



## 2022 Biennial Conference Concurrent Workshop Details<sup>1</sup>

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### Monday ~ May 9th

12:30 pm - 2:00 pm (EST)

#### Concurrent Workshop Title, Speakers & Description

***Evidence-based! Findings from the IMH-HV evaluation studies - Part 1***

Speakers: Jessica Riggs, PhD; Maria Muzik, MD; Mary Ludtke, MA; Emily Alfafara, BS; Rachel Waddell, MSW

Michigan has been recognized as a national and international leader in the development of programs and policies to address infant and early childhood mental health. This workshop will provide an overview of findings from Infant Mental Health Home Visiting (IMH-HV) evaluation. This series of studies was launched in response to state legislative requirements mandating that home visiting models demonstrate evidence of impact on key benchmark domains. Findings from these studies have demonstrated the efficacy of the intervention for promoting parenting, child development, health services utilization, and early relational health, and have underscored the power of relationship-based, psychotherapeutic home visiting. Taken together the IMH-HV evaluation has contributed to our understanding of how early relationships can provide a protective buffer in the face of adversities. Discussion will include a focus on the implications for practice, workforce considerations, and the place of therapeutic home visiting on the continuum of home visiting models.

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<sup>1</sup> 2022 Biennial Conference Workshops 3/1/2022

### ***Helping Families Navigate the Digital World***

Speaker: Jenny Radesky, MD

This workshop will review evidence about the different ways media are used by families, parent perspectives about their own media use and that of their young children, and points of intervention for supporting families in finding online-offline balance. Strategies will include reflective discussions with parents; practical ideas for finding positive content; how to coviev and have conversations with children about media; and helping parents finding replacement activities for media.

### ***More than words: Working with the “felt sense” in IECMH through a Polyvagal lens***

Speaker: Vickie Novell, MSW, IECMH-E®

This workshop will explore how Polyvagal theory provides a roadmap for a deeper understanding and use of the therapeutic “felt sense” of being with another. Participants will explore non-verbal communication, mismatched affect, and how to understand and build upon the clinicians “trained gut” as both an assessment and intervention tool more concretely. Through a ‘bottom up’, body-based approach, Polyvagal theory and practice offers the IECMH community a neurophysiological framework for decoding non-verbal, oftentimes unconscious, emotional reactions to therapeutic material as present in the therapy session. Participants will learn the vagal system’s physiological response to perception of safety or unsafety and learn to identify the three states of arousal through biobehavioral markers. Through the use of self-as-therapist, we will explore how Polyvagal theory encourages self-reflection as self-care and intervention, by concretely deepening their ‘Therapeutic presence’ through specific interventions such as grounding, orientating, and interoception – internal attunement and acceptance. Participants will learn how to develop specific interventions to promote connection and safety.

### ***The parallel process within reflective supervision consultation: What does it mean and how do we use it in our work?***

Speakers: Carla Barron, PhD, LMSW, IMH-E®; Karol Wilson, LMSW, IMH-E®

The parallel process is a concept that we use within infant and early childhood mental health (IECMH) intervention and reflective supervision/consultation. In our work, we believe that relationships impact relationships and we put in place opportunities to reflect upon and learn from these relationships. Identifying and using this process in our work calls for self-awareness regarding thoughts, feelings, and reactions to emerging relationships between the infant, parent/caregiver, IECMH professional, and reflective supervisor. This workshop offers an opportunity to delve more deeply into the parallel process, investigate its theoretical base, and explore how diversity and difference plays a role in our capacity to identify and use this process in our work. In addition, we will discuss the Skilled Dialogue approach to communication and collaboration to support the development of reflective supervision/consultation relationships that are foundational to the identification and use of the parallel process in IECMH interventions.

