

Psychology Parenting Through Trauma - Associates

Developing a deeper understanding of trauma, attachment and child development.

Psychology Associates is holding an interactive training day for parents, carers and special guardians to develop a deeper understanding of attachment and trauma, and to discover strategies to best support a child who has experienced trauma.

What will the training focus on?

- **What is Trauma** - How does it affect my child's development, wellbeing and behaviours?
- **What is Attachment** - How does attachment theory help us to understand my child's needs and how may this affect my parenting?
- **What approach should I be using to parent** my child to help them to feel safe and secure? We will explore therapeutic approaches to parenting children who have experienced trauma and attachment disruptions, namely PACE (Playfulness, Acceptance, Curiosity and Empathy), developed by Dan Hughes.

Who is leading the training?

Dr Molly Bodinetz, Clinical Psychologist and Psychology Associates' Lead for Adoption and Fostering. Molly has vast experience with working adoptive families, special guardians and foster carers. Molly has over 10 years of experience of working with children and adolescents with complex and challenging needs. Molly is also our Ofsted Registered Manager for our Adoption Support Agency, which was **rated as Outstanding in March 2019**.



Where and When?

Wednesday 16th October 2019, 10am – 3pm at Exeter Community Centre, 17 St David's Hill, EX4 3RG.

How much?

The training will be £65 per person. This cost includes light refreshments, including tea and coffee. Please feel free to bring your own lunch, or there is a café on site.

How to book a place?

Please contact Amanda Taylor, Events Manager, on 01752 581001 or email: Amanda.Taylor@psychologyassociates.org.uk

"The quality of the individualised support provided by the agency is excellent"

Ofsted, March 2019



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