



## Course: teach attachment parenting

**Address:** <https://asadis.net/en/course/teach-attachment-parenting/>

**Duration:** 3h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$120.00

### Overview:

In a world that highly values independence and self-sufficiency, the natural developmental dependence of children can create a disconnect between parents and their children. This disconnect is exacerbated when parents encourage independence in their children before they have developed the capacity for healthy self-regulation. Children need parents who emotionally regulate them and provide healthy self-esteem and self-concept through attachment. However, many parents struggle with these responsibilities, as embracing their child's dependence can be challenging.

What happens when a parent promotes independence too early for their child? How does the division of independence from their parents affect a developing child? How does a disconnected child self-regulate? What happens when a child is developing self-esteem apart from a parent's secure attachment?

In this workshop, Dr. Christina Reese, clinician and author with 20 years of experience, will explore these questions and discuss the far-reaching consequences of attachment dysfunction.

Learn ways to build healthy attachment in parent-child relationships, steps to grow felt safety and security within that relationship and ways to help parents understand their role in emotionally regulating their child. Equip yourself with essential insights and strategies for implementing attachment-based interventions that foster felt safety and strengthen emotional regulation.

### Learning objectives:

1. Understand the development of healthy attachment between parent and child.
2. Learn about the connection between insecure attachment and the development of mental health symptoms.
3. Identify how parents can grow a child's self esteem and self concept in healthy ways.
4. Recognize dysfunctional family systems and strengthen relationships using secure attachment.

**Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This course is intended for mental health professionals.

**The expert, Dr. Christina Reese**

Dr. Christina Reese has been working with children and families for over 20 years. She is a licensed clinical professional counselor in Maryland, Maine and Pennsylvania and is a licensed clinical supervisor. She received her Master's Degree in Community Counseling from McDaniel College in Westminster, MD and her Ph.D. in Counselor Education from George Washington University in Washington, D.C. Dr. Reese's research includes the study "A Qualitative Study of Gang Desistance in Former Gang Members". She is the author of Attachment, Puzzle Pieces, The Attachment Connection, Trauma and Attachment, The Socially Confident Teen and Leveling Up. She is a TBRI Practitioner.

**Syllabus**

PowerPoint

Introduction

Development of Attachment Between Parents and Children

Attunement-Meeting Needs

Trust Development

Safe Vulnerability

Healthy Attachment

Attachment Science and Research

Internal Working Models

The Essential Need

Attachment Styles and Implications of Insecure Attachment

Secure Attachment Style

Anxious Attachment Style

Avoidant Attachment Style

Disorganized Attachment Style

Secure Attachment

Routines and Structure

Technology Free Zones

Parent Emotion Regulation

## Healing Trauma

Childhood Trauma

What to Do with a Button Pushing Child

Other Trauma

## Growing Emotion Regulation

Emotion Regulation

Handling Tantrums

Mental Health Disorders

Conclusion

Bibliography