Graduate Certificate in Infant Mental Health

Develop specialty skills in the interdisciplinary field of infant and early childhood mental health (IECMH). This four quarter part-time graduate certificate employs flexible online distance education to accommodate the schedules of working professionals.

Scope of Training
- Introduction to the field of infant and early childhood mental health and attachment theory
- Factors that contribute to relational and behavioral challenges in young children
- Relationship-based observation and diagnostic assessment of infants and toddlers
- Principles of reflective practice, consultation, and supervision
- Exposure to social and emotional development in infancy through live observation of a caregiver-infant dyad over the first year of life

Program Benefits
Learn to infuse infant and early childhood mental health principles into your daily practice while expanding your professional network. Earn transcripted graduate credits upon completing the certificate. Apply knowledge to enhance your clinical practice.

Experience Level
- Graduate degree or current matriculation in a graduate degree program at the University of Washington
- Professionals who work with families, from a variety of training backgrounds including nursing, education, primary care, early intervention (including occupational therapy, physical therapy, speech-language pathology), psychology, and social work
COURSES

Frameworks in Infant Mental Health
Examines the field of IECMH from historical, developmental, and interdisciplinary perspectives. Special attention will be paid to attachment relationships, brain development, early communication and emotion regulation, and cultural perspectives. In addition, the course will examine different approaches to IECMH interventions and policy issues. 3 credits

Development and Psychopathology: Parents and Infants
Uses attachment theory to understand development and psychopathology from a life-span and intergenerational perspective. The course considers the contributions of prenatal factors, parent factors, parent-child relationships, and cross-cultural issues. 3 credits

Relationship-Based Assessment of Infants and Toddlers
Focuses on observation and assessment of infants and toddlers within the context of their primary relationships. Students are introduced to a range of observation and assessment measures as well as diagnostic classification systems for birth to three. 3 credits

Reflective Practice and Consultation
Provides students with the essential principles of reflective practice, supervision, and consultation. Reflective support is foundational to the practice of IECMH and is one of the most frequently identified needs of providers in the field. 2 credits

Infant Observation
Experiential component of the program which reveals typical development as it unfolds in the first year of an infant’s life. Each student observes a caregiver-baby dyad from birth over four quarters. Students will learn to understand individual developmental change within the context of each child's family and to track and reflect upon their own feelings during these observations. Infant Observation is a core training experience for infant mental health practitioners. 1 credit per quarter, total 4 credits

APPLY NOW!
Applications are due
May 1, 2016

CONTACT
bcimhd@uw.edu
206-543-9200
http://www.pce.uw.edu/certificates/infant-mental-health.html