NES Infant Mental Health Training Plan – January 2021

**Informed**
- NES IMH online Module

**Skilled**
- Solihull Approach 2-day Foundation Training

**Enhanced**
- Infant Mental Health Online course
  (Warwick University IMHOL)

**Specialist**
- Infant-Parent Interventions

**Specialist Mother & Baby Unit**
- Interventions could include:
  - Video Interaction Guidance (VIG)
  - Circle of Security Parenting (COSP)
  - Child-Parent Psychotherapy (CPP)

**Specialist Community Team**
- Interventions could include:
  - Video Interaction Guidance (VIG)
  - Circle of Security Parenting (COSP)
  - Child-Parent Psychotherapy (CPP)
  - Mellow Parenting

**Primary Care/Community Implementation**
- Interventions could include:
  - Circle of Security Parenting (COSP)
  - Solihull Approach Parenting Group
  - Peep Antenatal Parenting Programme & Peep Learning Together Programme

**Scottish Psychological Trauma Training Plan**
- Connecting with Parents’ Motivations
- Solihull Approach Online

**Elective**
- Solihull Approach Foundations Train the Trainer
- Solihull Approach Foundations Antenatal Training

- Solihull Approach Advanced module ‘Understanding Trauma’
- MSc in Psychoanalytic Observation & Reflective Practice: Therapeutic work with Children & Young People
  (delivered by Human Development Scotland)