WORKING WITH PARENTS' ANGER

Stage One: Taking The Heat Off The Child

Auckland, 6 & 7 November, 2017

This 2-day workshop is for people working with parents, caregivers and families, where anger and distress is impacting children. The focus is on skills and interventions to take the heat off the child, while supporting parents' growth.

WORKSHOP OUTLINE

Day One: Concepts and Skills:

Systemic perspectives on learning;
Building on abilities;
Understanding anger:

- Stress and the brain/body
- Primary and secondary emotions
- Understanding escalation of anger
- De-escalation skills;

Intergenerational transmission of anger;
Personal responses to anger and threat.

Day Two: Applications of Learning:

De-escalation continued;
Exploring parent-child dynamics;
Trauma and anger;
Applied practice:

- Reframing behaviour and motivation
- Maintaining a non-reactive presence
- Tension between child safety and parent development;

Resources and support for learning;

Throughout the workshop we will reflect on current work situations and challenges.

Method:

This workshop combines theory and practice, utilizing experiential methods and didactic teaching. Learning occurs in an environment of confidentiality and open enquiry.

Participants:

This workshop is suitable for anyone working with parents and families, including those in community services, health, education, justice and social development.

N.B. Places are limited to 14 participants.

Workshop Fee: **$276.00 GST inclusive**

Venue: Mercy Spirituality Centre
104 The Drive, Epsom

To register, click on the '<u>REGISTER</u>' link below.
The cancellation policy is also on the link.

Auckland	6 & 7 November	**REGISTER**

Selina Reid, MNZAC, MAANZPA, ACC registered, is an experienced counsellor, group worker & certified psychodramatist. She has worked in Education and Human Development over the last 25 years, including with adults experiencing the effects of trauma and family violence.

Cushla Clark, MAANZPA – Associate, is an experienced group facilitator and parent counsellor. For over a decade she has worked to support parents when they are in stressful and challenging times in their family.

This is the 5th year that Selina & Cushla have offered this workshop.

CONTACT:

kairosdevelopment@clear.net.nz
Selina Cell: 027 447 7107
Cushla Cell: 021 025 27627
Address: PO Box 19
Kihikihi 3841