### ***Nurturing Connections When the Parent-Infant Relationship Isn’t Safe***

Speakers: Stephanie Grant, PhD, LPC, IECMH-E®; Ariana Berrios, MSW, IMH-E®; Julie McGowan, MSW

The infant/child-parent relationship isn’t always a safe space when the IECMH clinician first joins the dyad. This may be due to trauma, relationship asynchrony, parental mental illness, parental drug use, and the like. Encouraging either

the infant/child or parent to trust in the relationship before it is safe for both of them to do so at times may be contraindicated for treatment. In this session, clinicians will explore ways to nurture parent and infant/child connections when current circumstances prevent the parent-infant/child relationship from being a space to experience felt safety. Treatment directions such as parent- or infant/child-only relational work, referral coordination, psychoeducation will be explored through an IECMH lens as methods of nurturing connection and bringing the dyad together. A combination of presentation, case study, and discussion will be utilized in this session. The session is appropriate for practicing IECMH clinicians.

***Training in Evidenced Based Practices and Applying for Early Childhood Mental Health Endorsement: An example using PMTO***

Speakers: Susanna Hathaway, MSW, IMH-E®; Joni Zieldorff, MSW, IECMH-E®; Luann Gray, MSW

This workshop will ask participants to think critically about Early Childhood Mental Health Endorsement® (ECMH-E®) process through an exploration of the Parent Management Training -Oregon Model (PMTO™), a gold standard evidence-based parenting practice that can benefit children ages 3-6. Presenters will introduce PMTO theory, outcomes, and specific intervention strategies utilizing demonstration, examples, and interactive discussion. A newly developed crosswalk between Michigan PMTO and MI-AIMH will also be shared. As a result, participants will increase knowledge of PMTO parenting practices, increase knowledge about ECMH-E® and increase capacity to link relevant training to MI-AIMH Competencies.

***A father's role in pregnancy and early parenting: Overcoming systemic racial bias and engaging fathers as advocates for the needs of their families - Part 1***

Speakers: Carolyn Joy Dayton, PhD, LP, LMSW, IMH-E®, Bomani Gray, BA; Sarah Doyle, MSW; Peter Williams, BA; Lawrence Robinson, MSW; Reginald Day, BA

When it comes to the health and wellbeing of their young children, fathers matter. The positive health effects associated with father involvement begin in pregnancy and fathers are central to the health of their families. Unfortunately, systemic racial bias and other barriers often prevent fathers from being fully involved during the perinatal period. Our panel of fathers and fathering experts will describe ways we can decrease systemic bias within early childhood programs and instead empower fathers to advocate for the needs of their families. This panel presentation will begin with a review of the research on maternal and infant outcomes related to father involvement during the perinatal period and a description of current efforts to engage fathers in community-based services. We will then transition to a panel discussion of the intersection of racial and gender inequities, perinatal health, and fatherhood by three fathering advocates from the Detroit community who are fathers themselves. This panel will be moderated by Mr. Bomani Gray who Co-Chairs the Michigan Action Plan for Father Involvement (MAP-FI).

# Monday ~ May 9th continued

2:15 pm - 3:45 pm (EST)

## Concurrent Workshop Title and Speakers

### ***Evidence-based! Findings from the IMH-HV evaluation studies - Part 2***

Speakers: Jessica Riggs, PhD; Maria Muzik, MD; Mary Ludtke, MA; Emily Alfafara, BS; Rachel Waddell, MSW

Michigan has been recognized as a national and international leader in the development of programs and policies to address infant and early childhood mental health. This workshop will provide an overview of findings from Infant Mental Health Home Visiting (IMH-HV) evaluation. This series of studies was launched in response to state legislative requirements mandating that home visiting models demonstrate evidence of impact on key benchmark domains. Findings from these studies have demonstrated the efficacy of the intervention for promoting parenting, child development, health services utilization, and early relational health, and have underscored the power of relationship-based, psychotherapeutic home visiting. Taken together the IMH-HV evaluation has contributed to our understanding of how early relationships can provide a protective buffer in the face of adversities. Discussion will include a focus on the implications for practice, workforce considerations, and the place of therapeutic home visiting on the continuum of home visiting models.

### ***Exploring Infant Attachment and Its Relevance to Infant Mental Health***

Speaker: Stephanie Grant, PhD, LPC, IECMH-E®

In this training, Dr. Stephanie Grant will provide an overview of attachment from a biopsychosocial perspective. Material will be presented on the various attachment types as well as issues related to attachment organization and disorganization. Diagnostic relevance will be explored with a focus on the DC: 0-5 and strategies to support the development of secure attachment will be introduced briefly.

