



# FSU Infant Mental Health Training Institute

## Foundations of Infant Mental Health Topics



This 15-hour foundational Infant Mental Health training provides a 4-step approach to understanding the needs of young children and families through the lens of relationships and grounded in the science of brain development, attachment theory, family systems theory, childhood trauma, and resilience. Trainees will sharpen observation skills of key developmental milestone, understand the impact of trauma on young children, become keen observers of parent-child interactions, and understand effective prevention and treatment planning. Incorporating an IMH approach into systems of care offers the greatest opportunity for “hard wiring” lifelong mental health.

Upon completion of the 5-week class and final evaluation, trainees will receive a certificate of completion. CEUs are not offered for this virtual class, however, the class aligns with the Florida Association for Infant Mental Health Competency Guidelines toward Endorsement (For more information, contact: <https://www.faimh.org>)

### Instructors

- Mimi Graham, Ed.D, Director, FSU Center for Prevention & Early Intervention Policy
- Valerie Dallas, LCSW, Statewide Clinical CPP Director

### Session Dates and Times *(subject to change)*

| Dates  | Topics  |
|--|---|
| <b>Week 1: August 29<sup>th</sup></b><br>10:00 am - 1:00 pm    | Course Overview<br>Infant Mental Health Concepts<br>Science of Attachment<br>Infant Mental Health Diversity Tenets            |
| <b>Week 2: September 5<sup>th</sup></b><br>10:00 am - 1:00 pm  | Overview of Child Development Ages 0-3<br>Overview of Brain Development<br>Skills for Observing the Parent Child Relationship |
| <b>Week 3: September 12<sup>th</sup></b><br>10:00 am - 1:00 pm | Adverse Childhood Experiences, Trauma & Changing the Trajectory   |
| <b>Week 4: September 19<sup>th</sup></b><br>10:00 am - 1:00 pm | An Infant Mental Health Approach Across Systems: Child Welfare  |
| <b>Week 5: September 26<sup>th</sup></b><br>10:00 am - 1:00 pm | An Infant Mental Health Approach: Teen Parents<br>Multidisciplinary Teaming<br>Summary  |

## Click Here to Register

**Registration Deadline: Thursday, August 24<sup>th</sup>**

Registration is first come first serve. There is no charge for this training.  
The Zoom link for all five sessions will be emailed to participants on Monday, August 28<sup>th</sup>.

