



Preparing for the VAIMH Endorsement® Exam

Part I: 60 Multiple-Choice Questions (90-minutes)

IMHM-C | IMHM-P | IMHM-R/F

Topics on this section will cover:

- a. Pregnancy, childbirth, and the newborn period
- b. Attachment theory and early relationship development
- c. Caregiving practices and caregiving behaviors
- d. Family, parenting, and childcare issues
- e. Infant and toddler development in all domains: social, emotional, cognitive, language, and physical
- f. Temperament and individual differences in infancy and early childhood
- g. Indicators of risk, identified disturbance or disorder, as well as capacity in infancy, early childhood, and early parenthood
- h. Infant mental health practice
- i. Best practices in infant mental health assessment, diagnoses, and treatment approaches
- j. Cultural competence
- k. Familiarity with standardized screening and assessment tools
- l. Familiarity with service delivery systems that cater to infants, toddlers, and their families
- m. Reflective supervisory practice (IMHM-C)

Part II: Response to two of three Clinical Vignettes (90-minutes)

Important issues to consider prior to responding to these vignettes:

- a. Your work experiences with infants, toddlers, and their families where you are working from a relationship-based perspective practicing infant mental health.
- b. Your experience with reflective supervision (individual or group).

Infant Mental Health Mentor-Clinical (IMHM-C)

One clinical scenario is a supervisory vignette that must be answered from the perspective of the supervisor. The other must be answered from the perspective of the infant mental health specialist/practitioner.

Important issues to consider prior to responding to these vignettes:

- a. Your work experience with infants, toddlers, and their families where you are working from a relationship-based perspective practicing infant mental health.

- b. Your experience of reflective supervision (individual or group).
- c. Your experience as a supervisor/consultant who has provided, or is providing, reflective supervision to practitioners working with infants, toddlers, young children, and parents/caregivers.

Infant Mental Health Mentor-Policy (IMHM-P)

You will rely on your extensive leadership experience with the infant-family field ensuring the promotion and practice of infant mental health. In particular, you are encouraged to consider the following:

- a. Funding
- b. Systems Development
- c. All that is required to promote change across systems

Infant Mental Health Mentor-Research/Faculty

You will rely on your extensive research and teaching experience in the infant-family field related to the study of pregnancy, infancy, early childhood and early parenthood, attachment security and relationship needs, risk and resiliency in the early years, caregiving practices, early assessment and intervention strategies, and the mental health needs of infants and toddlers.