

The Tavistock Clinic short course for work with under-fives: the model and its applicability for private practitioners in South Africa

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Abstract

The Tavistock Clinic is a National Health Service (NHS) mental health facility for outpatients in north London, offering free services to all members of the community. It is also one of the main centres in the NHS for teaching and research in psychotherapy and mental health. A short course titled 'Infant Mental Health and Work with Under Fives: The Tavistock Clinic Model', was offered for the first time in 2007 and took place over five full days (23 – 29 March). This paper provides a synopsis of the course as well as some discussion of the model as presented. The author, an educational psychologist, also reflects on the Tavistock model in terms of its applicability for working with under-fives in private practice in South Africa.