

2016 Jane C Bourns Award
CT Association for Infant Mental Health
Annual Meeting 2016



Kim Shepardson Watson, LCSW, IMH-E®
Clinician in Private Practice

I am pleased to introduce our 2016 Jane C Bourns award recipient. This year we are honoring someone who exemplifies with humor, compassion and true reflection one of the key components of IMH: Reflective Supervision/Consultation. That someone is Kim Shepardson Watson.

Kim holds Endorsement at the clinical level and in that role since 2012 has provided reflective supervision for seven groups of professionals with 3-6 in each group. Many in her group have chosen to continue for a second year. To illustrate Kim's ability to promote infant and early childhood mental health in principle and practice, one of her reflective supervision groups continued with no outside funding, i.e. self funded. Another group subsequently appealed to its agency to expand reflective supervision to the entire agency's management team and continues today under Kim's leadership.

Kim has a career of working with infants and young children and their families since the 1990s: at Connecticut College Children's program, at the LEARN Birth to Three program, in the Southeast Mental Health System of Care LAUNCH program Building Blocks (clinical supervisor), at United Community and Family Services in the Early Childhood division and most recently in private practice. Kim is also chair of the Groton Board of Education and as such promoted infant mental health at a Groton forum earlier this month.

Kim is a trainer for the DC:0-3R and has completed a post masters program for clinical issues in adoption and is considered an adoption competent therapist. She has also completed the Circle of Security parenting workshops as well as the Post-Partum Support International Components of Care training in CT.

Kim has presented at local and statewide conferences on infant and early childhood mental health issues (attachment and reflection) to both parents and professionals. She is scheduled to present on infant mental health issues at NASW and at a child welfare conference.

She has attended the annual Retreat of the Alliance (states holding the Endorsement license) since 2011 and is part of CT's state Endorsement team (those initially endorsed in CT). She regularly attends the CT-AIMH sponsored trainings, including sessions of trainings for DCF and its community partners.

In summary, Kim can be refreshingly humorous and professionally serious in one breath – and always brings us to a reflective state.

We are so pleased to present this Award to you today. Kim Shepardson Watson