



# **New Mexico Association for Infant Mental Health**

## **Competency Guidelines**

### **LEVEL 3, INFANT MENTAL HEALTH SPECIALIST**

#### **INTRODUCTION**

The Level 3 Competency Guidelines have been adopted by the New Mexico Association for Infant Mental Health to clearly describe the areas of expertise, responsibilities, and behaviors that demonstrate competency at this level. Level 3 practitioners have earned a minimum of a Master's degree, may possess a Doctoral degree, and meet the competencies defined in the Competency Detail for Level 3. Examples of practitioners for whom Level 3 competencies are appropriate include but are not limited to Developmental Specialist III, clinical nurse practitioner, and mental health clinician. Each professional who works with families, infants and toddlers deserves and requires supervision and/or consultation that enhances his/her ability to be self aware, and to examine his/her professional and personal thoughts and feelings in response to work within the infant and family field. Level 3 practitioners will receive a minimum of 25 hours of reflective supervision and/or consultation per year provided by a Level 3 or Level 4 professional or 50 clock hours in a two-year time frame.





**NMAIMH ENDORSEMENT REQUIREMENTS  
INFANT MENTAL HEALTH SPECIALIST  
LEVEL 3**

<b>Requirements:</b>	
<b>Education:</b>	<p>Master of Arts (MA), Master of Science (MS), Master of Education (MEd), Doctorate in Education (EdD), Master of Social Work (MSW), Master of Nursing (MSN), Doctor of Psychology (PsyD), Doctor of Philosophy (PhD), Medical Doctor (MD), Doctor of Osteopathy (DO) or other degree specific to one's professional focus in infant mental health; university certificate program and/or course work in areas such as infant and toddler development, family-centered practice, cultural sensitivity, family relationships and dynamics, assessment and intervention, in accordance with Endorsement Competencies; official transcript.</p> <p>Applicants may ask to use intensive in-service training to fulfill some of the recommended coursework.</p>
<b>Training:</b>	<p>Minimum: 30 clock hours of relationship-based education and training pertaining to the social and emotional development of infants, toddlers and families</p>
<b>Specialized Work Experience:</b>	<ol style="list-style-type: none"> <li>1. 2 years, post-graduate, supervised work experiences providing culturally sensitive, <b>relationship-based</b>, infant mental health services. This specialized work experience must be with <b>both</b> the infant/toddler and his/her parent/caregiver on behalf of the caregiver-infant relationship. Responsibilities will include intervention with a) families and their infants, toddlers and very young children because of parental factors which place the infant at risk for impaired cognitive and/or psychosocial development, b) distressed infants and toddlers and their families, c) high risk families whose pattern of living from crisis to crisis and/or pre-existing conflicts severely limit their ability to adequately care for their infant, and/or d) families who are ill-prepared to meet the special needs of their infants. OR</li> <li>2. 1 year supervised graduate internship with direct service experience in providing culturally sensitive, relationship-based, infant mental health services and 1 year, post-graduate, supervised work experience as described above</li> </ol>
<b>Reflective Supervision/ Consultation:</b>	<p>Relationship-focused, reflective supervision/consultation with an approved supervisor/consultant, individually or in a group, while providing services to infants, toddlers and families. Minimum: 50 clock hours within a two-year time frame (maximum).</p>
<b>Professional Reference Ratings:</b>	<p>Total of three professional reference ratings from:</p> <ol style="list-style-type: none"> <li>1. One rating from current program supervisor, teacher, trainer or consultant</li> <li>2. One rating from person providing reflective supervision/consultation</li> <li>3. Third rating may be from another supervisor, teacher, trainer or consultant; colleague; or supervisee (if candidate is a supervisor).</li> </ol>
<b>Code of Ethics Statement, Agreement, Candidate's Waiver:</b>	<p>Signed</p>
<b>Documentation of Competencies:</b>	<ol style="list-style-type: none"> <li>1. Successful completion of two-level review of contents of portfolio</li> <li>2. Successful completion of the NMAIMH written examination.</li> </ol>
<b>Professional Membership:</b>	<p>Membership in NMAIMH or another infant mental health association</p>
<b>Continuing Endorsement Requirements:</b>	<p>15 clock hours of relationship-based education and training pertaining to the social and emotional development of infants, toddlers and families</p> <p>Annual renewal of membership in NMAIMH or another Infant mental health association</p>

