



# WORKING WITH PARENTS' ANGER

## Taking The Heat Off The Child

*This 2-day workshop is for people working with parents, caregivers and families, where parental anger and distress is impacting children. Our focus is: escalation / de-escalation processes; interventions to take the heat off the child while supporting parents' development; participant self-reflection / supervision.*

### WORKSHOP OUTLINE

#### Day One: Concepts and Skills:

- Understanding anger:
  - Stress and the brain/body
  - Escalation of anger & distress
  - Reframing behaviour and motivation
  - Primary and secondary emotions
  - Anger as a trauma response
- Attunement to parents' experience
- Worker's responses to anger and distress.

#### Day Two: Applications of Learning:

- De-escalation methods
- Safe venting skills
- Responding to intense anger
- Maintaining a non-reactive presence
- Child safety / parent development.
- Worker's self reflection / supervision

#### 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 therapeutic framework.

N.B. Places are limited to 14 participants.

### Method

This is an experiential workshop, combining concepts, practice of skills, self-reflection and supervision. Learning occurs in an environment of confidentiality and open enquiry.

Underpinning the workshop is the perspective that our individual and collective beliefs, values, and life experiences effect what and how we work with others and that there is value in reflecting on these areas.

**Workshop Fee**    \$299.00

**Venue:** Mercy Spirituality Centre,  
104 The Drive, Epsom Auckland

**Date/Time:** 27 & 28 June 2019  
9:00am to 4:30pm Day One  
9:00am to 4:15pm Day Two

**Cancellations:** Contact the organiser for the cancellation policy.

**To Register:** email or call Cushla using the contact details below.

**Selina Reid**, MPBANZ, MNZAC, MAANZPA, is an experienced psychotherapist & psychodramatist. She has worked in Education and Human Development over the last 25 years, including with adults experiencing the effects of trauma and violence.

**Cushla Clark**, MAANZPA, is an experienced group facilitator and parent counsellor. She has worked over the last 15 years supporting parents in stressful and challenging situations.

This is the 7<sup>th</sup> year that Selina & Cushla have offered this workshop.

### CONTACT:

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