WHAT IS THE ACT PROGRAM AT THE UNIVERSITY OF WASHINGTON?
The Advanced Clinical Training (ACT) Program at the Barnard Center for Infant and Early Childhood Mental Health is an intensive, 15-month cohort-based, community learning-oriented professional development program (virtual w/4 in-person sessions) for mental health clinicians and consultants interested in work with children (prenatal-5 years) and families. The ACT Program is built on the foundational principles of diversity, equity, inclusion, and belonging and offers:

- Comprehensive foundation of infant and early childhood mental health principles, concepts, and practice
- Pedagogy rooted in dialectic, reflection, and healing
- Curriculum that integrates the dynamic intersectional experiences of trauma and adversity, culture, and early childhood development (prenatal to 5 years) within the context of culture and relationships
- Neurodevelopmentally grounded perspective of early relational health and wellbeing, culture, trauma, and healing
- Integrated system perspective content
- Diversity-informed, developmentally-focused, relationship-based mental health clinical training, reflective practice, and observation

“There is no such thing as a baby; there is a baby and someone.”
—Donald Winnicott, MD

“There is no such thing as a family; there is a family in culture.”
—Child-Parent Psychotherapy (CPP)

Join us at an upcoming Virtual Open House!
Sign-up at barnardcenter.nursing.uw.edu/advanced-clinical-training-act
Or E-mail us at BCact@uw.edu to schedule a meeting!