INFANT AND EARLY CHILDHOOD MENTAL HEALTH

Course Title: Relationship-Based Mental Health Assessment of Infants and Toddlers

Instructor(s): Colleen O. Dillon, PhD

Credits: 3   Winter 2019

Course Description:

This is a core course in the field of infant and early childhood mental health (IECMH) practice, focused on building preliminary skills in the observation and diagnostic assessment of clinical concerns in young children. Using a culturally sensitive lens we will examine multiple influences, including current psychosocial strengths and stressors, prenatal and physical health history, developmental competencies, and primary caregiving relationships (current and intergenerational). Familiarity with observation and relationship-based assessment is useful whether your scope of practice includes doing IECMH assessments or just helping families and providers make sense of them. This course provides an overview of the *Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood: 0-5* (DC: 0-5), including how to crosswalk to the DSM-5 and ICD-10. In addition, a few special assessment topics (e.g. post-partum distress, trauma) will be delved into a bit deeper.

Course Objectives:

By the end of the quarter, students who complete all the readings and assignments and engage in all the online activities will be able to demonstrate:

- Familiarity with framing clinical concerns in infants, toddlers and preschoolers within the contexts of their socio-cultural background, psychosocial stressors, developmental competencies, primary relationships, health history, and constitutional make-up.
- An understanding of, and appreciation for, the role of observation and reflective use of self in assessment.
- An understanding of, and appreciation for, the importance of maintaining your "tolerance for uncertainty" as you develop multiple, working diagnostic hypotheses.
- Familiarity with diagnostic formulation of psychopathology in early childhood using the framework of the *Diagnostic Classification of Mental Health Disorders of Infancy and Early Childhood 0-5.*

Required Text: *Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood: 0-5 (2016)*. Zero to Three: National Center for Clinical Infant Programs, Washington, DC.