



WORKING WITH PARENTS' ANGER

Stage One: Taking The Heat Off The Child

This 2-day workshop is for people working with parents, caregivers & families, where anger and distress is impacting children. The focus is on increasing awareness of escalation & de-escalation processes, entering the parent/child experience, as well as interventions to 'take the heat off the child'.

WORKSHOP OUTLINE

Day One: Concepts and Skills:

- Understanding anger:
 - Stress and the brain-body
 - Escalation of anger & distress
 - Primary and secondary emotions
 - Anger and trauma
- Attuning to parents' experience
- Externalisation & questioning
- Reframing behaviour and motivations
- Worker's responses to anger

Day Two: Applications of Learning:

- De-escalation skills
- Embodied awareness of anger/distress
- Safe venting methods
- Responding to intense anger
- Maintaining a responsive, non-reactive presence

To register, click on the '[REGISTER](#)' link below.

Method

This workshop combines concepts and practice, through teaching, experiential methods, groupwork and self-reflection. Learning occurs in an environment of confidentiality and open enquiry.

The workshop is underpinned by the perspective that as workers our beliefs, values, and life experiences effect what we do, and how we do it.

Participants

This workshop is suitable for people working with parents and families in a range of settings where there are opportunities to respond from a developmental framework. N.B. Places are limited to 14.

Workshop Fee **\$260 + GST**

Venue details and cancellation policy are also on the registration page.

Cambridge	14 & 15 June	REGISTER	Christchurch	18 & 19 October	REGISTER
Wellington	13 & 14 September	REGISTER	Dunedin	15 & 16 October	REGISTER

Selina Reid, MPBANZ, MNZAC, MAANZPA

Selina is an experienced group worker, psychotherapist & 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. She has offered this workshop in NZ for 6 years.



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