

**Barbara Stroud, Ph.D.**

*DrBarbaraStroud.com*

**Academy of ZERO TO THREE Fellows**

**California Endorsement –IFECMHS 0-5 Mental Health Specialist**

**IFECMH Reflective Practice Facilitator Mentor**

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**EDUCATION**

9/87 - 11/92

Nova Southeastern University, School of Psychology;  
Fort Lauderdale, Florida.

Degree: Ph.D. Clinical Psychology with a specialty in  
Applied Developmental Psychology.

9/82 - 5/86

University of the Pacific;  
Stockton, California.

Degree: BA Psychology and Human Development.  
Graduated Magna Cum Laude

**EMPLOYMENT**

10/06 – Present

**Infant Mental Health Training Consultant**  
**Barbara Stroud Training and Consultation**  
**www.drbarbarastroud.com**

**Duties:** Design and present original training curriculum to target the needs of agencies serving families with children birth to five; Provide trainings in the areas of relationship-based interventions, trauma informed services for children under five and their families, culturally responsive care for all service providers, and reflective practice facilitation supports; Offering reflective consultation to individuals and agencies that support vulnerable families; Services target, mental health, part c- early intervention, early care & education, child welfare, family law, nursing, and parents

1/15 – Present

**Faculty** - UC Davis Extension; Napa Infant-Parent  
Mental Health Fellowship Program

2/14 – Present

**Consultant to the CA Center –IFECMH Endorsement Reviewer** – provide support to the CA Center leadership team, ongoing review of endorsee candidate, and assist in the design of content for the endorsement website

- 3/09 – 4/17                    **ZERO TO THREE National Training Institute Proposal Review Committee** – Participation in the blind review of scientific and clinically based workshop training proposals for selection to the ZTT national conference
- 2/14- 11/16                    **CA Center Leadership Team Member** – Participated in the development of policies and procedures surrounding Infant Family Early Childhood Mental Health Endorsement in California
- 7/15-8/15                    **ZERO TO THREE DC:0-5 Expert Faculty Reviewer** – Reviewed international applicants and provided feedback to the ZERO TO THREE selection committee for newly appointed DC:0-5 Expert Faculty Trainers
- 9/11 – 6/15                    **Consultant to the Alaska Infant Learning Program:** a *Division of the Alaska Department of Health and Social Services*; Anchorage, AK – Provided reflective consultation support to state level staff in the practice and implementation of reflective practice strategies across all Part C state staff –Infant Learning Program grantees
- 4/09 – 12/14                    **Faculty**, University of Massachusetts Boston Infant-Parent Mental Health Post-Graduate Certificate Program; Napa, CA
- 9/08 – 12/10                    **Community Training Manager**  
Child Development Institute; Woodland Hills, CA
- Duties- Develop**, coordinated and designed professional trainings in the areas of infant mental health, child development, children with special needs, family supportive services, cultural diversity, and other titles as defined by the needs of the training client; Researched best practice models, developed original curriculum, provided training, and supervision as needed
- 5/02 – 8/08                    **Director of Early Intervention and Community Wellness**  
Los Angeles Child Guidance Clinic; Los Angeles, CA

**Duties-** Develop, implemented, and supervised all services for clients birth to five and their families; This included the following clinic services: Early Intervention Day Treatment, Outpatient services for clients birth to five, co-coordinating pre-school based mental health consultation project; Actively participated in program development, ongoing training, and staff development; Supervised all aspects of program management; Developed nationally award winning infant/toddler attachment promotion program for children at risk; Worked on Los Angeles County recommended training standards for all 0-5 mental health providers

6/02 – 9/08

**Part-time Lecturer, Master's in Counseling Program**  
California State University Long Beach

**Duties-** Teaching master's level counseling classes including: *Group Counseling, Introduction to Clinical Interviewing, Counseling Children & Adolescents, and Field Supervision*; Developed and implemented curriculum to enhance the training and professional development of graduate students

## PROFESSIONAL ACTIVITIES

11/17 – Present

**California Association for Infant Mental Health Board President** – Assist in the administrative management of this state level organization dedicated to the social and emotional needs of children prenatal to five; Assist in the implementation of our mission – *To bring together as a common voice organizations and individuals who promote caregiver-child relational approaches to both prevent and heal adversity in young children prenatally to five.*

