NHS Education for Scotland

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)

CORE

NES Essential Perinatal and Infant Mental Health Online Modules

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

Elective

Connecting with Parents' Motivations

Solihull Approach Online

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)