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 is a Licensed Clinical Professional Counselor with over 20 years of experience treating attachment trauma across the lifespan. Licensed in Maryland, Maine, and Pennsylvania, she serves as a clinical supervisor specializing in complex trauma and attachment-based interventions for adults, adolescents, and families.

Dr. Reese earned her Ph.D. in Counselor Education from George Washington University, where her dissertation research explored attachment disruption and behavioral change in adults. Her study "A Qualitative Study of Gang Desistance in Former Gang Members" examined how individuals with severe attachment trauma develop capacity for relational transformation. She holds a Master's degree in Community Counseling from McDaniel College.

As a TBRI (Trust-Based Relational Intervention) Practitioner, Dr. Reese integrates attachment theory, neuroscience, and trauma-informed practice to help clients rebuild secure relationships and emotional regulation. She has authored six books translating attachment research into clinical practice: "Attachment," "The Attachment Connection," "Trauma and Attachment," "The Socially Confident Teen," "Leveling Up," and "Puzzle Pieces."

Dr. Reese's clinical approach draws on foundational attachment researchers including Bowlby, Ainsworth, and Harlow while applying contemporary evidence-based interventions for rupture repair, emotion regulation, and relational healing. Her work addresses attachment dysfunction across diagnostic presentations including personality disorders, depression, anxiety, bipolar disorder, and ADHD. She provides practical, implementable strategies that clinicians can apply immediately with adult clients experiencing relationship

difficulties, trauma histories, and insecure attachment patterns.

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

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*