

Foundations of Infant Mental Health

Training Description

This training integrates key concepts of infant mental health (IMH) into practical strategies for optimizing the well-being of infants, toddlers, and their families. Content is grounded in trauma-informed care, the science of attachment, resilience, and child and brain development. IMH is focused on simultaneously addressing the emotional needs of both children and parents in the context of nurturing relationships. The interdisciplinary training provides guidance for home visitors, social workers and clinicians, child welfare professionals, foster parents, early interventionists, childcare teachers, and health care professionals.



Designed for busy professionals, this interactive 15-hour course is broken into 3-hour segments over five weeks. Topics include: Key Concepts in Infant Mental Health; Impact of Trauma and Early Adversity on Development; A Trauma-Informed Approach to Working with Young Children and Families; Using an IMH Framework to Change the Trajectory for Teen Parents and Families in Child Welfare; and Vicarious Trauma and Steps for Self-Care.

Participants will leave with:

- observation tools and sharpened skills for understanding developmental capacities, attachment relationships, and parent-child interactions.
- an understanding of the impact of trauma on young children.
- practical strategies for optimizing early childhood mental health.
- ways to infuse IMH into multiple systems of care (child welfare, teen parents).
- approaches for self-care in supporting families with trauma.

Faculty Trainers

Mimi Graham, Ed.D, Director FSU Center for Prevention & Early Intervention Policy
Valerie Dallas, LCSW, DSW, Statewide ECC Clinical Coordinator & CPP Trainer

Training Dates

Register by July 17th!

Thursdays | August 13 – September 10, 2026

9:00 AM – 12:00 PM (Eastern Time)

Five 3-hour sessions

\$450 per participant

[Click Here to Register](#)