



## **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 culture that idealizes autonomy and self-sufficiency, the normative developmental dependence of children is often misunderstood—and, at times, pathologized. This societal narrative can create a profound disconnect between parents and their children, especially when independence is promoted before the child has developed foundational capacities for emotional self-regulation. When this premature push toward autonomy occurs, it can disrupt the critical processes of attachment, self-esteem formation, and identity development.

This raises key clinical questions:

- What are the psychological consequences of encouraging independence before a child is developmentally ready? - How does disrupted attachment impact the emergence of self-regulation and self-concept? - What internal mechanisms develop when a child is left to navigate emotional experiences without the scaffolding of a secure attachment?

In this workshop, Dr. Christina Reese, seasoned clinician and author with over 20 years of experience, will guide participants through the nuanced dynamics of attachment disruptions and their long-term implications.

Through a blend of developmental theory, clinical insights, and practical tools, you will:

- Learn how to support parents in building and maintaining secure attachment with their children.- Explore strategies to enhance felt safety and emotional security within the parent-child relationship.- Gain techniques for helping caregivers understand their vital role in co-regulating their child's emotional world.

This session will equip you with evidence-based approaches to implementing attachment-informed interventions that foster resilience, emotional regulation, and relational repair.

**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, clinical professional counselor. 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