

# DC:0-5 Clinical Training

## *Description & Learning Objectives*

### DC:0-5™ Training

**Description**– This 12-hour, 3-session comprehensive training on *DC:0-5™ Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood* targets clinicians and leaders from fields of mental health, health, and early intervention. This training provides history and background around the need and development of a specialized diagnostic classification system for infants and young children as well as approaches in diagnosis from an IECMH perspective which is developmentally informed, relationship based, and culturally responsive. Participants will learn about the multi-axial approach to diagnosis and the contents of each axis including Axis I clinical disorders.

This 3-session format allows clinicians to gain an in-depth knowledge of the approach and content of DC:0-5 and to practice application of this new nosology with the support of peers and ZERO TO THREE Faculty. This application includes activities and case examples to support their use of the many tools included in DC:0-5.

Only ZERO TO THREE offers this official DC:0-5™ Training. DC:0-5 Training is facilitated by select Faculty who have the highest clinical, diagnostic, and training expertise. Working in limited sized groups over the course of 3 sessions, Faculty will support, guide, and clarify content for participants on a personal level through group discussions, encouraging questions and reflections, and preparing examples which are clear and relevant in clarifying content.

#### Training Topics:

- History and Foundations of Diagnosis of Mental Health Disorders in Infancy and Early Childhood: Participants will learn about how diagnosis in infancy and early childhood has evolved over the years and its foundations in infant and early childhood mental health. This information will help clinicians understand the common concerns and misunderstandings about diagnosis in infancy and early childhood and recognize the efforts to promote early

identification and service delivery for young children and their families while minimizing over pathologizing of what may represent variations in normal developmental or transient behavioral patterns in young children.

- Approaches to Diagnostic Formulation: Participants will learn about DC:0-5 approaches to diagnosis which are developmentally sensitive, relationship-based, culturally responsive, and contextually grounded. The importance of thorough diagnostic assessment and of relying on a multi-axial approach to diagnosis is emphasized.
- Cultural Formulation for Use in Infancy and Toddlerhood: Cultural context is explored and promoted as a foundation for the diagnostic process. The inclusion of the Cultural Formulation for Use with Infant and Toddlers Table provides an important outline for consideration of cultural assessment for the young child's diagnosis and care. Participants will engage in several activities to highlight the importance of cultural formulation in the use of DC:0-5. In addition, participants will also work in small groups using a full case report to discuss cultural context impressions and diagnostic summary.
- Axis III – Physical Conditions and Considerations: Participants will understand the critical importance of including physical health conditions and considerations in conducting diagnostic assessment in infancy and early childhood. Training provides an overview of Axis III including key categories for physical health conditions. Discussion of direct and indirect effects of physical health conditions in terms of mental health and development will be conducted. In addition, participants will also work in small groups using a full case report to discuss Axis III impressions and diagnostic summary.
- Axis IV – Psychosocial Stressors: Psychosocial stressors contribute greatly to the nature, course and treatment options of mental health and developmental disorders in infancy and early childhood. Participants will become familiar with categories of psychosocial stressors to be included in diagnosis through didactic presentation and group activities. In addition, participants will also work in small groups using a full case report to discuss Axis IV impressions and diagnostic summary.
- Axis V – Developmental Competence: Participants will learn how DC:0-5 has expanded the developmental domains considered in understanding the infant/young child's developmental competence and how to rate and describe developmental competence considering the child's

capacities to integrate developmental milestones across emotional, social-relational, language- social communication, cognitive and physical-motor domains. Participants will use a videotaped interaction to apply to use of the Developmental Milestones and Competency Ratings Table included in Appendix A of the DC:0-5 manual. In addition, participants will also work in small groups using a full case report to discuss Axis V impressions and diagnostic summary.

- Axis II – Relational Context: Participants will learn to conduct the expanded Axis II rating to capture the relational context of the infant/young child’s life which will include Part A - examining both key caregiver-infant/young child relationships and Part B - examining the caregiving environment and the infant/young child adaptation to that environment. Participants will use sample video clips to support their observations and use of the ratings outlined in DC:0- 5. In addition, participants will also work in small groups using a full case report to discuss Axis II impressions and diagnostic summary.
- Axis I – Clinical Disorders: This training provides an overview of all diagnostic categories and their respective disorders highlighting several of the newest disorders in more depth. Discussions will be used to highlight several of the disorders in Axis I. In addition, participants will also work in small groups using a full case report to discuss Axis I impressions and diagnostic summary. At the conclusion of the training, participants will be required to review a second full case report and share differential diagnostic considerations and cultural formulation.
- Relationship of DC:0-5 with DSM-5 and ICD-10: Participants will learn about similarities and differences among the three major nosologies, and discuss benefits and limitations of using crosswalks for billing and record keeping.

**Training Modality:** This training is offered to clinicians and other advanced practitioners as an intensive learning experience in which participants are not only exposed to key concepts but learn how to use the content and tools included in DC:0-5 in their practice. Training will be provided with IECMH and adult learning principles and sensitivity to learning styles in mind. In addition to didactic presentation, participants will learn from relevant video clips, case reports, large and small group discussions, activities and reflection. These activities are meant to deepen learning by allowing clinicians to apply knowledge and build peer networks and reliability. Handout materials will be provided, and all participants are required to have the DC:0-5 manual which will be used and

referenced throughout the training. Upon completion of the DC:0-5 training, clinicians will have a thorough understanding of the approach and content of DC:0-5 and will be able to begin to use this nosology in their practice as their license/role allows.

## Learning Objectives for DC:0-5™ Training

Infant and Early Childhood Mental Health clinicians and advanced practitioners who participate in this training will:

1. Summarize the history of ZERO TO THREE's efforts to develop a diagnostic classification system for infancy/early childhood
2. Define infant/early childhood mental health
3. Distinguish between the risks and benefits of diagnosing infants and young children.
4. Explain the recommended approach for diagnosing disorders in infancy/early childhood
5. Explain the contribution of ongoing clinical assessment to clinical formulation
6. Identify the Cultural Formulation for Use with Infants and Toddlers Tables included in DC:0-5.
7. Identify DC:0-5 Axes I – V
8. Identify psychosocial stressors that can influence the mental health of babies and young children.
9. Explain the notion of cumulative risk associated with psychosocial stressors.
10. Describe the importance of considering physical health conditions when diagnosing infants and young children.
11. Explain the importance of a relational, developmental, and contextual approach to diagnosis and diagnostic formulation.
12. Name the two essential components of Axis II: Relational Context