

## What can I do with a Certificate in Infant Mental Health?



This advanced training provides both the knowledge and practical experience needed for clinical and consultation services in infant mental health. The program trains professionals from the fields of:

- education
- medicine
- nursing
- occupational/physical therapy
- post-partum support
- psychology
- social work
- speech and hearing sciences

This experience will enrich your current practice, help build specialty skills within your discipline, and expand your professional network.

Graduates may go on to seek additional training and pursue endorsement in infant mental health at the national level. Please note that this program does not result in a license or credential.

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## Irving B. Harris Graduate Certificate Program in Infant Mental Health



[www.cimhd.org](http://www.cimhd.org)

## Background

Research has shown that the quality of experiences in the first three years of a child's life profoundly affects later development. Nurturing relationships with caring, sensitive caregivers enable young children to learn, form secure relationships, and experience and regulate their emotions.



There is a growing need, both locally and nationally, for specialists trained in the field of infant mental health to support these early relationships. Our training program was created to address the burgeoning demand for professionals with expertise in:

- promoting awareness about the importance of infant mental health
- practicing in diverse settings serving infants and families
- conducting assessments and interventions with caregivers and infants experiencing significant distress

Our curriculum and training are modeled on national competencies established for the field of infant mental health (Michigan Association of Infant Mental Health, 2002). Cornerstones of our training include:

- relationship-based practice
- culturally sensitive practice
- reflective practice and supervision
- leadership training

## Description of Training Program

This is a seven-quarter, part-time, interdisciplinary graduate certificate program with its academic home in the School of Nursing at the University of Washington. Trainees will develop a knowledge base in infant mental health through coursework and complete an intensive clinical/capstone training experience in direct service and consultation.

Potential trainees must be committed to working with young children and families and possess a graduate degree or have graduate student standing. In addition, they must complete an infant observation course in the community either before or during the training program. Please see our website for more information on observation courses.

### Coursework (4 quarters, 12 credits)

- *Frameworks of Infant Mental Health (NURS 548)*
- *Using Infant Mental Health Approaches in Practice Settings (NSG 538)*
- *Infant Development and Psychopathology (NSG 537)*
- *Mental Health Assessment of Infants and Toddlers (NURS 555)*

For more information please contact us at:

**CIMHD@u.washington.edu**  
**206-543-9200**



## Training Pathways

### Community-Based Practicum/ Externship (3 quarters, 9 credits)

After completing the coursework, students begin an intensive clinical/capstone training experience based at diverse community agencies serving families with young children. Students enroll in one of two pathways:

- **Promoting First Relationships Pathway.** For graduate students and professionals from multiple disciplines who seek training in infant mental health consultation, reflective practice, and provision of relationship-based services to families.
- **Infant-Parent Psychotherapy Pathway.** For graduate students in mental health fields and licensed (or license-eligible) mental health professionals from the community who plan to do intensive therapeutic work and assessment with young children and their families.

Please see our website for application information and deadlines ([www.cimhd.org](http://www.cimhd.org)).

