



Division of Adult, Aging and Behavioral Health Services

Mental Health Services
PO Box 1437, Slot W241 · Little Rock, AR 72205
501-686-9164 · Fax: 501-686-9182 · TDD: 501-686-9176



Infant Mental Health Training Information

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The Division of Aging, Adult, and Behavioral Health Services (DAABHS) will be responsible for determining if a Licensed Mental Health Therapist meets the standards and can provide Medicaid-reimbursable Infant Mental Health dyadic therapy services.

If you are interested in submitting an application to become a DHS-approved Infant Mental Health Therapist, please go to the Publications and Documents section on the DHS/DBHS website (<http://humanservices.arkansas.gov/about-dhs/daabhs>) and search for the Infant Mental Health Standards Manual for additional information and the application. The manual can be found under the sub-section titled Manuals.

DAABHS will maintain a list of currently accepted evidence-based models for IMH on the DAABHS website. All IMH Therapists must have the DC: 0-5 training and at least one other evidenced-based, dyadic treatment method. Trainings other than what is identified on the list below may be considered by DAABHS with submission of requested documentation, but approval is not guaranteed.

DHS-approved evidence-based dyadic trainings for an Infant Mental Health Therapist at this time include:

- Trauma-focused Cognitive Behavioral Therapy (TF-CBT)
- Parent-Child Interaction Therapy (PCIT)
- Child-Parent Psychotherapy (CPP)
- Attachment & Biobehavioral Catch-Up (ABC)
- Early Pathways
- Filial Family Therapy
- Theraplay
- Child-Parent Relationship Therapy (CPRT)

Training in evidence-based dyadic treatment is currently being provided by:

- UAMS/ARBEST Trainings website: <http://arbest.uams.edu/>
- To receive ARBEST training notifications, email arbest_info@uams.edu
- Other providers, universities, or institutions may offer the approved trainings. Please verify that the training is a certified program prior to enrollment. Trainings completed by a certified trainer in the pre-approved dyadic trainings listed above but provided in a different state will be accepted.

DC: 0-5 Trainings:

DAABHS does not have any trainings scheduled at this time. However, we do maintain a list of persons certified to teach this curriculum. Please contact us at DHS.BehavioralHealth@arkansas.gov to request a list of trainers. The cost of attending trainings will be the responsibility of the individual seeking to become an approved Infant Mental Health Therapist.

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Protecting the vulnerable, fostering independence and promoting better health