### ***Parallels of Power: Exploring Power, Privilege and Oppression in Reflective Supervision***

Speaker: Danielle Rice, MSW, IMH-E®

Reflective supervision offers the opportunity for personal and professional development by attending to the emotional content of the clinical work with infants/young children and their families. Reflective supervision has the potential to provide a holding space to identify and critically analyze social interactions and the dynamics of power, privilege, and oppression as part of the IMH specialist experience. Supervision that attends to power can provide a supportive environment where the supervisor can model the importance of addressing power, privilege and oppression with families. This presentation will offer participants the space to think critically about power and privilege, and reflect on their experiences within supervision and work with families, and learn strategies to boost empowerment throughout the parallel process.

### ***We Aren't in Kansas Anymore. Building Relationships in the Virtual World***

Speakers: Christine Zimmerman, MSW; Angela Rau, MA

Do you feel like you are living in the land of Oz? Maybe you are brand new to working with families and are trying to build relationships in a rapidly changing world. Maybe you are experienced at working with families and are you wondering how your years of relationship building experience applies to the virtual world? We are in a new era learning to navigate relationships in a virtual world. Relationships begin in the first 40 seconds of connection! This workshop will give you concrete strategies and considerations for building rapport with a new client, building quality relationships in the virtual world. The presenters have years of experience working with children and families in home visiting and providing virtual coaching and reflective practice to others.

### ***Creating a Culture of Balance and Self-Care Within Private Practice***

Speakers: Monica Laming, LMSW, MPH, IMH-E®; Amanda Rose-Horne, MSW; Shawna Symons, LMSW

The post-pandemic mental health crises have overwhelmingly increased the demand for mental health providers across the United States, while also increasing rates of burnout. Many clinicians have made the transition to private practice in hopes of creating a new work environment with more autonomy, balance, financial security and self-care. However, the transition from agency work to private practice is not without challenges and many clinicians find themselves struggling with a different or similar set of problems than the ones they previously left. This workshop will explore how Infant Mental Health (IMH) practitioners who transition to private practice can continue to cultivate a culture that sustains foundational IMH values while also promoting a culture of balance, connection and self-care for both clinician and client. Discussion will include strategies and lessons learned from current IMH private practice practitioners as well as research on private practice resilience to provide frameworks for business model ideas for IMH clinicians.

### ***A father's role in pregnancy and early parenting: Overcoming systemic racial bias and engaging fathers as advocates for the needs of their families - Part 2***

Speakers: Carolyn Joy Dayton, PhD, LP, LMSW, IMH-E®, Bomani Gray, BA; Sarah Doyle, MSW; Peter Williams, BA; Lawrence Robinson, MSW; Reginald Day, BA

When it comes to the health and wellbeing of their young children, fathers matter. The positive health effects associated with father involvement begin in pregnancy and fathers are central to the health of their families. Unfortunately, systemic racial bias and other barriers often prevent fathers from being fully involved during the perinatal period. Our panel of fathers and fathering experts will describe ways we can decrease systemic bias within early childhood programs and instead empower fathers to advocate for the needs of their families. This panel presentation will begin with a review of the research on maternal and infant outcomes related to father involvement during the perinatal period and a description of current efforts to engage fathers in community-based services. We will then transition to a panel discussion of the intersection of racial and gender inequities, perinatal health, and fatherhood by three fathering advocates from the Detroit community who are fathers themselves. This panel will be moderated by Mr. Bomani Gray who Co-Chairs the Michigan Action Plan for Father Involvement (MAP-FI).

***An Introduction to Reflective Supervision for Early Childhood Professionals: Finding space to think, feel and wonder while doing the work***

Speakers: Karen Massingille, MA, LPC, IMH-E®; Alyssa Selasky, MSW; Krystle Dionise, MA, IMH-E®

Let's face it—we are all affected by our experiences at work. Whether it's having your hair pulled by a preschooler, a toddler having a tantrum, or tough interactions with families, our experiences with children and families can evoke strong feelings in us. This training will focus on the provision of reflective supervision for early childhood educators, Early On providers, and other professionals working with families and young children. Reflective supervision has become a standard practice in most clinical settings. It is becoming clear that educators and other professionals working with young children can and do benefit from this practice also. In this session we will explore what exactly reflective supervision is (and what it is not), the importance and benefits of building reflective capacity, and reflective supervision's impact on our work and our relationships with young children and their families.

