



Liisa Roine-Reinikka
Helsingfors

Psychodynamic interventions in pregnancy and infancy

Clinical and theoretical perspectives

Salomonsson, Björn. 2018. *Psychodynamic Interventions in Pregnancy and Infancy: Clinical and Theoretical Perspectives*. London and New York, Routledge.

Psychiatrist and child psychoanalyst Björn Salomonsson has written a significant and impactful book regarding pregnancy and parent-infant psychological well-being. There are not so many books recently written about these important and unique phases. That is why his writing is so needed.

In his book Salomonsson explores, describes and reflects parents' worries about their babies. He also describes how to help and support the parents in a psychoanalytic way. One chapter is about supervising nurses who work with parents.

Salomonsson works as a psychoanalytic consultant at Child Health Centre in Stockholm, Sweden. He meets pregnant women and also mother and baby-, husband and wife-, toddler and parent

pairs. Psychodynamic therapy with infants and parents is a clinical field of intervention which is excellently described.

The book gives the reader a new level of observing, understanding and relieving the symptoms of emotional disorders that parents and children may face, the so-called "baby worries". Writing is rich with clinical and theoretical backgrounds. Salomonsson combines past and current psychoanalytic theories (various authors) and reflects them with deep insight he has gathered during his long-standing career.

The author has developed a concept which in a practical level enables parents to build a uniquely important relationship with their baby during

the prenatal and postnatal phase. He describes the methods of the traditional theories from e.g. Freud, Winnicott, Bion and Klein. Then he ponders their thinking and methods and reviews them alongside his own clinical experience with parents and infants. Salomonsson creates his own comprehensive theory on how to help troubled infants and their parents.

Salomonsson describes and explores with wisdom and compassion important and interesting findings in his clinical work. For example how the stress level of a mother can be transferred to her baby. He seeks what a panicking baby might feel, how to name the nameless. How can we understand the baby's mind? Especially interesting are Salomonsson's findings on how to observe babies' facial expressions and especially their gaze. Babies' defences are also explored with high knowledge.

Salomonsson has made a very valuable contribution to our understanding of parent-infant psychoanalytic treatment and psychodynamic consultations. There has long been a need for a book like this. It is essential and insightful reading for those professionals who work with infants and their parents.



Liisa Roine-Reinikka, training child psychotherapist, family psychotherapist.