

# Increasing Attunement for a Secure Alliance in the Counselling of Children

## Niki Reeves

UKCP (CPJA) MBACP Accred BA(Hons)  
Attachment Based Psychoanalytic Psychotherapist



### What to expect from this Workshop

This workshop is designed as the second part to the theory workshop “Attachment Theory and the Internal Working Models of Children”. We will revisit attachment theory, and ‘Internal Working Models’ and add to our understanding of neuroscience. However this day is predominantly a more skills based day. Participants should be prepared to work in small groups on skills attained during the day.

### How The Child Presents

There is explanation of how children present in the therapy room, this will be understood in terms of attachment style by the therapist. This understanding allows the therapist to work more effectively from the first session to attune to each child, reduce the stress and trauma of the process and increase the ability to work effectively in the room.

## 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.

### Film Clips and Discussion

Participants will be able to see film clips of different skills, and have the opportunity to discuss in group what they feel about these styles.

I will role-play some skills that we will discuss to enable participants to further understand work with children.

### Exercises

Throughout the day the participants will be asked to take part in small group work where they will have the opportunity to understand more about their own attachment style in childhood. Participants will be able to role-play a client of their own, or role-play a set piece in order to practice skills acquired during the day.

### Included

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

## 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:**

**e-mail: [enquiries@attachmenttherapy.co.uk](mailto:enquiries@attachmenttherapy.co.uk)**

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