



# TRAINING

## Attachment and Social-Emotional Development

PRESENTED BY: WILMA BROKAAR

Wilma Brokaar has been a social worker for almost 25 years' experience working for Community Support Agencies, Health Care Providers, Disability Services, Children & Youth Services. Providing counselling, parent support, advocacy, connecting clients with community resources, case management, consultation, report writing and intensive multi agency cooperation, both overseas and in Australia. She has trained extensively in theory and practice of Recovery from Complex Trauma in Children and Youth, Play & Expressive Therapy Interventions, Attachment Based Interventions, as well as Sexual Abuse related topics. Wilma holds a BA Social Work and a Post Graduate Certificate in Developmental Trauma.

**Date:** 26th May 2017

**Cost:** \$230 per person (incl. GST)

**Time:** 9:30am - 4:30pm

**Location:** East Perth

### Course Overview

In this one day workshop you will learn how the natural attachment process shapes social and emotional development and how the relationship between a child and attuned caregiver evolves. We take a closer look at the building blocks of a safe attachment relationship, so we can apply these principles in our work with children and their parents.

(Co)regulation of emotional and energy states, meaning making, resolving conflict or issues, limit setting and natural consequences are discussed. The workshop will alternate theory with video clips and practical exercises. Principles can be applied to working with children of all ages, including teenagers, but the focus will be on children 2-12 years old. The basic principles can be applied in a counselling setting, during in home support or classroom.

### Who is this course suitable for?

This workshop is suitable for counsellors, social workers, psychologists, working with children and/or their parents. Teachers and chaplains may benefit as well.

### By the end of this workshop, participants will be able to:

- Understand the connection between attachment principles and social-emotional development
- Insight to help a child co-regulate emotions and energy states
- Able to respond to relational upsets between yourself and a child and between children in a counselling setting, school or in home support
- Have a framework to work with parents to enhance attuned parenting and support development of social-emotional skills in their children
- Have a basic toolkit to support parents in resolving daily parenting challenges, such as limit setting, problem solving and natural consequences while maintaining a relationship with the child

If you wish to attend, please complete a registration form

**Bookings essential**

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  [anglicarewa.org.au/training-services](http://anglicarewa.org.au/training-services)

