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Hello 🙌, my name is Emily and I am a second year psychodynamic psychotherapist trainee and I am keen to hear from you if you are expecting a baby this Autumn in the Cambridgeshire area for the established Infant Observation course at the British Psychotherapy Foundation.

What is an Infant Observation?

An I.O. begins from birth and involves regular one-hour weekly visits in the family home. The experience is for up to two years term time only, plus agreed additional breaks. All details are kept strictly confidential and anonymous.

Having brought up twins (now adults) I understand how overwhelming a new baby is and will not be making judgements or interventions. I am there as a 'fly on the wall' observing the natural interactions of the baby with its external (and internal) world.

What's in it for you and your baby?

I understand this may seem daunting, but it is reported by many families to be a very enriching experience. Each family gains something different, for example, the opportunity to share this special time with someone else or simply the opportunity to focus on your baby for one hour a week.

What's in it for me?

I will learn about a growing baby as this is the foundation of what makes us all who we are. I will also learn how to observe, not just the baby but also myself. Ultimately this experience will help me to be better equipped for providing psychotherapy to adult patients.

If you, or someone you know, is curious and would like an initial chat please contact me by text, email or phone. Thank you for taking the time to read this and I hope you will join me to help create excellent therapists for our future.

