

New York State Association for
Infant Mental Health

Professional Development Bulletin

Second Edition July 2020

With our lives surrounded by mystery these days, we wanted to give you something you can count on:

The Rest of 2020!

Professional Development Opportunities brought to you by NYS-AIMH!
Registration for all events is now open

Go to [nysaimh.org/events/](https://www.nysaimh.org/events/) for more information, and to register!

July 17 *Breakfast for Babies: Ordinary Miracles with Victor Bernstein!* 9am – 11:30am

Victor Bernstein, Ph.D., is a retired lecturer at The University of Chicago School of Social Service Administration. In addition, he is a consultant, trainer and was co-founder of The Ounce of Prevention Fund (Illinois) Developmental Training and Support Program. Victor has dedicated a long career to helping all of us – parents, caregivers, support professionals, supervisors, and administrators – understand the deep potential in our relationships. Once we **real-eyes** that *how we are* with others is at least as significant as *what we do*, the window into a whole new world of the power of **mutually competent relationship** opens wide. We can see – and honor – our own values and what motivates us, and we're that much closer to learning about – and honoring – what motivates the people we strive to support. We're freed from unproductive stresses that blind us: We become true partners! Join us for an inspiring conversation with Victor. We'll explore the **Ordinary Miracles** of working together!

Free for NYS-AIMH or NYZTT members! \$15 registration fee for non-members.

Register Now! <https://www.nysaimh.org/events/breakfast-for-babies-with-victor-bernstein/>

A word about getting together in our post-Covid world: This Breakfast for Babies will be different. But participating is easy! We'll meet together on Zoom at 8:45am, and Victor will join us at 9am for a conversation until 10am. Then we'll use breakout rooms to join with small groups of colleagues from across the state to explore ways to tap our relationships and real-eyes the Ordinary Miracles in our work that happen every day.

If you need assistance, or have any questions, please contact us at reachus@nysaimh.org

August 20 & 21 *The Work of Play: Workshop with Gil Foley!* 9 am - 12 pm each day

Play is the portal to a vast array of developmental opportunities! In play, children practice regulation in spontaneous, self-directed, holistic and responsive ways. They are in a flow of selecting and shifting attention; starting and stopping; planning and grading movement; modulating states of arousal, affect and activity level; changing vocal volume; initiating and responding to social bids; and solving problems. **Indeed, play is an action arena that naturally promotes the development of self-regulation!**

This 2-day institute is devoted to the discovery of play as an essential medium for mental health clinicians, educators, parents, child care providers, and therapists from across disciplines.

Register Now! <https://www.nysaimh.org/events/work-of-play-with-gil-foley/>

**October 28th and 30 NYS-AIMH Reflective Practice Symposium:
Reflective Supervision and Consultation (RS/C) – Essential for growing
practice and staying sane! 9am – 4:30pm**

*With special guest: Sarah Fitzgibbons, LMHC, MT-BC, IMH-E, Clinical Director
at The Society for the Protection and Care of Children, in Rochester, NY!*

Please join us either October 28th or October 30th for a day devoted to supporting reflective practice in IMH – something we call Reflective Supervision/Consultation (RS/C). We'll ground ourselves in definitions of Infant Mental Health and reflective practice, then discuss the three types of RS/C, use of "the relationship," and provide an introduction to a tool called RIOS, the Reflective Interaction Observation Scale, which helps us explore three central questions: What are the essentials of reflective supervision; how are essential elements of reflective supervision defined in practice; and what behaviors comprise essential elements of reflective supervision. We'll spend time with keynote, Sarah Fitzgibbons, share small group working sessions, and observe an example RS/C – in a "fishbowl!"

Registration to open soon!

**November 20 A Day with Mickey Sperlich. The impact of Trauma in the
Peri-natal Period: What we might see, and what we can do! 9am – 3pm**

You definitely remember Mickey Sperlich from our Breakfast for Babies meeting in December, 2019: Her experience, expertise, and insights made a big impression. Our only complaint was, "We want more!" This workshop will be a powerful and unique opportunity to spend a day with Mickey and learn more about her work and be nourished by the potential of our work with expectant and parenting parents who have experienced childhood trauma.

Registration to open soon!

HOT OFF THE PRESSES!

The September IECMH Basics courses are approved for EIP credit.

**NYS-AIMH's 2-Day Infant and Early Childhood Mental Health Basics
(IECMHB) Course! Getting us all on the same page.**

Training Dates in 2020

- September 22-23
- September 28-29
- November 4-5
- December 3-4

In these two-day Zoom-based training events we limit enrollment so that we can take a deep dive into Infant and Early Childhood Mental Health. We use slides, videos, and all the Zoom tools to create a 2-day learning community, and support what we learn with individual and small group reflective processing.

We explore: What is *Infant and Early Childhood Mental Health*; what do we know about infant development-including brain development; the power of relationship; best practices in IECMH, and the IMH Endorsement. ***We'll look at:*** The way trauma can influence outcomes - for children and families, and for us. ***We'll discuss and make plans:*** With IECMH best practices. What IECMH Principles mean for practitioners – how we build resilience, and strengthen and transform our work, and our programs.

[Registration is open](#)