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## **Tuesday ~ May 10th**

**12:30 pm - 2:00 pm (EST)**

### **Concurrent Workshop Title and Speakers**

***Practicing Collective Joy***

Speaker: Felicia Savage Friedman, MEd

Community members will explore and share how they personally practice joy. Then, they will listen and reflect on each other's joy practices and increase their understanding as to why these practices will sustain our introspective anti-oppression personal and collective work.

***Exploring the Journey of Parenthood Through the Child's Eyes***

Speaker: Crystal Park, MA, IMH-E®

Parenthood, how do you know you are doing it right? Raising a child is one of the biggest responsibilities we are presented with and have little formal guidance to do so. Explore the history of child-parent relationships and how you can support your relationship with your child now. We will review learning styles and strategies to supporting development across time with a supporting and nurturing approach.

***Using a relational approach to develop and implement GROW: Michigan's new pre-service training curriculum for foster, adoptive and kinship parents***

Speakers: Sarah E. Shea, PhD, LMSW, IECMH-E; Jennifer Farley, MSW, PhD, ECMH-E®; Kamila Graham, BA, MA; Jessica Sweet, MA

This workshop will provide a description of the development, pilot and Statewide implementation of Michigan's Department of Health and Human Services' pre-service training for foster, adoptive and kinship parents. GROW is a relationship-based training designed to prepare foster, adoptive and kinship parents for their unique parenting roles. The workshop will feature the diverse voices of the group that supported this new Statewide training, including the research team, an MDHHS administrator, and a consultant with child welfare and pre-service training experience. The workshop will describe the pilot evaluation findings and the relationship-based approach used to design, pilot, and implement this training. The parallels between the relational challenges involved in the Statewide implementation of GROW and the relational challenges frequently encountered in the context of child welfare will also be highlighted.

***Supporting Infants, Toddlers, and Young Children in Foster Care***

Speaker: Stephanie Grant, PhD, LPC, IECMH-E®

In this training, Dr. Grant will discuss what an infant or toddler's experience of foster care is and how to support them through this trauma event. Focus will be given to professionals who care for these children, such as in child care or educational settings or through service programs such as Early On. Presentation previously provided for MIAIMH in 2021.

***The Digital Distraction: How Parental Distraction is Impacting the Social-Emotional development and Relationship with Children***

Speaker: Tracy Ellis-Walters, BS, MEd

The goal of this dialogue is to explore the challenges of the ever increasing digital distraction in the life of Parents and the Developing Child. This dialogue will focus on the following critical touchpoints; Identifying the Signs/symptoms of digital distraction in the Parent-Child Dyad, how the child's social-emotional development is disrupted by parental digital distraction, and how the Pandemic has heightened the digital distraction for parents and their child.

***The Survivor Moms' Companion: Report of Progress in the Development of a PTSD-Specific Perinatal Intervention***

Speakers: Mickey Sperlich, MA, MSW, PhD; Julia Seng, PhD, CNM, FAAN

Post Traumatic stress (PTSD) confers risk during the childbearing year to both mother and child. The Survivor Moms' Companion intervention addresses maternal PTSD, affect regulation and interpersonal sensitivity.

This open pilot was conducted with 56 women in New York State. Participants were primarily in their 20's, African American, and had low levels of income and educational attainment. Community health workers provided SMC learning modules to clients and provided support during 30-to-60-minute tutoring sessions. Pre- to posttest analyses utilizing multiple imputation methodology and paired samples t tests examined PTSD symptom counts and scores related to theorized mechanisms of affect dysregulation and interpersonal sensitivity. Non-parametric statistical tests were used to examine clinically meaningful changes. We found both statistically significant and clinically meaningful improvements in this diverse sample of pregnant women with high rates of childhood adversity and current

challenges. These findings demonstrate that a psychoeducational intervention with tutor support can be influential in fostering positive mental health changes in a high-risk population.

