



INFANT-TODDLER MENTAL HEALTH COALITION OF ARIZONA

Infant Mental Health Endorsement
Celebrating Quality Connections with Families

Recommended and Suggested Resources **In Preparation for the ITMHCA Endorsement Exam, Levels III & IV**

Members of the ITMHCA and MI-AIMH Endorsement Committees have prepared this list of recommended readings that we believe are essential for infant mental health practitioners and providers of reflective supervision/consultation. Additional suggestions are included for further reference and study.

Please keep in mind that it is impossible to include all of the written materials that provide a solid foundation for understanding and promoting infant mental health! It is equally important to remember that each infant mental health professional builds a personal knowledge base over time and in relationship to specific work experiences and challenges, *i.e.*, clinical case work, home visiting practice, supervisory role, training, teaching, and research. Finally, and perhaps most important, the integration of knowledge into one's best practice takes place within the context of regularly scheduled, reflective supervision/consultation experiences.

Recommended for Levels III & IV (Clinical, Research/Faculty, & Policy):

Bowlby, J. (1988). *A secure base: Parent-child attachment and healthy human development*. New York: Basic Books, Inc.

Davies, D. (2004). *Child development: A practitioner's guide* (2nd ed.). New York: The Guilford Press.

Erickson, M., & Kurz-Riemer, K. (1999). *Infants, toddlers, and families*. New York: The Guilford Press.

Fraiberg, S., & Adelson, E., & Shapiro, V. (1975). Ghosts in the Nursery. *Journal of American Academy of Child Psychiatry*, 14m 387-421.

Greenspan, S. I. (1985). *First feelings: Milestones in the emotional development of your baby and child*. New York: Viking.

Shirilla, J., & Weatherston, D. (Eds.) (2002). *Case studies in infant mental health: Risk, resiliency, and relationships*. Washington, D.C.: ZERO TO THREE.

Weatherston, D., & Tableman, B. (2002). *Infant mental health services: Supporting competencies/ Reducing Risks* (2nd ed.). Southgate, MI: Michigan Association for Infant Mental Health.

Zeanah, C. H. (Ed.) (2000). *Handbook of infant mental health* (2nd ed.). New York: The Guilford Press.

ZERO TO THREE, National Center for Infants, Toddlers and Families (1997). *Diagnostic classification of mental Health and developmental disorders of infancy and early childhood* (DC-0 to 3R). Arlington, VA: Author.

Subscriptions to the following periodicals are strongly recommended:

Infant Mental Health Journal

Journal for ZERO TO THREE (formerly, the Bulletin for ZERO TO THREE), www.zerotothree.org.

Additional suggestions:

Finello, K. M. (Ed.) (2005). *The Handbook of training & practice in infant & preschool mental health*. San Francisco, CA: Jossey-Bass.

Hirshberg, L. (1966). History-making, not history-taking. In S. Meisels & E. Fenichel (Eds.), *New visions for the developmental assessment of infants and young children*. Washington, D.C.: ZERO TO THREE.

Lieberman, A. (1993). *The Emotional life of the toddler*. New York: The Free Press.

Lieberman, A., & Zeanah, C. (1999). Contributions of attachment theory to infant-parent psychotherapy and other interventions with infants and young children. In J. Cassidy & P. Shaver (Eds), *Handbook of attachment*. New York: Guilford Press.

McDonough, S. (1993). Interaction guidance: Understanding and treating the early infant-caregiver relationship disturbances. In C. Zeanah, Jr. (Ed.), *Handbook of infant mental health*. New York: Guilford Press.

Michigan Association for Infant Mental Health (2005). *Guidelines for comprehensive assessment of infants and their parents in the child welfare system*. Southgate, MI.

Osofsky, J., & Fitzgerald, H. (Eds.). *WAIMH handbook for infant mental health*. New York: Wiley, Inc.

Pawl, J. (1995). The therapeutic relationship as human connectedness: Being held in another's mind. *Zero to Three Bulletin* 15, 3-5.

