



Clinical Skills in Infant Mental Health

Sarah Mares, Louise Newman, Beulah Warren

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How does the infant-parent relationship influence infant development? What bearing does the relationship between infants and their caregivers have on clinical assessment and intervention? *Clinical Skills in Infant Mental Health* is an introductory, multidisciplinary text that outlines principles of infant mental health in clinical settings. The authors draw on both research and their own extensive clinical experience to introduce the main concepts that inform approaches to understanding and treating common and atypical infant-parent concerns from pregnancy through to the toddler years. The book features: an overview of the theories that inform approaches to infant mental health and development the principles that guide assessment including assessment of risk and parenting capacity coverage of a wide range of clinical presentations that focus on three areas-the baby, the toddler and the parent including the factors that may influence the presentation, and assessment, formulation and intervention principles supporting clinical examples illustrating how the principles are applied to everyday practice coverage of the impact of a history of trauma, mental illness, addiction or other adverse circumstances on the quality of parenting and on feeding, sleeping, behavioural and emotional difficulties in babies and toddlers. The growing understanding of factors that influence infant psychological development make this book an essential reference for all health practitioners working with infants and families.

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