

University of Wisconsin Infant, Early Childhood and Family Mental Health Capstone Certificate Program Crosswalk to Competency Guidelines for Culturally Sensitive, Relationship-Focused Practice Promoting Infant and Early Childhood Mental Health®

The University of Wisconsin Infant, Early Childhood and Family Mental Health Capstone Certificate Program is an excellent opportunity for professionals to gain knowledge and skills related to the mental health and wellbeing of infants, young children and their families. This interdisciplinary one-year graduate level program is informed by theory and current empirical knowledge from developmental, neuroscience and attachment research.

Following a cohort model, enrolled participants are provided with three days of class each month, including lectures, discussion, a mindfulness class and small reflective mentoring groups to integrate program content into their professional work experiences. Participation in this program promotes reflective practice and provides an increased knowledge base and skills in providing screening, assessment, diagnostic and therapeutic or supportive intervention services to support the mental health of parents, infants, young children and early relationships.

Who May Apply:

This UW Infant, Early Childhood and Family Mental Health (IECFMH) Capstone Certificate Program is an interdisciplinary program for practicing professionals with a minimum of a Bachelor's Degree who provide relationship-based services to families in the prenatal period and/or to families of children ages birth through five years, as well as supervisors and consultants of these professionals. This program is designed for: Licensed Mental Health Clinicians and Health Care Practitioners in Nursing, Pediatrics, Family Medicine and Psychiatry and professionals from Home Visiting, Birth to 3 Early Intervention, Early Childhood Special Education, Early Head Start, Head Start, Early Care and Education, and Child Protective Services/Child Welfare

Course Content Includes:

- Relationship-based and Reflective Practices
- Core Concepts in Infant, Early Childhood and Family Mental Health
- Focus on Diversity, Equity, Inclusion, Cultural Humility and Responsivity, and Social Justice
- Psychosocial Stages of Pregnancy and Transition to Parenthood
- Perinatal Mood Disorders: Screening, Evaluation & Treatment
- Attachment Theory and Research
- The Brief Parent-Child Early Relational Assessment (B-ERA) and Video Replay Interview
- Assessment and Diagnosis of Developmental, Sensory Integration and Mental Health Functioning of Infants and Toddlers
- Early Identification of Autism Spectrum Disorders
- Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC: 0-5™)
- The Newborn Behavioral Observations System (NBO)
- The FAN (Facilitating Attuned Interactions) as a Model for Reflective Practice
- Parent-Infant/Early Childhood Evidence-based Therapeutic Interventions for Emotion, Behavior and Attention Regulation Difficulties; Relational Concerns; Sleep Disturbances and Feeding Disturbances
- Assessment and Therapeutic Intervention for Neglect, Maltreatment, Trauma and Loss: Integration of Neuroscience and Attachment Research
- Infant and Early Childhood Mental Health Consultation
- Motivational Interviewing and Parental Substance Abuse
- Supporting Relationships in the Context of Medical and Psychosocial Risk, Adoption and Foster Care
- Mindful and Compassionate Parenting
- Health Equity, Policy and Advocacy
- Secondary Traumatic Stress and Self-Care

What will the UW IECFMH Capstone Program Provide?

- Courses taught by nationally recognized experts and state specialists in the field of parent-infant/early childhood mental health
- Small Reflective Mentoring Groups for discussion of cases, infant/family observations and course content
- A Mindfulness Course and opportunities for personal and professional practice
- Readings, infant/family observations and assignments focused on developmental and parent-child relationship assessment, facilitating therapeutic/supportive interventions, and design and completion of an integrative final project
- Opportunities to network and build relationships with professionals who have common goals and interests
- Bimonthly Individual Reflective Clinical Consultation for Licensed Mental Health Clinicians
- For Mental Health Clinicians, the UW IECFMH Capstone Certificate Program provides an essential foundation for Child-Parent Psychotherapy (CPP) Training, an 18-month Learning Collaborative also provided by the UW Department of Psychiatry. This training is highly recommended for Mental Health Clinicians following completion of the UW IECFMH Capstone Certificate Program.
- Knowledge and competencies to prepare for pursuing the Wisconsin Infant Mental Health Endorsement through the Wisconsin Alliance for Infant Mental Health (WI-AIMH).

UW IECFMH Capstone Program Course Credits:

Fellows who complete the UW IECFMH Capstone Certificate Program will earn 10-12 graduate course credits, a Capstone that will be documented on a University of Wisconsin-Madison transcript and a UW IECFMH Capstone Certificate. Credits can 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. UW IECFMH Graduate credits may also be accepted by some graduate degree programs.

