



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.