***Relationships and Responses in the Classroom: Understanding how nurturing relationships impact identity, behaviors, and our own wellbeing in early childhood education***

Speaker: Heather Bourgeois, LMSW, IMH-E®

This workshop is designed for anyone who works in early childcare settings, and others seeking to learn more about the power of relationships between children and their caregivers. This workshop will provide an opportunity to reflect on the relationships we build with the children in our care. Incorporating both practical strategies and space for reflection in groups, we will explore how these relationships impact the work that we do, and how to overcome barriers in this process. This workshop will also provide an opportunity to learn about the importance of relationships between professionals caring for young children. We will discuss opportunities for building the connections needed to prevent burn-out and promote wellness to sustain this important work. Presenters are Social Emotional Consultants in the field of Infant and Early Childhood Mental Health Consultation (IECMHC) and will draw on clinical skills rooted in attachment theory and infant mental health, and incorporate concepts from the Pyramid Model and other strategies that support social-emotional learning in the classroom.

## Wednesday ~ May 11th

12:30 pm - 2:00 pm (EST)

### Concurrent Workshop Title and Speakers

***Fathers and Sons: Origins of Risk in Boys***

Speaker: Hiram E. Fitzgerald, PhD, IMH-E®

We will examine current approaches to the study of adverse childhood experiences, and benevolent childhood experiences, within the context of the origins of mental health problems in boys, prenatal to preschool. We will examine in detail, the origins of intersubjectivity with respect to mental representations of self, others, and self-other relationships. Participants will engage in active discussion of both public policy and trauma-informed intervention approaches from an infant mental health relationship focus.

### ***The link between unmet breastfeeding goals and postpartum depression: How providers can support families***

Speaker: Gretchen Becker Crabb, BS, LPC, MEd

The World Health Organization promotes breastfeeding because of the numerous benefits for parents and babies. However, some parents are unable to breastfeed their infants for the duration they intend. This often results in feelings of shame, guilt, or disappointment and is highly correlated with postpartum depression. Infant mental health providers play an instrumental role in supporting these families. In this presentation, we will discuss how feeding is not just the process of eating, but an expression of cultural beliefs, communication, and attunement. We will explore physiological, social, and emotional reasons parents might struggle to meet their breastfeeding goals and how each of these components may influence the development of the dyad. Finally, participants will learn about skin-to-skin care, and other sensory based co-occupational activities that offer dyadic connection and may improve physiological and emotional outcomes of parents and infants with unmet breastfeeding goals.

### ***Supporting Connection Between First Mothers and Their Unborns as an Antidote to Dissociation***

Speakers: Michael Trout, MS; Rebecca Molitor, MS, LCPC; Tiffany Sudela-Junker, MS, Med

How does a first mother prepare to release her soon-to-be-adopted baby into the arms of another? Has it been naïve (or even co-conspiratorial) of us to imagine that she has no mental life of consequence, or that her mental life is of no relevance to the developing child within? Based on a growing literature linking trauma and dissociation, this workshop will consider the possibility that dissociation is sometimes used by first mothers as a defense against impending separation and loss. Further, we will consider whether such dissociation is perceived by the baby both prenatally and at the time of birth. Finally, we will propose that the baby may mimic his first mother's emotional withdrawal, with implications not only for the attachment with adoptive parent(s), but also for the baby's optimal development. Could a strategy for enhancing connection between mother and prenatate reduce dissociation in both parties, and set the stage for more affective vibrancy in the newborn, who is then perceived as more accessible by the adoptive parent(s)?

### ***An Overview of the MI-AIMH Infant and Early Childhood Mental Health Endorsement®***

Speakers: Joni Zieldorff, MSW, IECMH-E®; Kandice Moss, LPC, IMH-E®; Danielle Rice, MSW, IMH-E®

This workshop will give an overview of both the MI-AIMH Infant Mental Health Endorsement®, for professionals who work with or on behalf of 0-3 year old children and the MI-AIMH Early Childhood Mental Health Endorsement® for those that work with or on behalf of 3-6 year old children. The MI-AIMH Endorsement® provides recognition of specialized knowledge and expertise in professionals working with or on behalf of children, birth through six, and their families. It identifies best practice competencies across disciplines and practice settings, offering multiple career pathways for professional development in the infant, early childhood, and family field. During this workshop, trainers will review outcomes/benefits of earning the MI-AIMH Endorsement®, as well answer common questions asked by applicants. We will discuss the MI-AIMH Endorsement® online application process including requirements. A goal of this workshop is for professionals to feel more comfortable moving forward with the MI-AIMH Endorsement® and for professionals in leadership roles to have a better understanding of the MI-AIMH Endorsement® as a tool to support the Infant and Early Childhood Field.

