



Online Course: **Introduction to Infant Mental Health**

Earn a Continuing Education Certificate (24 clock hours [CEUs])

Note: If you are from a state other than MN, you may want to check with your licensing board to verify that the same measurement standard will be applied in your state for this credit

Course Description:

This course is designed for professionals from education, health and mental health who are interested in an introduction to the field of infant mental health and intervention with infants, toddlers and their parents. Readings, video, and observational tasks are included to familiarize students with the foundations of infant mental health and direct work with infants and parents. While not a clinical class, this course attempts to introduce the role and function of the infant mental health specialist and the use of relationship and reflection in work with families. Participants will reflect on their own careers and be challenged to determine how they can further define their roles with families.

Course Instructor:

Marit Appeldoorn directs two programs at St. David's Child Development and Family Services: Family Place (a therapeutic preschool program for at-risk families) and the new Early Childhood Outreach and Consultation Initiative providing mental health consultation to child care programs. She has a long-standing interest in infant and early childhood mental health, as well as interdisciplinary collaboration in group settings and working with families experiencing multiple levels of risk. She is on the adjunct faculty of the Augsburg College social work department, and has a private psychotherapy practice in Minneapolis. Marit is a 1996 graduate of Smith College School for Social Work.

Modules for this course will include content on:

- * Infant mental health is an integrative, multi-disciplinary field of research and practice
- * Listening toward understanding - A cornerstone of working with parents and infants
- * Observing infants
- * Collaborations in infant mental health work
- * Group care of infants and toddlers
- * Relationship and reflection in infant mental health work

Course Format:

On-line with CD-ROM and course web site.

Computer Requirements: Internet connection (preferably other than modem connection), CD-ROM drive.

Course Requirements:

Completion of required readings and videos Chat and/or discussion board participation; 1-Hour Observation of Infant-Caregiver Interactions; 1-Hour Observation of Infants in Group Care

To Register: Visit <http://cehd.umn.edu/ceed/profdev/onlinecourses/imh.htm>.

Fee: \$225.00 plus required textbook: Shirilla, J., & Weatherston, D. (Eds.)(2002). *Case Studies in Infant Mental Health: Risk, Resiliency, and Relationships*. Washington, DC: Zero to Three.

Comments from Course Participants:

"Great information and I have recommended this course to others with whom I work."

"I enjoyed the course. It offered information and guidance that I could apply to my job. I thought that the readings were interesting and the observation activities gave me insight on the skill that is required for IMH providers."

Questions? Contact Karen Anderson, tech and support for this course, at 612-625-6617 or ander352@umn.edu.