Sameroff, A., McDonough, S., & Rosenblum, K. (Eds.) (2004). *Treating parent-infant relationship problems: Strategies for intervention*. New York, NY: The Guilford Press.

Tableman, B., & Paradis, N. (2008). *Courts, child welfare and infant mental health: Improving outcomes for abused/neglected infants and toddlers*. Southgate, MI: Michigan Association for Infant Mental Health.

Trout, M. (1982). The language of parent-infant interaction. In J. Stack (Ed.), *The special infant*. New York: Human Sciences Press.

Wright, B. (1986). An approach to infant-parent psychotherapy. *Infant Mental Health Journal*, 7(4), 247-263.

Other resources include:

Measures of infant development and family capabilities, e.g., Ages & Stages Questionnaire (ASQ), HOME, Infant and Toddler Developmental Assessment (IDA).

Trout, M. video series, "Awakening and the Growth of Attachment."

Recommended for Level IV (Clinical):

Fenichel, E. (Ed.). (1992). *Learning through supervision and mentorship to support the*

development of infants, toddlers and their families: A source book. Washington, D.C.: Zero to Three.

Bertacci, J. & Coplion, J. (1992). The professional use of self in prevention pp. 84-90.

Schafer, W. (1992). The professionalization of early motherhood, pp. 67-75.

Shahmoon Shanock, R. (1992). The supervisory relationship: Integrator, resource and guide, 37-41.

Heller, S. & Gilkerson L. (Eds.) (2009). *A practical guide to reflective supervision*. Washington, D.C.: ZERO TO THREE

Infant Mental Health Journal (Nov-Dec 2009). Working within the context of relationships: Multidisciplinary, relational, & reflective practice, training, & supervision. Vol. 30, No. 6.

Journal for ZERO TO THREE (November, 2007) Reflective Supervision: What is it? Vol. 28, No. 2.

Eggbeer, L., Mann, T. & Seibel, N. (2007). Reflective supervision: Past, present, and future.

Heffron, M., Grunstein, S. & Tiemon, S. (2007) Exploring diversity in supervision and practice.

Schafer, W. (2007). Models and domains of supervision and their relationship to professional development.

Weatherston, D. (2007) A home based infant mental health intervention: The centrality of relationship in reflective supervision.

Weigand, R. (2007) Reflective supervision in child care: The discoveries of an accidental tourist.

Wightman, B., Weigand, B., Whitaker, K., Traylor, D., Yeider, S., & Hyden, V. (2007) Reflective practice and supervision in child abuse prevention.

Additional suggestions for Level IV (Clinical):

Bernstein, V. (2002-03). Standing firm against the forces of risk: Supporting home visiting and early intervention workers through reflective supervision. *Newsletter of the Infant Mental Health Promotion Project (IMP)*, 35.

Center for Mental Health Services, Substance Abuse and Mental Health Services Administration and Services, U.S. Dept. of Health and Human Services. (2000). *Early childhood mental health consultation [Monograph]*. Washington, DC: National Technical Assistance Center for Children's Mental Health, Georgetown University Child Development Center.

Foulds, B. & Curtiss, K. (2002). No longer risking myself: Assisting the supervisor through supportive consultation. In Shirilla, J. & Weatherston, D. (Eds.), *Case studies in infant mental health: Risk, resiliency, and relationships (177-186)*. Washington, D.C.: Zero to Three.

Heffron, M. C. (2005). Reflective supervision in infant, toddler, and preschool work. In K. M. Finello (Ed.). *The handbook of training and practice in infant and preschool mental health*. San Francisco: J. Jossey-Bass.

Parlakian, R. (2002). *Look, listen, and learn: Reflective supervision and relationship-based work*. Washington, D.C.: Zero to Three.

Pawl, J. & St. John, M. (1998). How you are is as important as what you do. In *Making a positive difference for infants, toddlers and their families*. Washington, D.C.: Zero to Three.

Shahmoon Shanok, R., Gilkerson, L., Eggbeer, L. & Fenichel, E. (1995). *Reflective supervision: A relationship for learning*. Washington, D.C.: Zero to Three, p. 37-41.