

# Evandra Catherine, Ph.D., IMH-E®

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## Reflective Professional Development & Training for Early Childhood Professionals

### Who I Am

I lead an early childhood consulting business (EVANDRA CATHERINE PHD LLC) specializing in reflective professional development and training for those working in Infant and Early Childhood Mental Health (IECMH) and other relationship-based roles. As a research professor with an IMH-E® endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant Mental Health, I bring over a decade of experience across community, state, and federal levels. My work ensures that professionals have the reflective capacity to engage in relationship- and family-centered work.



### Leadership & Partnerships

I serve as an Executive Board Member for both the Alliance for the Advancement of Infant Mental Health and the Arizona Association for Infant Mental Health. My work is informed by national and state-level collaboration with partners such as Zero to Three (ZTT), Georgetown University, and multiple state AIMH organizations. These partnerships reflect my commitment to advancing the field through aligned, relationship-centered systems work.

### What I Offer

I offer series-based, reflective professional development tailored for providers engaged in relationship-based work, including those in IECMH, home visiting, early intervention, coaching, consultation, maternal health, and child welfare. Trainings are delivered in a variety of formats, including Communities of Practice (CoPs), ECHOs, webinars, and 3-hour sessions—available nationwide, both in person and virtually.

### Delivery Formats & Flexibility

My services are available nationwide, offered in person or remotely, and delivered through a variety of engaging formats:

- Communities of Practice (CoPs)
- ECHO®-style learning collaboratives
- Interactive webinars
- Three-hour trainings
- Multi-session PD series with embedded reflection

## Sample PD Topics

- Quality and Access: Shifting Perspectives and Assumptions
- Identity and Social Location in Provider Practice
- Decolonizing IECMH: Culturally responsive, anti-bias approaches
- Supporting Emotional Development in Black Boys
- Expulsion Prevention & Implicit Bias

## Why Work With Me

I don't offer one-time trainings. I specialize in reflective, series-based learning that bridges research, lived experience, and practice—designed for professionals doing the relational work of supporting young children and families.

My approach moves beyond traditional theories, drawing on ecological and community-rooted frameworks to help providers:

- See behavior in context—family, culture, and systems
- Rethink dominant ideas of parenting, care, and “quality”
- Shift from deficit-based to strength-based perspectives

This foundation is essential for meaningful, reflective work in IECMH and early childhood systems.