

INFANT AND EARLY CHILDHOOD MENTAL HEALTH

IECMH 548

Course Title: Frameworks in Infant and Early Childhood Mental Health

Instructor(s): Colleen O. Dillon, PhD & Susan J. Spieker, PhD

Credits: 3 Spring 2019

Course Description

This is a core, foundational course in the field of infant and early childhood mental health (IECMH) practice. It provides a survey of the interdisciplinary IECMH field with emphases on infant and early childhood development, including social, ethnic, cultural and class contextual influences, prenatal and neonatal factors, trauma, as well as constitutional and maturational individual differences. This course provides background in how risk and protective factors can impact social-emotional, physical, and cognitive growth, with a specific focus on the caregiver-child relationship as critical sources of resilience. Students learn relationship-based principles, gaining an understanding of the basic competencies that professionals from all disciplines must have to integrate an IECMH approach into their work with young children and their families and caregivers.

Course Objectives

By the end of the quarter, students who complete all the readings and assignments and engage in all the online activities will be able to:

1. Apply a bio-psycho-social/cultural/class framework to explain how risk and protective factors influence individual differences and trajectories in early childhood.
2. Describe features of typical and atypical child development, prenatally to age three.
3. Identify relationship-based principles and strategies that support young children and families.
4. Understand the impact of current and intergenerational trauma on young children.
5. Discuss and evaluate how to integrate relationship-based practice into practice and become familiar with larger systems and policy change issues.
6. Apply IECMH reflective practice skills to case studies and video materials.

Books

The Psychology of Babies: How Relationships Support Development from Birth to Two (2014) by Lynne Murray & *The Emotional Life of the Toddler (2017)* by Alicia Lieberman