## ***"Resilience Stretches"***

Speakers: Mark Rains, PhD; Heidi Coggins, MA

Like the way physical stretches prepare for muscular stresses in exercising, athletic events, etc; twelve “resilience stretches” are proposed to prepare for or recover from psychosocial stresses in parenting or providing early childhood services. This workshop introduces a model for how child and adult wellness is based on resilience expectations of being safe, lovable, capable, and meaningful; learned in resourceful family and service system environments with access to services, social connections, skills/knowledge, and resilience; in the context of healthy social determinant factors. Parent handouts for resilience, resourcefulness, and a “Safe to Friend” vagal approach to stress are illustrated and translated into twelve prompts/images/movements/breathing exercises for providers and parents to reflect on and utilize in their own personal/professional stress management. Michigan Strengthening Families programs focusing on family resourcefulness and child competence will be highlighted Participants will have opportunities to interact around vignette examples. Video and print resource downloads will be available.

## ***A pilot of a group reflective consultation model for an infant-early childhood education system***

Speakers: Sarah E. Shea, PhD, LMSW, IECMH-E; Brandy Fox, MSW, IECMH-E®; Nichole Paradis, MSW, IMH-E®

This workshop describes the pilot of a group reflective consultation model in the Pennsylvania Key, a statewide system that supports the infant and early childhood education (ECE) system. The pilot was a collaboration among the PA Key, the Alliance for the Advancement of Infant Mental Health, and Eastern Michigan University School of Social Work. The workshop will provide an overview of: 1. the pilot evaluation outcomes; and 2. the collaborative experience of RC group implementation in an in-direct service system. The workshop will include the reflections of the pilot partners on the implementation and experience of the pilot and will identify strategies for increasing organizational support for system-wide reflective consultation in indirect service settings. Although more research is needed, there will be some discussion of what the data tell us about the impact of RSC on those who support the ECE system, from mental health consultants to administrators. This workshop will also provide opportunities for participants to discuss challenges to such implementation.

## ***Early Childhood Preschool Development***

Speaker: Karen Anthony, MA, LPC, IECMH-E®

As a preschooler’s attention span grows and more verbal skills develop, they will be better able to follow instructions and express their own needs, feelings, and thoughts. The transition from toddler to preschooler, though, can often be a bit bumpy. Parents, teachers and caregivers should expect a reasonable share of meltdowns and tantrums, but know they come at the same time as a silliness and creative spirit that will bring plenty of enjoyment, too. Join us as we explore the milestones of development including language development, cognitive skills, physical growth, and emotional and social development. We will also explore when to be concerned about development and seek additional help and support.

## ***Reflective Supervision - The Space Between - Part 1***

Speakers: Lorna Sedillos, LCSW, RPT, IMH-®; Monica McDonough, LMSW, IMH-E®

We will explore the elements of reflective practice and the power of reflective supervision while providing

relationship-based work to children and their families. As we incorporate the parallel process that is evoked both personally and professionally, we will identify the “space between” in reflective supervision. This space offers insight and awareness. Let’s discuss the path of discovery in the quiet energy of being “with” another, while incorporating the core elements of reflective supervision. We hope you will walk away with a renewed conscious awareness and useful tools while providing reflective supervision.

## Wednesday ~ May 11th continued

2:15 pm - 3:45 pm (EST)

### Concurrent Workshop Title and Speakers

***"Before you can HELP me, you have to HEAR me"***

Speaker: Yolanda Brown-Spidell, MA, CTRT

Advocacy is an intricate part of the role of a family case worker no matter what capacity one currently works in. This session will reinforce and remind the participants of the importance of advocacy in this work with and for families and to move the current paradigm into awareness that the family, and not the clinician, is the expert in their experiences. The intended audience for this presentation is anyone who works with families. Participants will reflect on current practices and how they may be unintentionally culturally insensitive to families as well as receive tools to help assist the clinician while working with families with different cultures than them.

