

## Why is specialized training in Infant, Early Childhood, and Family Mental Health important?

In recent years there has been an increased recognition of significant mental health disturbances in infants and young children. These include mood and anxiety disorders and disorders of feeding, sleep, sensory, attention and behavior regulation. Results of studies suggest prevalence rates of mental health problems in children ages birth through five range from 16 to 21% (Egger & Angold, 2006; Lavigne et al., 1996) and that there are growing numbers of preschoolers who are being expelled from child care settings each year because of serious aggressive behaviors (Gilliam, 2005; Irwin-Vitela, 2010). Of equal concern are the prevalence of depression among women during pregnancy and the postpartum period of 10-15% (CDC, 2008) and prevalence of elevated depressive symptoms among women living in poverty as high as 50% (Chazen-Cohen & Woolverton, 2009).

The field of Infant Mental Health has generated theory, empirical studies, reliable and valid screening and assessment tools for early identification and evaluation, a widely used diagnostic nosology (DC:0-5), evidence based parent-infant and early childhood treatment approaches, and professional practice guidelines (American Academy of Child and Adolescent Psychiatry). Application of Infant Mental Health knowledge and culturally sensitive, relationship-based and reflective practices supports the development of healthy attachment relationships and helps to inoculate parents and young children who have experienced trauma and/or are living in poverty from the impact of toxic stress.

Wisconsin has an imperative need for mental health professionals with specialized training in evaluating and treating perinatal mood disorders and mental health disorders of infancy and early childhood. Furthermore, public health, home visiting and early childhood programs are in need of parent-infant and early childhood mental health consultants to support their work with difficult to reach families and young children at-risk. With early consultation, evaluation and intervention, disturbances that emerge early in life can be ameliorated before they become more serious disorders.



DEPARTMENT OF  
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UW Infant, Early Childhood and Family Mental Health  
Capstone Certificate Program  
[infantfamilymentalhealth.psychiatry.wisc.edu](http://infantfamilymentalhealth.psychiatry.wisc.edu)



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## University of Wisconsin Infant, Early Childhood and Family Mental Health



### Capstone Certificate Program

Department of Psychiatry  
University of Wisconsin  
School of Medicine and Public  
Health

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## UW Infant, Early Childhood and Family Mental Health Capstone Certificate Program

This Capstone Certificate Program is an intensive, interdisciplinary, one year academic program for practicing professionals who work with families in the prenatal and postpartum periods and with children ages birth through five years. Following a cohort model, enrolled participants will be provided with 3 days of class instruction each month as well as small group and individualized opportunities to reflect upon and integrate program content into their professional work experiences.

These experiences will contribute to an increased knowledge base and skills in providing appropriate screening, assessment, diagnostic and supportive and therapeutic interventions to infants, young children and their families.

The Infant, Early Childhood and Family Mental Health Capstone Certificate Program is informed by theory and current empirical knowledge from developmental, neuroscience and attachment research.

### Course content includes:

- Relationship-based, Culturally Responsive & Reflective Practices
- Psychosocial Stages of Pregnancy and Transition to Parenthood
- Perinatal Mood Disorders: Screening, Evaluation & Treatment
- The Newborn Behavioral Observation System
- The Parent-Child Early Relational Assessment and Video Replay Interview
- Attachment Theory and Research: The Adult Attachment Interview and Assessment of Reflective Functioning
- Assessment of Developmental Functioning, Sensory Integration and Regulatory Capacities in Infants and Toddlers
- Parent-Infant and Early Childhood Evidence-based Therapeutic Interventions for:
  - Emotion, Behavior and Attention Regulation Difficulties
  - Sleep and Feeding Disturbances
- Early Identification, Assessment and Evidence-based Interventions for Autism Spectrum Disorders
- Infant and Early Childhood Mental Health Consultation
- Motivational Interviewing and Parental Substance Abuse
- Therapeutic & Supportive Intervention for Neglect, Maltreatment, Trauma and Loss: Integration of Neuroscience and Attachment Research
- Supporting Relationships in the Context of Adoption & Foster Care
- Mindful and Compassionate Parenting

## Who is the Capstone Certificate Program for?

The Capstone Certificate Program is offered to professionals who wish to provide consultation and relationship-based services to families of infants and young children as well as to other professionals.

This program is designed for:

- Licensed mental health and health care professionals in clinical, counseling or school psychology, social work, marriage and family therapy, nursing, psychiatry, pediatrics or family medicine.
- Professionals from the fields of early childhood education, child development, family studies, occupational therapy, physical therapy, social work, or speech and language therapy. This includes those who provide direct services to young children and their families in Home Visiting, Birth to 3, Early Childhood Special Education, Early Head Start, Head Start, Childcare, Child Protective Services programs who have a minimum of a bachelor's degree.

## What will the Program provide?

- Courses taught by invited nationally recognized experts and state specialists in the field of infant, early childhood and family mental health
- Small Reflective Practice Mentoring Groups for discussion of cases and infant/family observations
- Participation in a Mindfulness Course
- Readings, infant/family observations, developmental and relationship assessment and therapeutic intervention assignments, and an integrative final project
- Individual Reflective Clinical Consultation for licensed mental health professionals
- Opportunities to network and build relationships with professionals who have common goals and interests

## What will I receive?

Completion of this Capstone Certificate Program and the 10-12 graduate course credits will be documented on a University of Wisconsin-Madison transcript. Credits may be used for continuing education for a variety of professions including, but not limited to psychology, social work, counseling, education and marriage and family therapy.

Those who complete this Capstone Certificate Program will have gained knowledge and competencies to assist them in pursuing endorsement as an Infant Family Specialist, Infant Mental Health Specialist or Infant Mental Health Mentor through the Wisconsin Infant Mental Health Endorsement, Wisconsin Alliance for Infant Mental Health (WI-AIMH).



**Participation is by application; enrollment is limited.**

**Visit the Website for application information:**  
[infantfamilymentalhealth.psychiatry.wisc.edu](http://infantfamilymentalhealth.psychiatry.wisc.edu)

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