



Infant Mental Health Core Competencies Addressed in Parent-Child Relationship Programs Trainings

Introduction to Infant Mental Health

6 contact hours

Topics	Endorsement® Competencies
	Theoretical Foundations:
Toxic Stress	Infant/Very Young Child Development and Behavior
Attachment Theory	Attachment, Separation, Trauma, Grief and Loss
Parenting Behaviors	Pregnancy and Early Parenthood
	Direct Service Skills:
Baby Cues	Observation and Listening
	Systems Expertise:
IMH Resources/Next Steps	Community Resources

Promoting First Relationships® (PFR)

13 contact hours

Topics	Endorsement® Competencies
	Theoretical Foundations:
PFR consultation strategies	Relationship-Focused Practice Cultural Humility Psychotherapeutic and Behavioral Theories of Change
Infant Mental Health	Infant/Young Child Development and Behavior
Attachment/Apply to Observations	Attachment, Separation, Trauma, Grief, and Loss
Challenging Behaviors, Case Studies	Infant/Very Young Child Family-Centered Practice
	Direct Service Skills:
Reflective Observation, Questions	Responding with Empathy
Baby Cues	Observation and Listening
Verbal Responding/feedback/joining	Listening and Responding with Empathy
Development of Infant & Young child	Developmental Guidance
Consultation strategy practice	Parent-Infant/Young Child Relationship-Based Practices

Promoting Maternal Mental Health During Pregnancy

15 contact hours

Topics	Endorsement® Competencies
	Theoretical Foundations:
Pregnancy: psychosocial	Pregnancy and Early Parenthood
Relationship focused strategies	Relationship-Focused Therapeutic Practice Family Relationships and Dynamics
Trauma, Loss, Maternal Depression/Anxiety	Attachment, Separation, Trauma, Grief, and Loss
	Direct Service Skills:
Screening/Assessment Strategies	Screening and Assessment
Intervention/Strategies	Responding with Empathy
Resources/Strategies	Life Skills
Domestic/Interpersonal Violence	Safety
	Communicating:
Practical Applications	Listening
	Speaking

PCI (Parent Child Interaction Scales) Feeding or Teaching

22.5 contact hours

Topics	Endorsement® Competencies
Parent/Child Relationship	Infant/Very Young Child Development and Behaviors
Infant Cues, Practice	Observation
Structure of Scales/Barnard Model, Practice	Screening and Assessment Disorders of Infancy/Early Childhood



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