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Becoming an attachment figure for babies and their parents

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- ✓ What is the nature of attachment and what is the value of the attachment perspective in our work?
- ✓ How do we use our time with our clients to best support the relationship between babies and their parents and/or primary caregivers?
- ✓ How do we create an environment within which it feels safe for them and for us to be authentic with each other?

This is a two-day workshop for those working with babies and their parents in a professional capacity. In this workshop we will draw upon our clinical work and research to explore the role of attachment in our emotional life, in our communities, in the development of babies and in our practice with them and their caregivers.

We will use different teaching methods - including small group discussion, video material and discussion of clinical cases to stimulate learning and reflection on these central issues.

The workshop will be conducted in English.

Day 1 – Friday 14th October 2022 - 09:30-18:00

Session 1: An attachment framework

The role of our relational history in the creation of new attachments; attachment in infancy; attachment in couples, their capacity for three-way relationships and its role in the transition to parenthood.

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Session 2: Creating an attachment environment

The role of attachment in supporting secure relationships in groups and communities; how the practitioner can enable parents and babies to benefit from each other in both ordinary and specialist settings. How may groups be used to explore new ways of relating?

Day 2 – Saturday 15th October 2022 – 09:30-18:00

Session 3: Attachment in the practitioner-client(s) interactions

How can the practitioner contribute to 'therapeutic' processes in parent-infant work? The roles of synchronous interactions that give the other a sense of being seen and understood, and of disruption and repair, which build a sense of self-agency and trust in the other.

Session 4: Reflection on group's experience in their work with babies and their careers

In this session we invite participants to apply ideas that have been discussed to their own practice and share these with the group.

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