

Attachment Theory and the Internal Working Models of Children

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What to expect from this Workshop

A theory based workshop looking at attachment theory with children in detail. With the inclusion of film clips understanding will be gained of Mary Ainsworth's 'Strange Situation Test' that brought the theory to life. There will be an explanation of the theory of 'Internal Working Models' that forms the structures for all our expectations of the behaviour of ourselves and of others. With a deeper understanding of these models therapists can begin to help children to create models that will enable better outcomes and more secure relationships at school and at home.

The Child's Brain

There will be an explanation of our understanding of how the brain of a child works. How trauma limits the child's ability to use functions such as speech, logic processing and memory, and how these

changes in brain function result in children behaving in ways that parents and others see as confusing and troubling.

Affect Regulation

Possibly the most important part of caring for a child is enabling the development of affect regulation. It is this that gives the child the resilience necessary to cope in the world. Understanding how the therapist can work to assist the child in developing affect regulation is an important part of this workshop.

Exercises

Although this is a theory based day participants will be asked to complete an exercise to better understand their own attachment style, and will have the opportunity to engage in a role-play, although this is not compulsory.

Included

The workshop includes handouts, worksheets, reading lists and feedback forms.

Niki Reeves

Working in clinical practice for almost 20 years Niki trained as a Psychodynamic Counsellor in the early 90's and then as an Attachment Based Psychoanalytic Psychotherapist at The Bowlby Centre in London. A member of the UKCP Ethics Committee, a qualified Supervisor and Tutor, Niki has trained counsellors to diploma level. Niki has been 'Head of Counselling' at Southampton Counselling, and is now taking time to write, teach and run her private practice in Southampton where she works with therapists, individuals, couples and families. Her chapter "The use of telephone and Skype in psychotherapy: Reflections of an attachment therapist" can be found in the book "Love in the age of the internet" edited by Linda Cundy. Karnac 2014.

Further Information:

The workshop will include handouts, worksheets, reading lists and feedback forms.

For further information about how you can host this workshop at your service contact me on:

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