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Description automatically generated**INFANT-TODDLER MENTAL**

**HEALTH COALITION OF**

**ARIZONA**

**Infant & Early Childhood Endorsement® Examination Preparation Resource List**

This guide is intended to be used by all examinees, including Infant Mental Health Specialists and Infant Mental Health Mentors (Clinical, Policy & Research/Faculty). You will notice that many of the resources on this guide are books. Most of the books will cover multiple knowledge/skill areas found within the *Theoretical Foundations*, *Direct Service Skills* and *Reflection* domains, and some of the books will have overlapping content. Resultantly, we do not intend for you to read every resource listed here. As the exam is based on the *Competency Guidelines®*, that will be an incredibly important resource in your exam preparation. We encourage you to incorporate the feedback you receive from the application reviewers with your own self-reflection regarding the experiences you have that indicate areas of strength and gaps, specific to the knowledge/skill areas found within the *Competency Guidelines®.* You will want to focus first on your “gap” areas (i.e. you have less experience regarding the knowledge and skill area of pregnancy/early parenthood so you will want to read the resources below that are specific to that area). Additionally, we encourage you to speak with your provider of reflective supervision/consultation around your professional experiences, areas of strength and growth, in addition to discussing your capacity for reflection. **This resource list should be used in conjunction with the document *What to Know About the Endorsement® Exam*.**

Aces too High website: <https://acestoohigh.com>

American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC: Author.

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*clinical applications (2nd ed.)* New York: Guilford Press.

Center on the Developing Child website: <https://developingchild.harvard.edu>

Davies, D. (2011). *Child development: A practitioner’s guide (3rd ed.)*. New York: The Guildford Press.

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Lieberman, A. (2017). *The emotional life of the toddler.* New York: Simon & Schuster.

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Pawl, J. (1995). The therapeutic relationship as human connectedness: Being held in another person’s mind. Bulletin for ZERO TO THREE, 15, pp. 3-5.

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

Slade, A. (2005). Parental reflective functioning: An introduction. *Attachment & Human Development, 7,* 269-281.

ZERO TO THREE. (2016). *DC:0–5TM: Diagnostic classification of mental health and developmental disorders of infancy and early childhood.* Washington, DC: Author.

Zeanah, C. H. (Ed.) (2018). *Handbook of infant mental health (4th ed.).* New York: The Guilford Press.

Direct Service

Dozier, M., Lindheim, O. & Ackerman, J.P. (2005).  Attachment and biobehavioral catch-up: An intervention targeting empirically identified needs of foster infants. In LJ Berlin, Y. Ziv, L, Amaya-Jackson & MT Greenberg (Eds.).  *Enhancing Early Attachments:  Theory, Research, Intervention, and Policy* (p. 178-194). NY:  The Guilford Press.

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Weatherston, D. (2007) A home based infant mental health intervention: The centrality of relationship in reflective supervision. *ZERO TO THREE, 28(2),* 23-28.

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Reflection

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

Heffron, M. & Murch, T. (2011). *Reflective supervision and leadership in infant and early childhood programs.* Washington, D.C.: ZERO TO THREE.

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*Infant Mental Health Journal* (Nov-Dec 2016). Advances in reflective supervision and consultation: Pushing boundaries and integrating new ideas into training and practice. Vol 37, No. 6.

Michigan Association for Infant Mental Health (2012). Reflective supervision for infant mental health practitioners. Training DVD available at: <http://mi-aimh.org/store/reflectivesupervision/>. Southgate, MI: Author.

Michigan Association for Infant Mental Health (2015). Reflective supervision for to infant-family professionals in a variety of practice settings. Training DVD available at:

<http://mi-aimh.org/store/reflective-supervision-ii-video-training-series/>. Southgate, MI: Author.

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**Infant Mental Health Mentor – Policy**

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, D.C.: National Technical

Georgetown University Center for Child and Human Development. National Technical Assistance Center for Child and Human Development Resources <https://gucchdtacenter.georgetown.edu/resources/index.html>

Harvard University. Developing Child Reports and Working Papers (<https://developingchild.harvard.edu/resources/three-early-childhood-development-principles-improve-child-family-outcomes/>

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

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.

ZERO TO THREE Policy and Advocacy website: <https://www.zerotothree.org/policy-and-advocacy>

**Additional Study Materials**

[The Minnesota Association for Children’s Mental Health – Infant and Early Childhood (MACMH-IEC) Division](http://www.macmh.org/programs/iec/aboutiec/) has created a Basic Infant Mental Health Endorsement® Exam Pack. The exam packet is accessible either online (via computer, phone or tablet) or in an easily accessible app you can download on your phone or tablet.

How do I access it?

Step 1:

* Go [here](https://my.sharedbook.com/serve/nm/sb2100190/login.html?redirect_url=%2Fserve%2Fnm%2Fsb2100190%2F%3F)
* Or search the SharedBooks Marketplace for “Basic Endorsement Exam Pack” in your apps

Step 2:

* Create login
* Download the app

*\*Cost is $129.00; access to articles does not expire*

If you have any questions or need support please contact Arielle Handevidt, [ahandevidt@macmh.org](mailto:ahandevidt@macmh.org)

The app includes 35 study items:

* 16 journal articles
* Links to recommended videos
* Capability to take digital notes
* Highlight content
* Share your notes with others
* Search journal articles
* Direct links for book purchase
* *Competency Guidelines®*
* Other study resources