

Understanding and Caring for Children & Young People with Attachment Difficulties

Our relationships with our carers in the first few years of life can, potentially, have an impact on our social, emotional & mental health throughout our lives. Attachment theory can help us to understand why this is, and how to help children and young people whose early attachments were insecure.

The purpose of this workshop is to increase carers and other professionals', knowledge and understanding of attachment and how to support young people who may have insecure attachment strategies. On completion of this workshop, participants will have:

- An understanding of what attachment theory actually is, and why it is important.
- Knowledge of the different types of attachment strategies and the aspects of early years care which can influence them.
- An understanding of how particular attachment strategies affect young people from their early years through to adolescence.
- Considered the attachment strategies of a child or young person they are caring for.
- Reflected on how our own attachment history may impact on how we care for children.
- Knowledge of ways of supporting children with insecure attachment (the neurosequential model, PACE)

All of my courses and workshops involve a mixture of slide presentation, video, group discussion and small group activities. I provide comprehensive handouts over and above a simple printout of the slide presentation.

Course Duration: 4 hours (with breaks).

Cost: £250 for up to 20 participants.

Contact: training@johnradouxtherapy.com, **07470 550876**.