

The Infant-Preschooler Mental Health Certificates Program is

offering courses in Infant-Preschooler Mental Health in San Diego
this Fall, 2007 & Spring, 2008

CE: Continuing education credit through AIU for psychologists, MFTs, LCSWs & RNs **has been approved** for each course. Some courses qualify for play therapy CE through APT
How to Enroll: Contact Debbie Wendt, CSPP/AIU, 5130 E. Clinton Way, Fresno, CA 93727, email: dwendt@alliant.edu, phone: 559-253-2234.
Additional information: Contact Sue Ammen, PhD, Program Coordinator, sammen@alliant.edu or 303-810-0759.

The California School of Professional Psychology at Alliant International University (CSPP/AIU) is offering two certificates in Infant-Preschooler Mental Health. Both are for post-graduate mental health practitioners and affiliated professions as well as graduate students engaged in a program of study leading to a clinical practice degree. Designed for adult learners who are working full-time, courses meet on evenings and weekends.

Fundamentals of Infant-Preschooler Mental Health Certificate

- Fundamentals of Infant Mental Health (60 hrs CE)
- Diagnostic Systems in IPMH: DC:0-3R (15 hrs CE)
- Fundamentals of Preschooler Mental Health (60 hrs CE)
- Parent-Child Relationship Assessment (MIM) (15 hrs CE)

These four courses provide the fundamental bases of infant and preschooler mental health from an **Ecosystemic** theoretical perspective.

Certification in Infant-Preschool Mental Health*

Completion of Fundamentals of IPMH Certificate & the following three courses:

- Biopsychosocial Factors in IPMH (40 hrs CE)
- Risk and Resiliency (40 hrs CE)
- Advanced Infant-Preschooler Mental Health (40 hrs CE)

Combined these seven classes satisfy the **coursework** standards* proposed by the California Infant Mental Health Work Group (see K. M. Finello & M. K. Poulsen (2005). Developing standards for training in infant and preschool mental health. In *The Handbook of Training and Practice in Infant and Preschool Mental Health*). [The standards include 1000 hours of clinical practice with infants & preschoolers that are not included in this Certification.]

2007-08 Classes in San Diego

Location: Alliant International University campus, 10455 Pomerado Road, San Diego; phone: 858-635-4000

The Ecosystemic approach to Infant-Preschooler Mental Health is developmentally organized, relationship-focused, strength-based, and contextually grounded in the child's ecosystem.

Sue Ammen & Beth Limberg



Structure of Certificate Classes:

- Typically a cohort of professionals takes the classes together, thereby learning collaboratively while contributing insights from their own experience
- Classes may be taken separately except where pre-requisites are noted
- Note that several classes require outside reading & assignments. The cost of the books is not included in the tuition cost.

Risk & Resiliency in IPMH

40 hours (Includes 30 hrs class time & 10 hrs out-of-class assignments)

Seminar addresses phenomenon of resilience in infants and preschoolers. The course covers risks to infants and preschoolers emanating from the child, the family, and the wider community and the potential for these children to positively adapt despite significant life adversities. Participants learn a resilience framework for research, policy, and practice emerging from research on resilience. This resilience model is applied to several high-risk populations such as young children in foster care, with developmental risks, or teen parents.

**Thursdays, September 6 – Nov 8, 2007 (10 weeks)
from 6-9 PM**

Cost: \$680

Instructor: Lily Cosico-Berge, PsyD, ATR, RPT

Fundamentals of Infant Mental Health

60 hours (Includes 45 hrs class time & 15 hrs out-of-class assignments)

Seminar addresses normal & atypical infant development & infant-family relationships, especially parent-child attachments, & introduces the basic assessment & intervention approaches in infant mental health with an emphasis on strength-based relationship-based approaches using an ecosystemic theoretical perspective. Requires completion of non-clinical infant-family case study including a parent-child play observation..

**Thursdays, 15 weeks, starting January 24th, 2008
from 6 – 9 PM (except Apr 4th)**

Cost: \$1020

Instructors: Lily Cosico-Berge, PsyD, ATR, RPT & Kimberly Flowers, MSW, LCSW.

Biopsychosocial Factors in IPMH

This web-based seminar explores in depth the transactional model of IPMH and the powerful interplay between neurobiological factors and relationships in the healthy psychosocial development of young children. We will be using the book, *From Neurons to Neighborhoods* as our primary text, which examines the current research as it relates to IPMH practice. Participants will learn to apply this information to their IPMH practice models, as well as to utilize this information to attract funding for IPMH programs. We will develop an asynchronous learning community online, with active participation in the online discussions and activities required.

Spring Semester, 2008 (starting January 22)

Cost: \$680

40 hours CE (Includes 30 hours online class discussions & activities and 10 hours out of class assignments)

Location: Alliant Blackboard Web – online course

Instructor: Toni Backman, PhD

Advanced Infant-Preschooler Mental Health

40 hours (Includes 30 hrs class time & 10 hrs out-of-class assignments)

Pre-requisites OR Approval of Instructor: Completion of all four courses for Fundamentals Certificate

The Advanced IPMH class builds on the information and training covered in the core fundamental classes. Participants explore in depth several models of intervention in IPMH and develop their own theoretical model for the practice of IPMH. They examine

the availability of empirically-supported interventions, specifically as they relate to emerging psychopathologies in young children.

Summer Intensive, 2008 (Dates TBA)

Cost: \$680

Instructor: Lily Cosico-Berge, PsyD, ATR, RPT.

Instructors:

Toni Backman, PhD, is a licensed psychologist who completed advanced training as a Postdoctoral Fellow in the Irving Harris Program in Infant Mental Health and as a Research Fellow with the Developmental Psychobiology Research Group in the Department of Psychiatry, both at the University of Colorado School of Medicine. She has worked with addicted women and their infants including the development of a community-based doula intervention & assessment of developmental outcomes in the children and is currently expanding her work to maternal depression. She is co-developer of the Marschak Interaction Method Rating System.

Lily Cosico-Berge, PsyD, ATR-BC, RPT is a licensed psychologist and registered art & play therapist in the San Diego area. She has developed and directed early intervention and mental health programs for infants, preschoolers and their families and has worked extensively with high-risk and multicultural populations. She has worked with addicted and incarcerated women and their children in First 5 sponsored programs. She is trained in Incredible Years (IY), Parent-Child Interaction Therapy (PCIT), Parent-Child Psychotherapy and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). She uses an ecosystemic approach in her work, with particular emphasis on integration of diversity issues.

Kimberly Flowers, MSW, LCSW is a licensed clinical social worker with the New Parent Support Program at Camp Pendleton, providing home-based counseling, developmental guidance, psychoeducation, developmental and biopsychosocial assessments, and parent-child interactive groups with military families. She was trained as an Infant Mental Health Therapist with the Parent Infant Program in Michigan over ten years ago.

2008-09 Classes in San Diego

Fundamentals of Preschooler Mental Health

Addresses normal & atypical preschooler development & preschooler-family relationships. It introduces the basic assessment and intervention approaches in preschooler mental health with an emphasis on play-based and system-based (family, school) interventions.

Parent-Child Relationship Assessment

This seminar provides comprehensive training in the use of the Marschak Interaction Method® (MIM) – a play-based observation that captures significant aspects of the parent-child relationship.

Diagnostic Systems in IPMH

This seminar presents the development and use of the Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood - Revised (DC:0-3R), a diagnostic system for young children up to age of six that is developmentally sensitive and relationship based.

Biopsychosocial Factors in IPMH

Offered every Spring as an online course