



Promoting, supporting, and strengthening children's earliest relationships
prenatal to age six

May 6, 2021

Infant mental health is about early relationships, their origin and their power.

Babies develop in the context of relationships. Warm, sensitive and predictable relationships build the rapidly developing brain.

Promoting these early powerful relationships is the work of professionals from many disciplines.

It is with great respect that we are posthumously honoring Nancy Suchman, Ph.D., with the Connecticut Association for Infant Mental Health (CT-AIMH) Jane C. Bourns Award of Excellence. This recognition is granted to her for her exemplary service to infants, young children and families.

Dr. Suchman's most significant academic contribution, and the one most meaningful to her, was the development of *Mothering from the Inside Out*, an attachment-based parent intervention. This empirically based individual psychotherapy is designed to help mothers grappling with addiction and other threats to effective parenting develop the capacity for reflective functioning in their relationships with their children. Over more than 15 years, Dr. Suchman partnered with others to develop and test this clinical intervention. As this novel intervention captured the attention of the research community interested in the impact of addiction on parenting, she began an academic tour to speak, teach, and consult, not just in this country, but in Finland, South Africa, Australia, Canada, France, Italy, Germany, and the United Kingdom. In addition to her peer-reviewed publications, Dr. Suchman was the principal editor of *Parenting and Substance Abuse*, the definitive professional reference on addiction, parenting, and parent intervention.

Over the years, Dr. Suchman made significant contributions to the personal and professional development of others. Among them are the mothers and children who have benefitted, directly and indirectly, from her clinical insights and the research assistants, graduate students, professional trainees, addiction counselors, and researchers who benefitted from her generous giving of her time and tutelage. Today, we express our deep gratitude to Dr. Suchman for her contributions to the field of infant mental health, as we fondly remember her 2012 featured address to the CT Association for Infant Mental Health members.

Sincerely,
Susan Vater, Ed.M.
CT-AIMH BOD President

CT-AIMH
c/o Yale Child Study Center
230 S. Frontage Road, New Haven, CT 06520
www.ct-aimh.org