation-individuation process. Psychological birth of the human infant, Margaret S. Mahler
- Silent twin- not without my shadow, BBC
- Some consequences of separation and loss in Childhood, John Bowlby
- Spoiling the child? The case against modern parenting, Lisa Miller, BBC
- Sunday’s child. The growth of individuality, 0-2 years, Lynn Barnett
- A two-year-old goes to Hospital, James and Joyce Robertson
- Young children in brief separation: Jane, James and Joyce Robertson
- Young children in brief separation: John, James and Joyce Robertson
- Young children in brief separation: Kate, James and Joyce Robertson
- Young children in brief separation: Thomas, James and Joyce Robertson

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Box of Broadcasts is an online platform which records television and radio content for use in academic studies. You can access the site via the link above and use your shibboleth username and password to log in and begin exploring. Here is a short list of programs found on Box of Broadcasts which may complement the study of psychoanalytic observation.

- **Babies: Special Delivery**: Fly-on-the-wall documentary series focusing on high-risk pregnancies and deliveries.
- **Babies behind bars**: a two-part documentary following a group of pregnant inmates at Indiana Women’s Prison.
- **Child of Our Time**: In 2000, the BBC embarked on a project to follow the lives of 25 babies from across the UK. (Please note: while only the follow-up series about teenagers is available on BoB, many of the earlier series are available to loan in the library.)
- **Growing Babies**: Laverne Antrobus investigates foetal and infant neuropsychology as she tries to explain the curiosities of baby cognition.
- **Kids on the Edge**: Channel 4 documentary series following the work of Tavistock and Portman’s Gender Identity Development Service, Gloucester House Children’s Day Unit and the Camden Adolescent Intensive Support Service (CAISS)
- **One Born Every Minute**: Fly-on-the-wall documentary series filmed in a busy maternity ward.
- **Romanian Orphanage Babies: 21 years on**: Radio 4 documentary exploring whether babies exposed to severe neglect and mal-treatment in Romanian orphanages, have recovered 21 years after from their adoption.
- **The Big Personality Test: A Child of Our Time Special**: Ten years on, the Child of Our Time children and their families explore their personalities, while Robert Winston and Sophie Raworth reveal the results of the BBC’s online personality survey
- **The Secret Life of 4/5/6-Year Olds**: Observational documentary series which follows three groups of children - aged four, five and six years - as they meet for the first time.

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Podcast Episodes and Radio Programs

Podcasts are audio programs which can be found online, on spotify and via the podcast apps of smartphones. Here is a selection of episodes which may be of relevance to the study of infant observation (although students and teachers may wish to contribute their own additions to this list).

• **Hidden Brain:** A podcast unpicking a multitude of psychological topics using contemporary research.
  • Kinder Gardening
  • Baby Talk
  • The Edge of Gender

• **Play Therapy Community Podcast:** Jackie Flynn speaks to experts to help parents and professional understand child psychology.
  • Understanding Infant Toddler Mental Health
  • Nurturing the Relationship

• **The Psychonaut Show:** Dr John K. Burton dissects key psychoanalytic concepts and applies them to everyday life and culture.
  • The Positions of Melanie Klein
  • The Oedipus Complex- Of Forbidden Fruits and Triangles
  • Transitional Space: The Magic of the “In-Between”

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There is a growing body of resources available on YouTube which may be used to illustrate ideas to students or set the scene for a topic of discussion. Here are some examples of the types of videos you might start looking for.

### Laboratory experiments:
While these experiments employ very different methods to traditional infant observation they may help students make links between child development research material and the seminar discussions, which are rooted in the observational material and psychoanalytic thinking.

