

Mothers and Babies (MB) Trainer Recommendations (check with your organization’s Program Director to confirm that the Northwestern University Team’s guidelines align with program requirements):

<p>Certification is provided to train direct service staff on Mothers and Babies. This certification is provided to the following individuals:</p> <ul style="list-style-type: none"> • Mental health professionals (e.g., psychologist, clinical social worker with a Master’s degree in a related field and a minimum of 5 years of experience) • Program managers or supervisors from a direct service agency • Home visitors, case workers, or other direct service providers or educators selected to co-facilitate a training with a program manager or supervisor based on extensive experience delivering the program
<p>To receive a document of certification, you must meet the following criteria:</p> <ul style="list-style-type: none"> • Have been trained on one of the MB modalities* by a Northwestern University (NU) Master Trainer either in-person or on a webinar OR by a mental health professional or program supervisor/manager who was trained by a NU Master Trainer
<p>*You may train on either modality if you received training from an NU Master trainer or attended a webinar on your preferred modality. Contact a member of the NU research team for documents describing the differences between the modalities</p>
<p>Once certified, you must:</p> <ul style="list-style-type: none"> • Agree to provide contact information for all new individuals trained on MB to the NU research team in order to receive updates and requests for feedback – a sign-in sheet will be provided • Be willing to attend and refer your staff to booster trainings as announced in MB email communications. • Receive approval from your supervisor or agency director (if applicable) to provide training on the Mothers and Babies curriculum. • Protect and maintain password for password-protected materials on the Mothers and Babies website, and only share with trained staff.

We believe that practice with the material prior to program delivery is important. However, we do understand that some organizations do not have the flexibility or resources to require trainers to have practice experience of their own. In these cases, we offer the following recommendations:

- **Shadow** a fellow coworker who is currently implementing MB.
- **Role play** two or three MB sessions with a coworker/supervisor, ideally someone who has experience delivering MB sessions.
- **Observe** a MB implementation video.
- **Plan to attend** technical assistance/supervision sessions with an NU Master Trainer (can be arranged by emailing erin.ward1@northwestern.edu)

Additional resources currently provided by the Mothers and Babies Team at Northwestern:

- Sign-in/contact information sheets for trainees, completion certificates
- Remote supervision with an NU Master Trainer
- Archived training webinars

Training resources in development:

- Slides on differences between modalities
- Sample Session Videos