Preparing for the VAIMH Endorsement® Exam

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

IMHS

Your study of the following topics, learned in a university program, through intensive infant mental health in-service trainings and workshops, and self-study will assist you in a successful outcome on the exam. Opportunities to reflect on what is learned with colleagues and senior clinicians helps to better ensure integration of theory into practice.

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

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

a. One vignette is about the provision of reflective supervision/consultation and must be answered from the perspective of the supervisor/consultant.
b. One of two direct service vignettes must be answered from the perspective of the infant mental health specialist/practitioner.