- **Still face experiment:** [https://www.youtube.com/watch?v=apzXGBzht0](https://www.youtube.com/watch?v=apzXGBzht0)
- **Toddlers regulate their behaviour to avoid making adults angry:** [https://www.youtube.com/watch?v=7FC4qRD1vn8](https://www.youtube.com/watch?v=7FC4qRD1vn8)
- **The visual cliff:** [https://www.youtube.com/watch?v=7FGnGt1G6ScA](https://www.youtube.com/watch?v=7FGnGt1G6ScA)
- **Infant morality:** [https://www.youtube.com/watch?v=HBW5vdhr_PA](https://www.youtube.com/watch?v=HBW5vdhr_PA)
- **New baby jealousy experiment:** [https://www.youtube.com/watch?v=7tKZB2k14iY](https://www.youtube.com/watch?v=7tKZB2k14iY)

### The School of Life:
This entertaining, informative web series creatively outlines key psychological concepts, frequently referencing the work of prominent figures in psychoanalysis.

- **The True and False Self:** [https://www.youtube.com/watch?v=A02UCd6monY](https://www.youtube.com/watch?v=A02UCd6monY)
- **The Dangers of Loving and Hating Too Much (The paranoid schizoid/Depressive positions):** [https://www.youtube.com/watch?v=1XgMZ1YgyoE](https://www.youtube.com/watch?v=1XgMZ1YgyoE)
- **How we soothe ourselves and others:** [https://www.youtube.com/watch?v=bI9eAbr3Bj0](https://www.youtube.com/watch?v=bI9eAbr3Bj0)
- **Protoconversations and enculturation** [https://www.youtube.com/watch?v=DOfEu2zqrkQ&feature=youtu.be](https://www.youtube.com/watch?v=DOfEu2zqrkQ&feature=youtu.be)

### Profiles:
- **Melanie Klein:** [https://www.youtube.com/watch?v=HU3iSW6WTo8&list=PLwxNMb28XmpcpxBm1RoGRx4mVKNRIrKkG&index=5](https://www.youtube.com/watch?v=HU3iSW6WTo8&list=PLwxNMb28XmpcpxBm1RoGRx4mVKNRIrKkG&index=5)
- **Anna Freud:** [https://www.youtube.com/watch?v=v80Nd8w1uts&index=4&list=PLwxNMb28XmpcpxBm1RoGRx4mVKNRIrKkG](https://www.youtube.com/watch?v=v80Nd8w1uts&index=4&list=PLwxNMb28XmpcpxBm1RoGRx4mVKNRIrKkG)
- **John Bowlby:** [https://www.youtube.com/watch?v=3LM0nE81mlE&list=PLwxNMb28XmpcpxBm1RoGRx4mVKNRIrKkG&index=6](https://www.youtube.com/watch?v=3LM0nE81mlE&list=PLwxNMb28XmpcpxBm1RoGRx4mVKNRIrKkG&index=6)
- **Donald Winnicott:** [https://www.youtube.com/watch?v=ZaZkvvB367I&list=PLwxNMb28XmpcpxBm1RoGRx4mVKNRlIrKkG&index=7](https://www.youtube.com/watch?v=ZaZkvvB367I&list=PLwxNMb28XmpcpxBm1RoGRx4mVKNRlIrKkG&index=7)

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More Youtube videos of laboratory experiments

• Aggression towards outgroup in babies- Yale baby lab.
  https://www.youtube.com/watch?v=851_21Euh6c
The Journal of Infant Observation

While comprehensive readings lists are available course handbooks, students may feel there are areas in which they would like to deepen their understanding by exploring contemporary contributions to the literature. This may especially be the case as they come to the end of their observational journey and they start to think about the possible applications of their newfound knowledge. The Journal of Infant Observation is a great place to start to do this.

In the following pages the last ten volumes of the journal have been organized into themes and presented as reading lists. On the following page you will find a spider diagram of the topics arranged thematically into groups and subgroups. To skip to your desired slide simply view the show and click on the bubbles. To return to the diagram press the blue arrow in the bottom left. You can access the papers via the library catalogue or on the journal page using your shibboleth log in.

I hope this resource will give students an idea of the immense scope of infant observation both as a tool of research and as a therapeutic intervention. It may also stimulate students to think about what they could contribute to this growing body of work. What is missing from this picture of infant development?

