



Mindful Introduction to Infant Mental Health

The *Mindful* Introduction to Infant Mental Health (MIIMH) is a half day, online, on-demand course that provides an introduction to the ideas, research and clinical practice concerning the mental health and wellbeing of children 0-5 years and their families/carers.

Over 4 modules it covers infant and early childhood development, an introduction to Attachment Theory and principles of therapeutic work with infants and young children and their families/carers. It provides an ideal start for clinicians beginning practice with infants and young children as well as those seeking a refresher on the topic.

Who is the training for?

The training is suitable for clinicians (all disciplines) working in ICYMHs and professionals working in child protection, family support and early childhood sectors interested in infant mental health.

COST

\$85 for Victorian ICYMHs, Hub/Locals, Take Two, headspace, &

ACCHO/ACCHS clinicians

\$170 for other clinicians

ENQUIRIES

Please contact mindful-iimh@unimelb.edu.au



Register online at

mindful.org.au/developmental-mental-health-training/miimh