



Above: Jim Wilson's (UK) playful lecture "Expanding the Therapist's Repertoire in Practice with Children and Young People."

Below: Ice hole in Jurmala, Latvia. Photo: Rronis, courtesy of Iv Wikipedia, Latvia-Wikipedia.

Impressions from the NBO Conference "Reaching the Child"

Jurmala, Latvia, September 22-24, 2010

One of the most important events for the Lithuanian Society CAP for 2010 was joining the Nordic-Baltic Organization (NBO) for professionals working with children and adolescents. NBO consists of the multidisciplinary member organizations representing professionals working in the fields of child mental health from Nordic and Baltic countries, and has an actively working board under the leadership of Lars R Lund from Norway. NBO has an excellent tradition of organizing international conferences where high professional standards are combined with interactive discussions of the participants together with emotive cultural entertainment and a traditional closing song.

The conference topic for 2010 was "Reaching the child". There were few child psychiatrists attending the conference and we were happy to complement the multidisciplinary group of colleagues working with children in the field of mental health. Every one of us who is in clinical practice has developed our own pattern and "personal style" of how to reach the child and engage family members. In memorable lectures and workshops, Jim Wilson and Elspeth McAdam from the UK, shared their experience of how to expand therapists' repertoire in building an alliance and finding individual emotional contact with the child. Patric L DeChello (USA) gave a comprehensive overview about treating trauma in children and dealing with self-harm behavior in adolescents. There were several other invited lecturers that generously shared their clinical expertise. Participating in NBO activities allowed Lithuanian child psychiatrists to develop closer links with colleagues from Nordic and Baltic countries, and discuss similarities and differences in the patterns in clinical practice and organization of services. These 3 days in Jurmala stimulated personal and professional growth and new discoveries. More information: <http://www.nordicbaltic.org/the-2010-conference/>



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