
CHLA Early Childhood Mental Health Program Birth to Five Mental Health Core Training Series



Brain Development & Implications for Attachment and Treatment of Young Children

Wednesday, April 16th, 2025
9 am – 4:30 pm

Presented by Patricia Lakatos, PhD, & Nicole
Nghiem, MD, MBA

TRAINING DESCRIPTION: The key to optimal infant mental health and strong brain architecture is set by quality early relationships and experiences. When young children are impacted by stress without the protective benefit of an attachment relationship, the foundational structure of the brain is altered. In this workshop we will provide introductory information regarding biological brain development, we will discuss how regulation and stress impact brain development and infant mental health, and learn how to use this information for treatment considerations.

Free to Riverside County 0-5 Providers (Funded by RUHS-BH Growing Healthy Minds & First 5 Riverside)

ELIGIBILITY:

Participants must have received a direct invitation from RUHS-BH *and* be a birth – five provider in Riverside County; **please do not forward the invitation to others.** This is an ADA compliant course. If you need a reasonable accommodation/alternative format for this training event, please contact Diana DaSilva at (951) 955-7175 at least fourteen days prior to the course date.

REGISTRATION LINKS

<https://forms.office.com/r/5bnBhWu49D>

ZOOM Link will be provided after registration is approved.

TRAINING OBJECTIVES:

1. Gain a deeper understanding of how relationships and early experience influence brain development.
2. Discuss the roots of infant mental health in brain development.
3. Build a deeper understanding of the parental influences on the developing brain.
4. Utilize interventions to support the emerging attachment system to promote health, wellness, and resilience.
5. Articulate to parents a deeper understanding of the significance of the attachment relationship as a protective factor.

CONTINUING EDUCATION INFORMATION:

Board of Behavioral Sciences Licensees: The University of Southern California is an accredited educational institution, and this training meets the qualifications for **6 hours** of continuing education credit for MFTs, LPCCs, LEPs, and/or LCSWs as required by the California Board of Behavioral Sciences.

SPEAKER BIO:

Patricia Lakatos, PhD, is a bilingual and bicultural licensed psychologist at Children's Hospital Los Angeles and a member of the ZERO TO THREE Academy of Fellows. Dr. Lakatos has over 25 years of experience and is endorsed by the California Center for Infant-Family and Early Childhood Mental Health as a Mental Health Specialist and Reflective Practice Mentor. She is a clinician, supervisor, and trainer in the early childhood mental health program in the Behavioral Health Institute at CHLA. Dr. Lakatos has experience working with medically fragile babies in the NICU and provides infant-family mental health consultation in the Fetal Maternal Center at CHLA.

Nicole Nghiem, MD, MBA, is a certified pediatrician currently engaged in a developmental-behavioral pediatric subspecialty fellowship program at Children's Hospital Los Angeles. She completed medical school at the University of Colorado School of Medicine and pediatric residency at Johns Hopkins All Children's Hospital. Dr. Nghiem worked as a hospitalist in the neonatal intensive care unit with involvement in their neonatal follow-up program for two years prior to pursuing fellowship training. She is a graduate of the California Leadership and Education in Neurodevelopmental and Related Disabilities program, an interdisciplinary training program aimed at preparing leaders in maternal and child health to serve children with neurodevelopmental differences and their families. She has particular interest in working with the high-risk infant population and is dedicated to equipping parents with effective strategies and resources to aid their children in achieving their full potential.

FOR QUESTIONS, PLEASE CONTACT:

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