

Attachment in Practice™

How to intervene effectively to help children with attachment disorder, and their parents or carers.

A 3-day course for 6-15 people (2-day version also available).

Executive Summary:

Knowledge of attachment disorder, what it is, how to identify it and, in particular, what to do about it, is now recognised as important for those who work with children and adolescents. In recent years attachment disorder has become recognised as a discrete clinical entity, and one that appears to have distinct causal links with behavioural and emotional problems in children and in the development of personality disorder in adulthood.

This course therefore examines the concept of attachment disorder, the mechanisms behind it and, in particular, how to identify it and intervene in a helpful way.

Knowing about AD and identifying it, is not enough – one needs to intervene to remedy it as far as it is possible. The bulk of this course therefore describes – and allows you to practise – the interventions that are available whether you are working directly with children or via others, for example foster carers.

In three days you will cover a great deal:

- The four categories of attachment (both adaptive and otherwise) often referred to. The DSM definition of reactive attachment disorder of infancy or early childhood. Zeanah et al's five types of attachment disorder.
- The causes of attachment disorder and why it is important to know them.
- Identifying AD: How you can tell whether a child may be expressing an attachment disorder – what are the signs in terms of four different headings?
- Intervention: Links with Cognitive Behavioural Work: core beliefs held by securely attached children and children with attachment disorder.
- Family interventions to address family dynamics.
- Enmeshed attachment: attachment that is so close that it hampers the child developing independence and autonomy.
- Working with foster carers: the relevance of the carer's own background; how attachment begins with the parents; teaching new ideas and skills; how to provide key ingredients for secure attachment; teaching children 'the four Rs'; how to provide support to carers; how to instil a sense of hope in carers.
- Therapeutic parenting: showing people how to create a positive environment; how to create a clear and consistent structure within the home; how to take good care of

yourself and your partner; how to communicate effectively both in verbal and non-verbal terms; how to share responsibility between parent and child; how to give choices that work; how to use specific techniques in crisis situations.

- Corrective attachment therapy: how to become attuned to the child's needs; the importance of displaying 'positive affect'; how to give support to the developmental needs and capabilities of the child; how to develop a positive reciprocal relationship between yourself and the child; how to understand a child's inner working model and core beliefs; helping the child to review key events from the past; how to help the child manage defence mechanisms so they don't become maladaptive.
- Learning to apply the material taught by use of case studies and group discussion.

In three days you will cover a great deal:

- You will know what attachment disorder is.
- You will know what causes attachment disorder.
- You will know why attachment disorder is important: the effects it has long term on both the child and the parenters.
- You will know the signs to look for to tell whether a child may be expressing an attachment disorder.
- You will know how to help the parenters develop an attachment with their child which is as strong as it can be.

Delegates' Feedback

Average presentation rating: 97%



Average relevance rating: 96%



Written Feedback:

"An excellent well-presented course which will be of direct benefit to me in my everyday work with children and parents. Thank you."

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Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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