



Our mission is to help all children reach their full potential by supporting the relationships and environments that shape early development.

Mental Health Training Program

Mental Health Training Program

The Child Development Institute is recognized as a Center of Excellence and is held in high regard by several local universities and colleges as one of the best training institutes for gaining high quality supervision and training in working with the 0-8 population and their families. At CDI, Mental Health Trainees/Associates provide relationship based early intervention focused on supporting the parent/child dyad to improve early attachment and developmental outcomes.

CDI's extensive training program includes a 6-8 week orientation training which includes over 20 hours of observing live sessions. New Trainees and Associates are paired with mentor therapists as they learn how to navigate starting cases.

CDI provides monthly In-Service Trainings and Interdisciplinary Team Meetings and Trainees/Associates receive additional training on various theories and topics related to the field; Psychodynamic and Family Systems Theory, Trauma Informed Care, Strengthening Families Model, Watch Wait Wonder Technique, DIR/Floortime Model, Parent Coaching Model as well as ongoing Reflective Practice.

CDI Orientation Training Program

Orientation training classes are offered twice a year. Dates are subject to change.

- January/February
- July/August

Class List:

- *Understanding Early Childhood Brain Development and Attachment.*
- *CDI's Holistic Approach to Strengthening Communities*
- *Early Learning Centers- Overview and Tour*
- *Development of Children, Birth through 6 years*
- *The Development of Play, Ages 0-6 years*
- *Embracing Neurodiversity in Early Childhood*
- *Using a Whole-Child Approach to Understanding Challenging Behaviors*

- *DIR/Floortime Approach: Fostering Developmental Growth through Play and Connection.*
- *Culturally Attuned Parent Coaching*
- *Allied Health- Speech*
- *Allied Health- Occupational Therapy & Sensory Integration*
- *Fostering Friendships: CDI Social Skills Groups*
- *An Equitable Approach to Healing: Trauma Informed Care & Strengthening Families*
- *Reflective Practice and Professional Boundaries*
- *Building Collaborative Relationships with Families and Professionals*
- *Client Advocacy: Navigating Early Intervention Services and Funding Sources*
- *Multidisciplinary Intervention & Case Management*
- *Navigating Your Internship Journey*

Administrative:

- *Policies and Procedures*
- *Company Equipment and Technology*
- *Dr. Cloud: Intro to Electronic Health Records*
- *Timecards/Paycom*

Supervision

CDI's Mental Health Supervisors have over 20 years of experience working in the field of Infant Mental Health. Collectively, they have a depth of training in the following areas; Reflective Practice, Trauma Informed Care, Strengthening Families and Protective Factors, Interpersonal Neurobiology, Attachment/Early Relationships, and Maternal Mental Health.

- **Supervisors' Certifications:**
 - Infant-Family and Early Childhood Mental Health Specialist Endorsement
 - Infant-Family and Early Childhood Reflective Practice Facilitator II Endorsement
 - Polyvagal Safe & Sound Protocol (SSP)
 - Pediatric Sleep Intervention 0-5 Certificate
 - Crisis Prevention Intervention (CPI)
 - Domestic Violence Advocacy and Counseling
 - Board Certified Behavior Analyst

CDI provides Reflective Supervision to Trainees/Associates for 1 hour a week of individual supervision and 2 hours a week of group supervision (held on Fridays from 10-12 or 12-2pm). Additional supervision is available as needed. Videos of live sessions and/or live observations by supervisors are also required.

Developmental/Mental Health Screenings & Assessment Training

Trainees and Associates are trained in the following Developmental Screeners/Mental Health Screeners and Assessments after completing their first 6 months of the internship:

- The Survey of Wellbeing of Young Children (SWYC)
- Modified Checklist for Autism in Toddlers (MCHAT)
- HELP Strands 0-3
- Ages and Stages Questionnaire (ASQ) & Social Emotional (ASQ-SE)

Developmental Assessments:

- Battelle Developmental Inventory
- PEDS DM: Developmental Milestones

Certification in Infant & Family Mental Health

Upon completion of the 1-year traineeship/internship, Trainees/Associates will receive a certification in Infant and Family Mental Health. All courses taken for the completion of this certificate are recognized by the California Center for Infant-Family and Early Childhood Mental Health at WestEd Center for Prevention & Early Intervention and can be used towards the Professional Endorsement for Infant-Family and Early Childhood Mental.

Additional Certificate Programs Available:

- Infant-Family and Early Childhood Mental Health Specialist Endorsement through The California Center for Infant-Family and Early Childhood Mental Health
- Center for Prevention and Early Intervention (CPEI) Early Start Online Professional Development Certificate
- Trauma Focused Cognitive Behavioral Therapy Certificate
- Developmental Screening Certificate

Application/Interview Process

CDI accepts Mental Health Trainee/Associate applicants approximately twice a year. Primarily in January and July, however these dates are subject to change due to fluctuations in clientele and staffing.

Interested **Trainees** may email Wendy Lara, HR wlara@cdikids.org with their letter of intent and resume.

Interested **Associates** may complete an application and upload a letter of intent and resume through our website at <https://cdikids.org/about-us/career-opportunities/>.

Core Competencies

CDI values applicants who are experienced in working with young children (ages 0-5) and have good knowledge of early childhood development. Previous experience with children with special needs is helpful, but not mandatory. Qualities needed for this internship include; high level of interest in supporting young children and their families, understanding of the value of

personal relationships and relationship-based interventions, strong communication and organizational skills, interest in working with the parent/child dyad, values and respects diverse opinions, background and cultures, able to reflect on one's own work and emotional responses to the work, eager to learn and take initiative to problem solve and think creatively and possesses an overall level of maturity and professionalism.

Commitment & Review Process

The CDI internship is a 1-year (12 month) commitment. Trainees do not receive paid compensation for their time, however paid positions are available for Associates. Please contact Wendy Lara, HR for more information on the Associate position.

After the first three months of joining CDI, Trainees/Associates complete a probationary review meeting with their supervisors. Annual reviews occur each year from the start date of the internship and are based on expected core competencies.

Child Development Institute

18050 Vanowen St.
Reseda, CA 91335
818-888-4559

CDI Providence Tarzana

18411 Clark St. Suite 100
Tarzana, CA 91356
818-888-4559

www.cdikids.org