

# DC:0-5™

## Clinical Training

Copenhagen 2025 (in English)

**November 17-18th 09.00-16.00 &  
December 8th 13.00-16.00 (on Zoom)**

The DC:0-5™: Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (Zero to Three) captures the latest scientific findings and clinical research on infant and early childhood mental health.

This comprehensive training on DC:0-5™ equips clinicians and mental health professionals with the skills to assess, conceptualize and - where applicable - diagnose mental health and developmental disorders in children 0-5.11 years using the DC: 0-5.

The training is for advanced practitioners such as psychologists, psychiatrists, pediatricians, nurses, and infant mental health specialists whose work with infants, young children, and their families involves assessment, case formulation and where applicable, diagnosis.



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Clinical DC: 0 – 5™ training is designed to support mental health professionals in developing in-depth knowledge of the approach and content of DC:0-5™, understanding the multi-axial system, and utilizing the approach and system in their work with children birth through age five.

Participants will be supported in understanding the need for and development of a specialized diagnostic classification system for infancy and early childhood, and adopting approaches to diagnosis and assessment that are developmentally informed, relationship based, and contextually and culturally grounded. Participants will learn about the multi-axial approach to diagnosis as well as understanding the contents of each axis including Axis I clinical disorders. Activities and case-based learning will support participants in using the many tools included in DC:0-5™.

Note: All participants must have a copy of DC: 0-5 Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood. The trainers will email the participants handouts and homework for the training approximately one week before the training. Participants will receive additional materials the day of the training and there will be a homework assignment.



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**Nina Sanner** is a senior child psychologist/specialist, working clinically at Lillehammer hospital. Nina also holds a PhD-student position at Oslo university. Her PhD-thesis focuses on the diagnostic classification of the youngest children. Nina also works with teaching and supervision, research and implementation, primarily focusing on IMH assessment methods and diagnostic classification. She has worked with parents, infants, and young children within child mental health services for more than 20 years. Nina has served as a consultant to government bodies and formulated guidelines for IMH. She has taught several DC:0-3R and DC:0-5 trainings, being one of the main DC-trainers in Norway. She has co-authored the Nordic chapter in the DC:0-5 Casebook. Nina works with the coordination of the implementation process of DC:0-5 in the Nordic countries.



**Catarina Furmark** is a clinical psychologist in CAMHS in Luleå, Sweden, also working with teaching and supervising. She is a PhD student affiliated with the Neuropediatric unit of Karolinska Institutet. Her research interests are parental representations, parent-infant interaction and attachment. She is also committed to developing and implementing interdisciplinary IMH training with an overarching aim to advance Infant Mental Health policy. She is trained in CPP, AMBIANCE, SSP and WMCI-D and she has been working clinically and teaching within the IMH-field for 20 years. Her subjects are developmental psychology, attachment theory, and IMH assessment methods; ADBB (Alarm Distress Baby Scale), WMCI (Working Model of the Child Interview), BERA (Brief Early Relational Assessment) and DC:0-5. Catarina has co-authored the Nordic chapter in the DC:0-5 Casebook. She is a certified Zero to Three trainer of the DC:0-5, member of the Zero to Three international Faculty and part of the Nordic Implementation Team for DC:0-5.

