Michigan Association for Infant Mental Health
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Alliance for the Advancement of Infant Mental Health

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.

Barrera (2003). Rocks to Diamonds: Mining the Riches of Diversity for Our Children. Zero to Three, 23(5), 8-15

Brazelton, T.B. & Nugent, T.O. (2011). *The neonatal behavioral assessment scale (4th ed.*). London, UK: Mac Keith Press.

Brazelton, T., & Sparrow, J. (2006). *Touchpoints: Birth to three (2nd ed*.). Cambridge, MA: Da Capo Press.

Brandt, K. (2016). Core concepts in infant-family and early childhood mental health. *In Kristi Brandt, Bruce D. Perry, Stephen Seligman, & Ed Tronick (Eds) Infant and Early Childhood Mental Health: Core Concepts and Clinical Practice.* Washington D.C.: American Psychiatric Publishing, 1 – 19.

Brown, J. (2003). New Perspectives on premature infants and their parents. *ZERO TO THREE, Vol 24 (2),* p 4 – 12.

Cassidy, J. & Shaver, P. R. (Eds.). (2008). *Handbook of attachment: Theory, research, and 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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Irving Harris Foundation. (2012). *Diversity-informed infant mental health tenets.* Retrieved from www.imhdivtenets.org.

Karen, R. (1994). *Becoming attached: Unfolding the mystery of the infant-mother bond and the impact on later life.* New York: Warner Books.

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

Mahler, M., Pine, F. and Bergman, A. (1975). *The psychological birth of the human infant.* New York: Basic Books.

Michigan Association for Infant Mental Health. (rev. 2017). *Competency guidelines for endorsement for culturally sensitive, relationship-focused practice promoting infant and early childhood mental health.* Southgate, MI: Author.

Michigan Association for Infant Mental Health (2010). *Promoting positive relationships between parents and young children when there are two homes.* Southgate, MI: Author.

Nugent, J. K., Keefer, C. H., Minear, S., Johnson, L. C. and Blanchard, Y. (2007). *Understanding newborn behavior and early relationships.* Brookes Publishing Co, Baltimore, MD.

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.

Fraiberg, S., & Adelson, E., & Shapiro, V. (1975). Ghosts in the nursery: A psychoanalytic approach to the problems of impaired infant-mother relationships. *Journal of American Academy of Child Psychiatry, 13,* 387-421 [Reprinted in L Fraiberg (Ed.) Selected Writings of Selma Fraiberg (pp. 100-136). Columbus, OH: Ohio State University Press, 1987].

Lieberman, A.F. & Van Horn, P. (2008). *Psychotherapy with infants and young children: Repairing the effects of stress and trauma on early attachment.* New York: The Guilford Press.

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Lieberman, A.F., Padron, E., Van Horn, P., & Harris, W. (2005). Angels in the Nursery: The intergenerational transmission of benevolent parental influences. *Infant Mental Health Journal, 26(6),* 504-520.

Lieberman, A. & Ghosh Ippen, C. (2015). *Don't Hit My Mommy: A manual for child-parent psychotherapy with young children exposed to violence and other trauma (2nd ed.).* Washington, D.C.: ZERO TO THREE.

Squires, J., Bricker, D.D., & Twombly, E. (2009). Ages & stages questionnaires: A parent-complete child monitoring system (3rd ed.). Baltimore, MD: Paul H. Brookes. Retrieved from https://agesandstages.com

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

Weatherston, D., & Tableman, B. (2015). *Infant mental health home visiting: Supporting competencies/ Reducing Risks (3rd ed.).* Southgate, MI: Michigan Association for Infant Mental Health.

Reflection

Alliance for the Advancement of Infant Mental Health (2018). Best Practice Guidelines for Reflective Supervision Consultation. Retrieved from: https://www.allianceaimh.org/reflective-supervisionconsultation/

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.

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

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.

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.

ZERO TO THREE (November 2016). Measuring and building reflective capacity. Vol. 37, No. 2.

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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 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.

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

How do I access it?
Step 1:

- Go here
- 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

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