

NMAIMH Making a Difference

Promoting & supporting healthy development and nurturing relationships for all infants and young children in New Mexico.



PREPARING FOR THE NMAIMH ENDORSEMENT EXAMINATION

Infant Mental Health Specialist (Level III)

Part I – 60 Multiple Choice Questions – 90 minutes

Part II – Response to two of three Clinical Vignette/Scenarios – 90 minutes

What is important when preparing for Part I and Part II of the exam?

1. Your work experiences with infants and toddlers and families are crucial. You will want to think carefully about situations in which you work from a relationship-based perspective practicing infant mental health.
2. Your experience of reflective supervision, individual or group, is also important.
3. Your study of the following topics, learned in a university program, through intensive infant mental health in-service trainings & workshops, and self-study is the third component. Opportunities to reflect on what is learned with colleagues and senior clinicians help to better ensure integration of theory into practice.
 - a. Pregnancy, childbirth, and the newborn period.
 - b. Attachment theory and early relationship development.
 - c. Caregiving practices and caregiving behaviors.
 - d. Family, parenting and child care issues.
 - e. Infant and toddler development in all domains: social, emotional, cognitive, language, and physical.
 - f. Temperament, self-regulation and individual differences in infancy and early childhood.
 - g. Indicators of risk, identified disturbance or disorder, as well as capacity, in infancy, early childhood, and early parenthood.
 - h. Infant mental health practice.
 - i. Best practice infant mental health assessment, diagnoses, and treatment approaches.
 - j. Cultural competence.
 - k. Reflective supervisory practice (Level 3 and Level 4 – Clinical)

Infant Mental Health Mentor – Clinical (Level IV)

Part I – 60 Multiple Choice Questions – 90 minutes

Part II – Response to two of three Clinical Vignette/Scenarios – 90 minutes

- One clinical vignette/Scenario is a supervisory vignette/scenario and must be answered from the perspective of the supervisor.
- One of two clinical vignettes/scenarios must be answered from the perspective of the infant mental health specialist/practitioner.

What is important when preparing for Part I and Part II of the exam?

1. Your work experiences with infants and toddlers and families are crucial. You will want to think carefully about situations in which you work from a relationship-based perspective practicing infant mental health.
2. Your experience of reflective supervision, individual or group is also important.

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3. Your experience as a supervisor/consultant who has provided or is providing reflective supervision to practitioners working with infants, toddlers, young children and parents/caregivers is a third important guide.
4. Your study of the following topics, learned in a university program, through intensive infant mental health in-service trainings & workshops, and self-study is the third component. Opportunities to reflect on what is learned with colleagues and senior clinicians help to better ensure integration of theory into practice.
 - a. Pregnancy, childbirth, and the newborn period.
 - b. Attachment theory and early relationship development.
 - c. Caregiving practices and caregiving behaviors.
 - d. Family, parenting and child care issues.
 - e. Infant and toddler development in all domains: social, emotional, cognitive, language, and physical.
 - f. Temperament, self-regulation and individual differences in infancy and early childhood.
 - g. Indicators of risk, identified disturbance or disorder, as well as capacity, in infancy, early childhood, and early parenthood.
 - h. Infant mental health practice.
 - i. Best practice infant mental health assessment, diagnoses, and treatment approaches.
 - j. Cultural competence.
 - k. Reflective supervisory practice (Level IV – Clinical)

Infant Mental Health Mentor – Policy (Level IV)

Part I – 60 Multiple Choice Questions – 90 minutes

Part II – Response to one of two Policy Vignette/Scenarios – 90 minutes

What is important when preparing for Part I and Part II of the exam?

Part I: 60 Multiple Choice Questions: The following topics will be very important to study for Part I of the exam.

1. Pregnancy, childbirth and the newborn period.
2. Attachment theory and early relationship development.
3. Caregiving practices and caregiving behaviors.
4. Family, parenting and child care issues.
5. Infant and toddler development in all domains: social, emotional, cognitive, language, and physical.
6. Temperament, self-regulation and individual differences in infancy and early childhood.
7. Indicators of risk, identified disturbance or disorder, as well as capacity, in infancy, early childhood, and early parenthood.
8. Infant mental health practice.
9. Best practice infant mental health assessment, diagnoses, and treatment approaches.
10. Cultural competence.
11. Reflective supervisory practice.

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Part II: Policy Response to a Qualitative Question: You will rely on your extensive leadership experience with the infant-family field ensuring the promotion and practice of infant mental health. In particular, you are encouraged to consider:

1. Funding
2. Systems development
3. All that is required to promote change across systems

Infant Mental Health Mentor – Research/Faculty (Level IV)

Part I – 60 Multiple Choice Questions – 90 minutes

Part II – Response to one of two Vignette/Scenarios – 90 minutes

What is important when preparing for Part I and Part II of the exam?

Part I: 60 Multiple Choice Questions: The following topics will be very important to study for Part I of the exam.

1. Pregnancy and childbirth.
2. Attachment theory and early relationship development.
3. Caregiving practices and caregiving behaviors.
4. Family, parenting and child care issues.
5. Infant and toddler development in all domains: social, emotional, cognitive, language, and physical.
6. Temperament and self-regulation
7. Indicators of risk and capacity in infancy, early childhood, and early parenthood.
8. Infant mental health practice.
9. Infant mental health assessment, diagnoses, and treatment approaches.
10. Cultural competence.
11. Reflective supervisory practice.

Part II: Research Response to a Qualitative Question: You will rely on your extensive research experience in the infant-family field related to the study of pregnancy, infancy, early childhood and early parenthood; attachment security and relationship needs; risk and resiliency in the early years; caregiving practices; early assessment and intervention strategies, and the mental health needs of infants and toddlers, to name a few.