10/17 – Present

**National Advisory Board Member for Rural Opportunity Institute (ROI)** - *Rural Opportunity Institute (ROI) is a social innovation lab that designs solutions built around the needs of families who have untreated trauma in rural Eastern North Carolina. We use systems thinking to understand the broad forces impacting individuals in trauma and identify highest-leverage opportunities for*

*intervention that deliver return on investment.*

1/16 – Present

**Ventura County Behavioral Health: 0-5 Child Welfare Clinical Capacity Building Project** – Provided an intensive series of Infant Mental Health trainings to Ventura County clinical staff working with children 0-5 involved in Child Welfare; Trainings were followed up with monthly reflective supervision

9/16 – Present

**Ventura County Behavioral Health: Child Welfare Infant Mental Health Training** – Provided introductory training sessions to child welfare staff at all levels; Training content included: basic infant mental health, brain development, attachment, the development of emotional regulation, trauma in young children, and best practice research regarding trauma responsive services for children birth to five

1/15 – Present

**Los Angeles County Dept. of Mental Health: Culturally Sensitive Practice, Engagement without Insult** – Provided ongoing training in response to Katie A compliance recommendations, for mental health providers working directly with children and families in the child welfare system; This training addressed issues of culture and diversity, historical trauma, current research on the neurological impact of discrimination and racism

4/14 – 6/15

**First 5 Contra Costa County: Reflective Practice Supervision Training** – Over a two year training period, provided training in order to building proficiency among birth to five children’s programs. Training included ongoing skill building for program supervisors and introductory sessions for department staff

8/12 – 6-14

**Los Angeles County Dept. of Mental Health: Shared Core Practice Model Training** – Provided original curriculum regarding the implementation of the shared core practice model targeting service providers in Los Angeles County; Training targets included: Full Service Partnership (FSP), Psychiatric Medical Response Teams (PMRT), WRAP, and Intensive Service Delivery models

- 10/11 – 6/13      **Los Angeles County Dept. of Mental Health: Integrating the Core Practice Model in Reflective Supervision** – Provided reflective supervision groups to intensive field based mental health provider agency and DMH navigators in support of integrating the Core Practice Model in to direct service activities in line with the Katie A compliance requirements
- 7/11 – 11/12      **Accredited Triple P Trainer** – As a consultant for Triple P America, provides training in the Evidence Based Positive Parenting Program – Triple P
- 7/09 – 6/12      **Training Consultant for ZERO TO THREE: Coming Together Around Military Families®**  
Provided training to Military staff providing child care or family support services, regarding the developmental needs of children 0 to 5, indicators of, and responses to, trauma in young children; and how to support relationships/attachments for children & families within the Military culture
- 1/07-12/09      **ZERO TO THREE National Training Institute Planning Work Group** – supported the planning and content development for the National Training Institute program
- 1/00-1/10      **ICARE (Infancy, Childhood And Relationship Enrichment) Steering Committee Member** – Los Angeles County Dept. of Mental Health: Defined service delivery standards and minimum training requirements for all birth to five mental health providers within LA County

**PUBLICATIONS**

Finello, K. M., Herron, M. C., & Stroud, B. (2016). Measuring Process Elements in Reflective Supervision: An instrument in the making. *Zero to Three, 37(2)*, 39-45.

Stroud, B. (2015). *Intentional Living: finding the inner peace to create successful relationships*. North Charleston, South Carolina.

Stroud, B. & Morgan, M (2014). Basics of counseling in infant-parent and early childhood mental health. In K. Brandt, B. Perry, S. Seligman, & E. Tronick (Eds.), *Infant and early childhood mental health: Core concepts and*

*clinical practice*. Arlington, VA: American Psychiatric Press, Inc.

Stroud, B. (2012). *How to Measure a Relationship: A practical approach to dyadic intervention*. North Charleston, South Carolina.

Stroud, B. (2010). Honoring diversity through a deeper reflection: Increasing cultural understanding within the reflective supervision process. *Zero to Three, 31(2)*, 46-50.