UW IECFMH Capstone Program Courses:

Psychiatry 712: Foundations in Infant, Early Childhood and Family Mental Health Concepts: Development, Screening, Assessment and Diagnosis (3 credits)

Psychiatry 713: Seminar in Reflective Practices and Mindfulness in Infant, Early Childhood and Family Mental Health (2 Credits)

Psychiatry 715: Therapeutic Interventions, Practices and Policy in Infant, Early Childhood and Family Mental Health (3 credits)

Psychiatry 716: Seminar in Reflective Practices and Mindfulness in Infant, Early Childhood, and Family Mental Health II (2 credits)

Psychiatry 714 and 717: Consultation in Infant, Early Childhood and Family Mental Health: Advanced Clinical Practice I and II (1 credit each, for Licensed Mental Health Clinicians)

Link to IECFMH Capstone Program Website:

For more information, visit our website at <https://ifmh.psychiatry.wisc.edu/>

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

Capstone Certificate Program Crosswalk to Infant Mental Health Endorsement Competencies

Competency Area Key ✓ = required competency area fully addressed ✓ = required competency area partially addressed ✓ = competency area not required, but addressed <i>*Please note there is always more we can learn in each competency area. The term "fully addressed" is for purposes of Endorsement.</i>	Infant Family Associate or Early Childhood Family Associate	Infant Family Specialist or Early Childhood Family Specialist	Infant Family Reflective Supervisor	Infant Mental Health Specialist or Early Childhood Mental Health Specialist	Infant Mental Health Mentor or Early Childhood Mental Health Mentor (Clinical, Policy, Research)
Theoretical Foundations					
Pregnancy and Early Parenthood	✓	✓	✓	✓	✓
Infant/Young Child Development and Behavior	✓	✓	✓	✓	✓
Infant/Young Child Family Centered Practice	✓	✓	✓	✓	✓
Relationship Focused Practice (IFA/ECFA) Relationship Based Therapeutic Practice (IFS/ECFS, IMHS/ECMHS, IMHM/ECMHM)	✓	✓	✓	✓	✓

Family Relationships and Dynamics	✓	✓	✓	✓	✓
Attachment, Separation, Trauma, Grief and Loss	✓	✓	✓	✓	✓
Cultural Humility	✓	✓	✓	✓	✓
Disorders of Infancy/Early Childhood	✓	✓	✓	✓	✓
Psychotherapeutic and Behavioral Theories of Change	✓	✓	✓	✓	✓
Mental and Behavioral Disorders in Adults	✓	✓	✓	✓	✓
Adult Learning Theory and Practice	✓	✓	✓	✓	✓
Statistics	✓	✓	✓	✓	✓
Research and Program Evaluation	✓	✓	✓	✓	✓
Law, Regulation and Agency Policy					
Ethical Practice	✓	✓	✓	✓	✓
Government, law, and regulation	✓	✓	✓	✓	✓
Agency Policy	✓	✓	✓	✓	✓
Systems Expertise					
Service Delivery Systems	✓	✓	✓	✓	✓
Community Resources	✓	✓	✓	✓	✓
Direct Service Skills					
Observation and Listening	✓	✓	✓	✓	✓
Screening and Assessment	✓	✓	✓	✓	✓
Responding with Empathy	✓	✓	✓	✓	✓

Advocacy	✓	✓	✓	✓	✓
Life Skills	✓	✓	✓	✓	✓
Safety	✓	✓	✓	✓	✓
Intervention/Treatment planning	✓	✓	✓	✓	✓
Developmental Guidance	✓	✓	✓	✓	✓
Supportive Counseling	✓	✓	✓	✓	✓
Parent-Infant/Young Child Relationship Based Therapies and Practices	✓	✓	✓	✓	✓
Reflective Supervision	✓	✓	✓	✓	✓
Working with Others					
Building and maintaining relationships	✓	✓	✓	✓	✓
Collaborating	✓	✓	✓	✓	✓
Empathy and Compassion	✓	✓	✓	✓	✓
Supporting others/Mentoring	✓	✓	✓	✓	✓
Resolving conflict	✓	✓	✓	✓	✓
Consulting	✓	✓	✓	✓	✓
Coaching and Mentoring	✓	✓	✓	✓	✓
Crisis Management	✓	✓	✓	✓	✓
Leading People					
Motivating	✓	✓	✓	✓	✓
Advocacy	✓	✓	✓	✓	✓

Developing talent	✓	✓	✓	✓	✓
	Communicating				
Listening	✓	✓	✓	✓	✓
Speaking	✓	✓	✓	✓	✓
Writing	✓	✓	✓	✓	✓
Group Process	✓	✓	✓	✓	✓
	Thinking				
Analyzing information	✓	✓	✓	✓	✓
Solving problems	✓	✓	✓	✓	✓
Exercising sound judgment	✓	✓	✓	✓	✓
Maintaining Perspective	✓	✓	✓	✓	✓
Planning and Organizing	✓	✓	✓	✓	✓
	Reflection				
Contemplation	✓	✓	✓	✓	✓
Self-awareness	✓	✓	✓	✓	✓
Curiosity	✓	✓	✓	✓	✓
Professional/personal development	✓	✓	✓	✓	✓
Emotional response	✓	✓	✓	✓	✓
Parallel Process	✓	✓	✓	✓	✓