

# Awakening attachment needs in troubled children and teenagers

The childhood years, and adolescence as a second chance, offer a vital window of opportunity for brain systems to be strengthened through positive relational experience. When this happens mammals (including the human variety!) for the most part have no interest in fighting and instead are able to engage with others in truly co-operative and often very moving ways.

This presentation will address the profound effects of positive human interaction in developing the pro-social systems in the child's brain.

Participants will learn what is happening in the brain when a child shuts down their attachment needs and capacity to feel, which as we know, so often leads to hurtful and cruel behaviour.

## Facilitator: Margot Sunderland

- Tuesday 25 January 2011
- 10am – 4.30pm
- North London

## Benefits of attending

- Learn about the relational events key for a child or young person to move from being insecure to securely attached
- Understand why and how the insecurely attached child ends up "shrinking from the world or doing battle with it" (Bowlby) and how we can bring them back to both desiring and enjoying positive relationships
- Discover how adult-child interaction dramatically affects the long-term chemical balance in the child's brain for better or worse
- Take away key tools and techniques to awaken attachment needs
- Learn how to manage your own stress

## Adoptive parents/foster carers

PAC subscribing local authorities	£80 (£94.00)
PAC non-subscribing local authorities	£87 (£102.23)

## Professionals

PAC subscribing local authorities	£135 (£158.63)
PAC non-subscribing local authorities	£145 (£170.38)