

# THE INFANT MENTAL HEALTH SERIES



## Understanding Attachment The Circle Of Security Approach

“How important is a child’s quality of attachment with primary caregivers?”

“What are the essential characteristics of a parent/child relationship that will promote emotional well-being and mental health across the lifespan?”

“What are the signs and implications of an unhealthy attachment?”

“Once established, can unhealthy attachment patterns be altered?”

**JULY 7 - 8, 2008**

**ST MARY’S CHURCH, CRAWFORD STREET, LONDON W1H 1EA**

Join Outset Infant Mental Health and Glen Cooper, originator of the evidence based award winning Circle of Security approach, for a two-day video oriented workshop which will bring answers to these questions and more.

“The Circle of Security may just hold the key to providing answers to the attachment problems that face some of society’s most vulnerable families. I believe that John Bowlby and Mary Ainsworth, my mentors and the originators of Attachment Theory, would be most impressed.”

Jude Cassidy PhD.  
Professor of Psychology  
University of Maryland  
Co-Editor, Handbook of Attachment

**WWW.OUTSETIMH.COM**

# THE INFANT MENTAL HEALTH SERIES

## ACCREDITATION

The two day seminar is eligible for 12 CPD points subject to peer group approval

Understanding attachment  
The Circle of Security approach  
Presented by Glen Cooper

## PROGRAMME (details subject to change)

<b>Day 1</b>	9.00	Registration & coffee	
	9.30	Welcome	
	9.40	Morning session	- Understanding Attachment Theory - Secure and Insecure Attachment
	12.30	Lunch	
	1.30 - 4.30	Afternoon Session	- Understanding Disorganised Attachment
<b>Day 2</b>	9.00	Coffee	
	9.30	Morning session	- The Circle of Security approach - Intervention strategies
	12.30	Lunch	
	1.30 - 4.30	Afternoon Session	- Clinical application - Integrating the Circle of Security approach into your work

## ABOUT THE SPEAKER

Glen Cooper, along with his colleagues Kent Hoffman, Bert Powell and Robert Marvin, is the co-founder of the Circle of Security (COS) at the Marycliff Institute and the University of Virginia. Glen has been a clinician working with high-risk populations since 1982. He is a clinical supervisor for the University of Maryland, University of Virginia and Tulane University. Glen, along with his colleagues, currently presents the COS approach to clinicians and researches in the United States, Europe and Australia.

Further information regarding the Circle of Security can be found at [www.circleofsecurity.org](http://www.circleofsecurity.org)

Outset Infant Mental Health is a not for profit organisation established for the promotion of high quality interventions to support the emotional well-being of pre-school children and those who care for them.

# ABOUT THE CIRCLE OF SECURITY

The Circle of Security™ project is an internationally acclaimed intervention protocol designed to promote secure attachment in high-risk populations. Current university and clinical research is making it clear that for individuals with an unhealthy attachment, the basic capacities for emotional health are severely compromised.

For this reason, mental health professionals throughout the world are showing an increasing interest in evidence-based studies regarding attachment in children and adults. Proper diagnosis and treatment of this population is therefore becoming a priority for those involved with intervention and prevention.

## SCOPE OF THE SEMINAR

- Provide an overview of attachment theory,
- Offer video examples of specific attachment patterns, clarifying the characteristics of secure, insecure and disorganised attachment,
- Integrate attachment theory with current research in brain development and affective neuroscience,
- Explore practical applications of the Circle of Security approach within basic treatment strategies for individuals and dyads.

## SPEAKER, GLEN COOPER

ORIGINATOR OF THE CIRCLE OF SECURITY APPROACH

## WHO SHOULD ATTEND

Child and Adolescent Psychiatrists, Psychologists, Social Workers, Mental Health Workers, Paediatricians, Health Visitors, School Nurses, Psychotherapists, Art Therapists, Play Therapists, Policy Makers, Children's Charity Workers, Educationalists and any other professionals concerned with the psychological well-being of children.

# BOOKING

# Early application is advised

(Details as you would like them to appear on your badge - please print using BLOCK CAPITALS)

Title:..... Name:.....

Job title:.....

Organsation:.....

.....

Address:.....

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.....

e-mail:.....

Register before 16 May '08 to take advantage of the early bird booking rate of £300. Registrations after 16 May '08 will be charged at the full rate of £330.

Charities  
\*Charities may register to attend before 16 May '08 at the early bird rate of £175, and thereafter at the full charity rate of £200.

\*(Proof of employment and registered charity status must accompany your booking form).

Please complete this section and return to:

Outset Infant Mental Health, Unit 137, 315 Chiswick High Road, London W4 4HH

## HOW TO PAY

Send a cheque made payable to "Outset Infant Mental Health" with your name and organisation name on the back together with a completed booking form to: Outset Infant Mental Health, Unit 137, 315 Chiswick High Road, London W4 4HH.

Confirmation and a receipt of payment will be mailed out to all delegates who enclose their fee. Prices include the seminar fee, refreshments and lunch each day. If you have not received confirmation of your booking at least one week before the event, please contact the Programme Administrator. For more information and enquiries please contact the Programme Administrators on 07936 231452 or visit www.outsetimh.com. Late registrations will be confirmed by email. A map of the venue will be sent with confirmation.

In the event of circumstances beyond its control. Outset Infant Mental Health reserves the right to alter the programme, the speaker, the date or the venue.

## CANCELLATIONS/SUBSTITUTIONS

Cancellations must be received via email to Outset no later than 6 June 2008 in order to be eligible for an 80% refund. No refunds will be provided for cancellations received after 6 June 2008. Substitute delegates are welcome.

## Data Protection Act

By submitting this application, I agree to Outset Infant Mental Health keeping data about me for the administration of courses and conferences. All data held by Outset Infant Mental Health is not revealed to any individual or organisation other than that required by statute.

Whilst every effort is made by Outset Infant Mental Health to see that no inaccurate or misleading data, statement or opinion is expressed at this meeting, the company wish to make it clear that data and opinions given at this particular meeting are the sole responsibility of the contributor or speaker(s) and accordingly, Outset Infant Mental Health accepts no responsibility for the consequences of any inaccurate/misleading data, opinion, and/or statement.

## Outset Infant Mental Health

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