



OK-AIMH

Oklahoma Association for Infant Mental Health

Preparing for the OK-AIMH Endorsement® Exam

For the Level III & Level IV Endorsement® Exam, Download the Recommended and Suggested Resources list from the document list below (List updated 9/2013)

*** NEW*** Below you will find the Exam Resources broken into lists based on classic vs. contemporary resources and also by competency area. This is especially helpful for individuals who need to focus their studying on specific content areas.

Part One (60 Multiple Choice Questions – 90 minutes)

Same for all Level III, Level IV- Clinical, Level IV-Policy, and Level IV-Research Faculty candidates

Your study of the following topics, learned in a university program, through intensive infant mental health in-service trainings & workshops, and self-study is the third component. Opportunities to reflect on what is learned with colleagues and senior clinicians helps to better ensure integration of theory into practice.

- a. Pregnancy, childbirth, and the newborn period.
- b. Attachment theory and early relationship development.
- c. Caregiving practices and caregiving behaviors.
- d. Family, parenting and child care issues.

- e. Infant and toddler development in all domains: social, emotional, cognitive, language, and physical.
- f. Temperament and individual differences in infancy and early childhood.
- g. Indicators of risk, identified disturbance or disorder, as well as capacity, in infancy, early childhood, and early parenthood.
- h. Infant mental health practice.
- i. Best practice infant mental health assessment, diagnoses, and treatment approaches.
- j. Cultural competence.
- k. Familiarity with standardized screening & assessment tools
- l. Familiarity with service delivery systems that cater to infants, toddlers, and their families
- m. Reflective supervisory practice (Level IV – Clinical)

Infant Mental Health Specialist (Level III)

Part Two – *Response to two of three Clinical Vignettes– 90 minutes*

- Your work experiences with infants and toddlers and families, where you are working from a relationship-based perspective practicing infant mental health, are crucial.
- Your experience of reflective supervision, individual or group, is also important.

Infant Mental Health Mentor – Clinical (Level IV)

Part Two – *Response to two of three Clinical Vignette/Scenarios – 90 minutes*

One clinical vignette/Scenario is a supervisory vignette/scenario and must be answered from the perspective of the supervisor.

One of two clinical vignettes/scenarios must be answered from the perspective of the infant mental health specialist/practitioner.

1. Your work experiences with infants and toddlers and families, where you are working from a relationship-based perspective practicing infant mental health, are crucial.
2. Your experience of reflective supervision, individual or group is also important.
3. Your experience as a supervisor/consultant who has provided or is providing reflective supervision to practitioners working with infants, toddlers, young children and parents/caregivers is a third important guide.

Infant Mental Health Mentor – Policy (Level IV)

Part Two: Policy Response to a Qualitative Question

You will rely on your extensive leadership experience with the infant-family field ensuring the promotion and practice of infant mental health. In particular, you are encouraged to consider:

- a. Funding
- b. Systems development
- c. All that is required to promote change across systems

Infant Mental Health Mentor – Research/Faculty (Level IV)

Part Two: Research Response to a Qualitative Question

You will rely on your extensive research and teaching experience in the infant-family field related to the study of pregnancy, infancy, early childhood and early parenthood; attachment security and relationship needs; risk and resiliency in the early years; caregiving practices; early assessment and intervention strategies, and the mental health needs of infants and toddlers, to name a few.

Resources List:

[Classic Resources \(through 1999\)](#)

[Contemporary Resources \(2000- present\)](#)

Resource List by Competency Area:

[Pregnancy & Early Childhood](#)

[Infant/Very Young Child Development & Behavior](#)

[Infant/Very Young Child/Family Centered Practice](#)

[Relationship-Based Therapeutic Practice](#)

[Family Relationships & Dynamics](#)

[Attachment, Separation, Trauma & Loss](#)

[Psychotherapeutic Behavioral Theories of Change](#)

[Disorders of Infancy and Early Childhood](#)

[Mental & Behavioral Disorders in Adults](#)

[Intervention/Treatment Planning](#)

[Parent-Infant/Young Child Relationship Based Theories & Practices](#)

[Responding with Empathy](#)

[Observation & Listening](#)

[Screening & Assessment](#)

[Service Delivery Systems](#)

[Reflective Supervision](#)

[Parallel Process](#)

[Self Awareness/Contemplation/Emotional Response](#)

[Consulting](#)

[Developing Talent](#)

[Building & Maintaining Relationships](#)

[Program Development](#)