

TRAINING DESCRIPTION

This training is a 10-day training series based on an infant and early childhood mental health (IECMH)-informed curriculum. Each day includes 5.5 hours of training content. The curriculum will be delivered in two waves, and each wave will include two cohorts.

- Cohort 1: Clinicians
- Cohort 2: Childcare providers/home visitors

Each cohort will receive unique benefits, and each participant will complete 55 hours of specialized IECMH training, designed for infant, early childhood, and family practitioners and providers. Additionally, each participant will receive 1-hour of reflective consultation for each day of the training attended (10 hours).

This training is offered through a scholarship valued at \$2,800 per participant, thanks to funding from the Early Years Initiative Grant from Early Learning Indiana, supported by the Lilly Endowment.

Training Topics Include:

- What is IMH?
- Relationship-Based Practice
- Observation & Listening
- Informal Assessment
- Pregnancy, Typical Development for 0 – 36 months
- Secure Attachment
- Atypical Development for 0-36 months
- Formal Assessment
- Insecure Attachment
- Intervention
- Reflective Supervision/Termination
- Cultural Humility, Diversity, Equity & Inclusion



REFLECTIVE CONSULTATION

Reflective supervision/consultation (RSC) is a highly valued professional development strategy for the infant and early childhood workforce.

Research suggests that RSC recipients may experience:

- Increased reflective functioning and insight,
- Reduced burnout, and
- Improved attention to secondary trauma.

For this project, virtual reflective consultation (RC) will be provided in small groups of 6-8 participants to foster open communication, self-awareness, and a sense of community. RC will be co-led by trained and endorsed providers, ensuring high-quality support. RC will be offered at a separate time from the training series.

These groups are designed to help participants deepen their understanding of the training content and apply it directly to their work with children and families, fostering greater reflection and integration of the principles into their practice. Each participant will receive 10 hours of RC over a 10-month period (1 hour/month). Group RC combats the isolation often experienced in infant-family work by creating a supportive space for shared learning and reflection.

