Mindful & the Royal Children's Hospital Melbourne

Infant Mental Health Advanced Training Year 1

The **Infant Mental Health Advanced Training** (IMHAT) program aims to provide a comprehensive understanding of the emotional and social development of the infant and family and the clinical skills necessary for working with expectant parents, babies, toddlers, infant–parent dyads and families.

> *The focus of the IMHAT course is primarily on the baby and the infant/parent relationship. We provide an interdisciplinary training in skilled assessment and intervention with infants and their families, which can greatly assist the capacity of parents to facilitate their child's development.*

The **Infant Mental Health Advanced Training** builds upon the former University of Melbourne Graduate Diploma and Masters courses in Infant and Parent Mental Health (est. 1996) and was developed out of the clinical, teaching and research work of the Infant Mental Health Group at the Royal Children's Hospital Melbourne and other infant mental health programs in Australia and world-wide. The course draws broadly on the disciplines of psychiatry, developmental psychology, attachment theory, social theory and psychoanalysis for the theoretical basis to provide sound theoretical, practical and observational foundations for working with infant and families experiencing mental health problems.

Eligibility

Students will be selected from applicants with degrees or equivalent training in medicine, psychiatry, psychology, nursing, social work, speech pathology or other related health and welfare disciplines. Applicants would normally be expected to have at least two years of post-graduation clinical experience and should be currently, or know that they will be, working with babies, toddlers and their families from the commencement of the course in March until the end of the course in November.

Campus and teaching

The IMHAT Course is taught at the Health Education Learning Precinct located at the Royal Children's Hospital Academic Centre. It is delivered as a part-time course with on-campus teaching one afternoon per week over two twelve-week semesters. Distance enrolment is available to rural, interstate and international students. Distance students attend using video conferencing facilities and obtain reading material supported by an ePortal.

The course is coordinated by Associate Professor Campbell Paul. Additional teaching faculty are drawn from the staff of the Infant Mental Health Group, Royal Children's Hospital, and other clinical infant and parent mental health programs.

Course Structure

Two 12-week semesters

Tuesdays 1.00 to 5.00pm:

Semester 1:	Subject 1: The Infant-Parent Relationship Subject 2: Clinical Problems in Infancy
Semester 2:	Subject 3: The Infant in Social Context Subject 4: Observing & Assessing Infants

Fees 2027

The course fee for 2027 is $10,450 ($9,500 excl GST). Fees are payable in two instalments to Mindful Centre for Training and Research in Developmental Health. The IMHAT course is not Commonwealth FEE-HELP eligible.

Expected course commencement: Late Feb/March 2025

Please direct all course inquiries and applications to: Mindful-IMHAT@unimelb.edu.au

Course Coordinator

Assoc. Prof Campbell Paul