***How Trauma Impacts Regulation Development in Infants and Toddlers***

Speaker: Stephanie Grant, PhD, LPC, IECMH-E®

In this training, Dr. Stephanie Grant will provide an overview of what trauma is and how it occurs with an emphasis on the 0-3 population. Information related to neurodevelopment and the stress response system will be highlighted.

***Supporting Feeding Challenges in Young Children through Relationships***

Speakers: Lindsey Biggs Lockhart, LMSW, IMH-E; Deborah Gershune-Aidem, MS

Picky and problem-eating in young children is a tricky and complex issue. This workshop will focus on a holistic approach to supporting a young child’s eating/feeding challenges. Seven contextual areas to consider when addressing picky and problem eating in young children will be explored through lecture and large group discussion. Culture, relationships, environment, development, behavior, health, and interoception are all important concepts to be holding in mind when working with young children experiencing feeding challenges. Attendees will also learn age-appropriate developmental feeding milestones and interventions to support young children, all the while holding in mind that the most powerful intervention is relationships.

### ***Where's the Other Half of the Parallel Process? Reflective Supervision/Consultation in Policy/Systems***

Speakers: Meghan Schmelzer, MSW ,IECMH-E®; Therese Ahlers, MS, IMH-E®; Faith Eidson, LMSW, IECMH-E®

High quality infant mental health (IMH) informed services include Reflective Supervision/Consultation (RSC) as a foundational element, rooted in the concept of the parallel process. This is considered as an integral experience, however it is often limited only to direct service providers and their supervisors. This presentation will contend for a more comprehensive application of the parallel process by asserting that it is best practice for all leaders of programs, organizations and systems to have the opportunity to experience RSC. Leaders are tasks with administrative duties such as budgets, staffing and policies. Leaders are also involved in overseeing the service delivery. It is imperative that all administrators keep the baby in mind when making decisions that impact supervision, staff, services and families.

### ***When Child Welfare Separates Families: Addressing Trauma by Strengthening Attachment***

Speakers: Angela Celano, MSW; Kendall Patterson, LPC

This workshop will explore ways in which interaction with the child welfare system impacts parent-child attachment, family relationships, and child and parent mental health. Attachment theory will be used as a lens to understand how parental stress, parental trauma history, and separation from caregivers have an immediate impact on infants and young children. The long term effects on children's mental health and functioning will also be discussed. By incorporating themes of generational trauma, socioeconomic stress, and racial trauma, the presenters will share how trauma-informed family therapies can be used to prevent impairments and support children and families involved in the child welfare system. This workshop is intended for mental health professionals, child welfare workers, and professionals working with children and families who have experienced attachment trauma.

### ***Adoption in Clinical Practice - Navigating the Intersection of the Ghosts in Two Nurseries***

Speaker: Jeri Lea Kroll, MSW, IMH-E®

This workshop will offer participants a space to carefully explore the unique clinical needs of adoptive families using a lens informed by attachment theory, infant and early childhood mental health principles and the presenter's own experiences as an adopted person and adoptive parent. The presenter will use case vignettes, reflective activities and small group discussion to support the participants in exploring implicit biases around adoption, core issues including loss for all members of the adoption constellation and equip them to support parents in developing a narrative for their child that includes both families (including difficult truths).

### ***Reflective Supervision - The Space Between - Part 2***

Speakers: Lorna Sedillos, LCSW, RPT, IMH-®; Monica McDonough, LMSW, IMH-E®

We will explore the elements of reflective practice and the power of reflective supervision while providing relationship-based work to children and their families. As we incorporate the parallel process that is evoked both personally and professionally, we will identify the "space between" in reflective supervision. This space offers insight and awareness. Let's discuss the path of discovery in the quiet energy of being "with" another, while incorporating the core elements of reflective supervision. We hope you will walk away with a renewed conscious awareness and useful tools while providing reflective supervision.

