Your Professional Development Journey

1. Prenatal Program
   Help moms prepare for their transition into parenthood with Promoting Maternal Mental Health During Pregnancy

2. Infant Development
   Learn how to help caregivers understand their infant’s cues, sleep, feeding, behavior, and regulation with Keys to Infant Caregiving and Beginning Rhythms

3. Parent-Child Dyadic Assessment
   Looking to assess the quality of the parent-child relationship? Parent-Child Interaction Scales are a Gold Standard assessment

4. Learn about Infant Mental Health and the Effects of Trauma
   We have regular courses that provide a knowledge base to understand how infants and their caregivers are impacted by adversity

5. Parent-Child Intervention
   Our evidence-based home visiting program, Promoting First Relationships®, supports parents in becoming more sensitive and knowledgeable about their child while it also improves child’s stress regulation. Also available for primary care providers.

6. Watch for Special Topic Workshops
   Every year we bring in experts from around the nation to discuss current topics and research in infant and early childhood mental health. Join our email list to be notified of future events!

7. Advanced Clinical Training in Infant Mental Health Treatment
   Coming Soon!

8. We can come to you!
   We can send a trainer to your agency! Give us a call to learn more at +1-206-543-8528

University of Washington
Box 357920
Seattle, WA 98195

www.pcrprograms.org
pcrp@uw.edu
206-543-8528