### **SELECTED PRESENTATIONS**

***Honoring Cultural Differences in the Mental Health, Child Welfare and Foster Care Systems.*** Invited Speaker- Helping Families Change; International Conference March 1, 2018

***It Sounds Good in Theory – But is Challenging in Practice!: Implementing and Sustaining Reflective, Relationship-Based Practices Within Agencies and Systems.*** (co-presenter with Kadija Johnston, L.C.S.W., Mary Claire Heffron, Ph.D., Trudi Murch, Ph.D., CCC-SLP, Jodi Whiteman, M.Ed.) Zero to Three National Conference; San Diego, CA. November 28, 2017

***Building Relationships to Support Families in Times of Stress.*** Keynote- Sonoma County Early Childhood Mental Health Summit; September 28, 2017  
Breakout Workshop

- How to Measure a Relationship
- Families as Complex Cultural Systems

***Healing Relationships: Supporting Vulnerable Families in Stressful Times.*** Safestart – San Francisco Child Abuse Prevention Center; San Francisco, CA. June 9, 2017

***Resilient Parents build Successful Children: Parent Training.*** Harbor Regional Center; Torrance, CA. March 11, 2017

***Reflective Practice Supervision: For Head Start Directors, Managers, & Coaches.*** Foothill Family Services; El Monte, CA. January 4, 2017

***Balancing Two Worlds: Holding Anther's Mind.*** KC Kids Early Intervention Services; Reedly, CA. November 9, 2016

***Burnout and Compassion Fatigue.*** Los Angeles County CalWorks Providers; Los Angeles, CA. November 2, 2016

***Engaging Complex Families from a Culturally Respectful Lens.*** Visions for Learning Home Visiting Institute; Tumwater, WA. June 20, 2016

***Toward Mindful Practice: Developing Reflective Supervision Skills.*** Adelphi University Institute for Parenting - Training Series; Garden City, NY. May 13, 2016

***Connecting Culture, Relationship, and Social Emotional Success.*** Circles of Life Conference- Keynote; Milwaukee, WI. April 21, 2016

Breakout Workshop

- Parenting in Three Parts: Nurturer, Advocate, Voice of Culture

***Holding Trauma and Staying Whole: Building Reflective Supervision Skills.*** Judicial Council of California: Family Law Education Program; San Diego, CA. March 25, 2015

***Culturally Respectful Relationship-Based Care.*** Keynote Presentation- Fulfilling the Promise Conference; Wisconsin Dells, WI. February 25, 2015

***Increasing Developmental Understanding to Promote Parenting.*** Harbor Regional Center 2015 Parent Training Series; Torrance, CA. January 31, 2015

***Supporting Challenging Behaviors: Understanding the child to shape positive behaviors in preschool settings.*** Norwalk-La Mirada Unified School District: Preschool Programs; Santa Fa Springs, CA. January 5, 2015

***Culturally Sensitive Practice: Engagement without Insult.*** 11<sup>th</sup> Statewide Conference: Integrating Substance Use, Mental Health, and Primary Care Services in Our Communities; Los Angeles, CA. October 22, 2014

***How to Measure a Relationship: A practice approach to dyadic interventions.*** Featured Speaker: Pennsylvania Infant Mental Health Conference; Harrisburg, PA. October 16-17, 2014

***Reflective Practice Training for Headstart and Early Headstart Staff.*** Los Angeles Office of Education; Los Angeles, CA. September 16-18, 2014

***Bringing Culture into the Reflective Practice Experience.*** Keynote Speaker: Wisconsin Infant and Early Childhood Mental Health Conference; Elkhart, WI. June 16-17, 2014

***Staying Whole: Trauma Informed Practices and Policy Approaches to Support Frontline Staff.*** UCFS Benioff Children's Hospital Oakland Early Intervention Services; Alameda, CA. June 13, 2014

***Core Practice Model: Building skills to transition staff in line with Katie A outcomes.*** Los Angeles County Department of Mental Health; Ongoing trainings August 2012 to June 2014

***Reflective Practice: Building Relationships of Support.*** First 5 Contra Costa Children and Families Commission; Concord, CA. April 14 & 15, 2014

