

The Professional Formation Center for the Early
Relational Health Workforce
at Montclair State University



Professional Development topics in Infant and Early Childhood Mental Health

**FREE virtual workshops presented by the
Professional Formation Center
for the Early Relational Health Workforce
at Montclair State University
(aka SEFI)**

As part of our professional formation offerings, in addition to the Keeping Babies and Children in Mind and Pyramid Model workshop series, 3Cs (Conversations for Connection, Comfort and Calm), 4Cs (Reflective Supervision Consultation), and PFC (Professional Formation Communities), we offer **FREE** professional development workshops on different topics in early relational health and early childhood mental health.

Join us for any of the offerings coming up this Winter and Spring, and feel free to share with colleagues or contacts. Each workshop includes an interactive session

either 90 minutes, 120 minutes, or 180 minutes long, packed with valuable information related to the important work you do with children and families.

If you are unable to attend or the workshop is full, please look at the other dates and times, and know that we will be offering additional opportunities to attend these workshops throughout the year.

E-mail us at sefi@montclair.edu if you have questions or would like to be added to our mailing list.

Professional Development Topics Spring 2026

Staying Well to Care Well: Strategies for Restoration & Self-Care

Through experiential exercises and reflective discussion, this workshop will encourage participants to learn about and experience strategies to restore energy that is required for wellness. Participants will be introduced to evidence-informed strategies for energy restoration, and be asked to reflect on their own practices for wellness. We will also discuss the connection between the wellness of the caregiver and the wellness of children.

Monday, May 4th from 11:00am-12:30pm

- To register on NJCCIS use Event ID: **153189**
- NOT a member of NJCCIS? Click [here](#) to register

**** In Spanish****

Wednesday, June 10th from 6:00-7:30pm

- To register on NJCCIS, log into your account at njccis.com and use Event ID: **153188**

- NOT a member of NJCCIS?
Email sefi@montclair.edu

Introduction to Regulation & Sensory Safety

This workshop will provide participants with foundational understanding of the emerging framework of early relational health and the early relational health workforce in our state. Participants will receive a comprehensive understanding of the origins and development of early relational health, and review strategies to build early relational health through their work.

Thursday, May 7th from 5:00-6:30pm

- To register on NJCCIS, log into your account at njccis.com and use Event ID: **153191**
- NOT a member of NJCCIS? Click [here](#) to register

Stop, Drop & Roll: Addressing Behaviors that Challenge

Addressing behaviors that challenge often cause us to feel like we are 'putting out fires' all day long. This workshop packages effective actions within a Stop, Drop, and Roll framework that aim to help adults 'extinguish' concerns that arise. Participants will learn strategies that help us stop 'fueling the fire', strategies that drop the stress that surround behavior, and strategies that help us roll out individualized actions that support positive behavior.

Monday, May 21st from 6:30pm-8:30pm

- To register on NJCCIS, log into your account at njccis.com and use Event ID: **153284**
- NOT a member of NJCCIS? Click [here](#) to register

Wednesday, June 17th from 6:30pm-8:30pm

- To register on NJCCIS, log into your account at njccis.com and use Event ID: **153257**
- NOT a member of NJCCIS? Click [here](#) to register

**** In Spanish****

Wednesday, May 13th from 6:00-8:00pm

- To register on NJCCIS use Event ID: **153186**
- NOT a member of NJCCIS?
Email sefi@montclair.edu

Strategies for Responsive Relationships: The AGILE Framework

This workshop will introduce participants to strategies that assist in creating responsive relationships. We will introduce the AGILE Framework, which reviews the uses of five ways of being that promote responsive relationships: Affect, Gesture, Intonation, Latency, and Engagement. We will also discuss the difference between reactive and responsive approaches and the reduction of challenging behavior.

**** In Spanish****

Thursday, May 7th from 6:00-7:30pm

- To register on NJCCIS use Event ID: **153187**
- NOT a member of NJCCIS?
Email sefi@montclair.edu

**** In Spanish****

Wednesday, June 17th from 6:00-7:30pm

- To register on NJCCIS use Event ID: **151734**
- NOT a member of NJCCIS?
Email sefi@montclair.edu

Seeing Parents and Caregivers as Partners: Strategies for Fostering Family Engagement

Forming strong parent & caregiver partnerships is essential when supporting the social/emotional well-being of infants, toddler and young children. Building these relationships requires reflection, empathy and an understanding of what helps/hinders our connection to the important adults in a child's life. Through this workshop participants will learn effective and innovative strategies for creating thoughtful partnerships with caregivers and fostering family engagement in our work.

In Spanish**

Tuesday, May 19th from 6:00-7:30pm

- To register on NJCCIS use Event ID: **153193**
- NOT a member of NJCCIS?
Email sefi@montclair.edu

Ethics for the Early Childhood Workforce

This webinar will review the ethical guidelines for those working in infant and early childhood mental health and early childhood practice. Participants will review the importance of becoming aware of ethical codes and guidelines for their discipline specific practice, and be introduced to the Alliance for the Advancement of Infant Mental Health ethical guidelines. Ethical considerations and dilemmas will be discussed and reviewed. This presentation meets the ethics and advocacy

competency of the New Jersey Association for Infant Mental Health Endorsement.

Monday, May 18th from 12:00-1:00pm

- To register on NJCCIS, log into your account at njccis.com and use Event ID: **153261**
- NOT a member of NJCCIS? Click [here](#) to register

Trauma-Informed and Healing-Centered Care

This workshop reviews the impact of trauma on the well being of young children and how programs can respond through trauma-informed practices. We also introduce the concept of healing-centered care, and discuss strategies that can be used at programs and within families that enhance or transform the climate to be healing-centered.

Tuesday, May 19th from 6:00-7:30pm

- To register on NJCCIS, log into your account at njccis.com and use Event ID: **153260**
- NOT a member of NJCCIS? Click [here](#) to register

*** Registration is required - Group sizes are limited ***
Must have working computer with microphone and webcam

**** IMPORTANT Registration NOTE:** If you have a profile on NJCCIS, please register through that system. If you do not have a profile on NJCCIS and would like to register outside of this system, you will need to create profile on the

Steamonline registration system if you do not already have one.

If you already have a Steamonline profile, please log into your already existing profile, do not create a new one. Be sure to select the date and time that you would like to register for.

Please be prepared to actively participate in at least one or more ways:

- 1. One person on each device**
- 2. Camera On for most/all of each session**
- 3. Interaction by using the chat box, gestural emojis, and/or Unmute features**
- 4. Be free of childcare duties and responsibilities**

Questions for our Team? Email sefi@montclair.edu

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