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Triangulation and Oedipal Dynamics

Play and creativity

Language development and communication

Separation and loss

Breastfeeding and Weaning

Ordinary Infant Development

Ordinary Infant Development

Young Child observation

Applications to work

Ordinary Infant Development

Ordinary Infant Development

Teaching Infant Observation

Societal/Cultural Commentary

Analysis of arts/literature

Group dynamics

Fathers

SOGC

Methodology

Technology

Illness

Post-natal depression/Maternal ambivalence

Sibling dynamics

Disability and learning difficulties

Premature babies

Within Institutions

Psychotherapeutic applications

Social Work/adoption

Neonatal units

Neonatal units

Pregnancy and Birth

Adolescence

As an intervention

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Adolescence

Applications to Work Contexts

As an Intervention


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Psychotherapeutic applications


- Caron, N. A. and Lopes, R. S. (2015) 'When the internal setting becomes more important than the therapist/analyst's interpretative capacity: extending the infant observation method to the prenatal and perinatal period', Infant Observation, 18(1), pp. 83-95.


• Shopsin, S. F. (2011) 'Three adult analytic cases understood through the lens of infant development', *Infant Observation*, 14(1), pp. 31-42.


Schools


Social Work and Adoption


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Young Child Observation


• Spedding, A. (2014) 'An account of how an only child uses her peers at nursery school as companions and quasi-siblings in an effort to understand siblinghood and other relationships', *Infant Observation*, 17(1), pp. 50-61.


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Nurseries and Toddler groups


Group Dynamics


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• Hall, R. (2013) 'Some reflections on an observation: fine-tuning the capacity to take in a baby girl's lived experience', *Infant Observation*, 16(1), pp. 33-46.


• Proner, K. (2013) 'To look into the eyes of an infant: Bion's baby's fear of dying', *Infant Observation*, 16(2), pp. 130-141.

• Scott, A. (2013) 'In and out of touch: observation and the passage of time', *Infant Observation*, 16(2), pp. 142-156.


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**Language Development and Communication**


**Play and Creativity**


**Triangulation and Oedipal dynamics**

**Separation and Loss**


**Breastfeeding and Weaning**


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Gender


Fathers

Societal/Cultural Commentary


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**Arts and Literature**


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Teaching Infant Observation

- Franchi, V. and Toth, A. (2014) 'Can you read the writing on the wall: what needs to happen for a researcher to see what she is observing?', *Infant Observation*, 17(2), pp. 126-139.

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The experience of the Observer

- Caron, N. A. and Lopes, R. S. (2015) 'When the internal setting becomes more important than the therapist/analyst's interpretative capacity: extending the infant observation method to the prenatal and perinatal period', *Infant Observation*, 18(1), pp. 83-95.
- Franchi, V. and Toth, A. (2014) 'Can you read the writing on the wall: what needs to happen for a researcher to see what she is observing?', *Infant Observation*, 17(2), pp. 126-139.

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**Seminar Groups**

Methodology and the psychoanalytic observation model

- Franchi, V. and Toth, A. (2014) 'Can you read the writing on the wall: what needs to happen for a researcher to see what she is observing?', *Infant Observation*, 17(2), pp. 126-139.

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**Technology**

Observing in Specific Circumstances

Learning Difficulties and Disability


Illness


Within Institutions

Premature babies and Neonatal units


Sibling Dynamics

- Spedding, A. (2014) 'An account of how an only child uses her peers at nursery school as companions and quasi-siblings in an effort to understand siblinghood and other relationships', *Infant Observation*, 17(1), pp. 50-61.

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Maternal mental health, postnatal depression and perinatal trauma


Research conducted by Georgia Cowley at the Tavistock and Portman NHS Foundation Trust
Pregnancy and Birth

- Caron, N. A. and Lopes, R. S. (2015) 'When the internal setting becomes more important than the therapist/analyst's interpretative capacity: extending the infant observation method to the prenatal and perinatal period', *Infant Observation*, 18(1), pp. 83-95.

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