***Reflective Supervision: Building Supervisory Skills.*** The Whole Child; Whittier CA. April 9, 2014

***Profectum Foundation 2<sup>nd</sup> International Conference: Invited Panelist.*** Pasadena Ca. March 22, 2014

***How Relationships Build the Brain and Repair Trauma.*** Foothill Child Abuse and Family Violence Prevention Council; Alhambra, CA. March 14, 2014

***Moving to a Lower Level of Care: Re-assessment, treatment planning and community linkage for intensive services clients.*** Los Angeles County Department of Mental Health; November 13, 2013

***The Culture of Supervision: Exploring issues of Diversity within a Reflective Experience.*** 5th Annual Pennsylvania Infant Mental Health Conference; Philadelphia, PA. October 17-18, 2013

***Changing the World One Relationship at a Time.*** Harbor UCLA Medical Center, Department of Pediatrics, Grand Round; Torrance, CA. May 30, 2013

***KidsNCare Early Care and Education Mini Conference Keynote Speaker.*** San Bernardino County Schools; San Bernardino, CA. March 23, 2013

***Creating Success in Families: Using knowledge of early brain development & attachment to create treatment success.*** State of Nevada: Division of Child and Family Services; Las Vegas, NV. February 20 & 21, 2013

***Reflective Practice: working in support of children & families.*** Keynote speaker: Alaska Association of Education for Young Children; Anchorage, AK. January 30, 2013



***Bringing Culture in to the Pediatric Visit.*** ZTT National Training Institute Medical Providers Training Day; Los Angeles, CA. November 28, 2013

***Best Practice in Birth to Five Intervention Strategies.*** Los Angeles County Department of Mental Health; February 23, 2012

***Impact of Trauma on Young Children.*** Los Angeles County Office of Education; Santa Fe Springs, CA. January 25, 2012

***Teen Mothers in Foster Care: Supporting Relationships of Nurture.*** Children's Law Center Infant Mental Health Training Series; Los Angeles, CA. August 17, 2011

***Using Relationships of Support to Nurture the Language of Emotions.*** California Child Care Resource & Referral Network; Sacramento, CA. February 8, 2011

***Celebrating Diversity and Honoring Difference.*** Detroit-Wayne County Infant Mental Health Training Program; Detroit, MI. July 20 -21, 2009

***Family Engagement without Microaggressions: Culturally Sensitive Practice.*** Michigan Association for Infant Mental Health Conference; Ann Arbor, MI. April 26-28, 2009

***Training and Supervision of Infant Mental Health Professional.*** American Psychological Association 116<sup>th</sup> Annual Convention; Boston, MA. August 17, 2008

***Ready for School, Ready to Learn: Exploring the Impact of Social-Emotional Cultural Development on School Readiness.*** 25 Years of Racial-Cultural Issues in Psychology and Education; Teacher's College Columbia University; New York, NY. February 15-16, 2008

***Creating Positive Outcomes for Children.*** South African Association of Child and Adolescent Psychiatricians and Allied Professionals; Cape Town, South Africa. September 14, 2007

**Keynote Speaker** for Michigan Association for Infant Mental Health Conference; Ann Arbor MI. May 6-8, 2007

***Capacity Building: Creating Diversity within the Infant Mental Health Field***

Break-out Workshop:

- Using Science to Create Effective Treatment Models

**Keynote Speaker** for MAHEC (Mountain Area Health Education Center): 3<sup>rd</sup> Annual Infant Mental Health Conference; Asheville, NC. April 20, 2007

***Promoting Infant Mental Health***

Break-out Workshops include:

- Parent-Child Dyadic Therapy
- Assessment Models for Infant Mental Health

***Ensuring the Effective Implementation of the CAPTA/IDEA Referral Requirements.*** ZERO TO THREE: National Training Institute; Albuquerque NM. December 1-3, 2006

***Making a Difference in the Lives of Young Children; Prevention Programs that work.*** Prevent Child Abuse America, National Conference; San Diego, CA. May 21 - 24, 2006

***Embracing Children and Families in Troubled Times.*** Neurons to Neighborhoods; Los Angeles, CA. May 18, 2003. Barbara Stroud, Ph.D. & Leticia Lara, LCSW