



Mindful Awareness Parenting (MAP) Instructor Training: Emotional wellbeing for parents and children from birth to 5 years with Dr Rebecca Coleman



APS Endorsed Activity

Mindful Awareness Parenting (MAP) Instructor
Training
35 CPD Hours
Code: 10-623



In 2012 the MAP Instructor Training will be available in Sydney only (24th-28th September) – this training opportunity is designed for professionals throughout Australia!

The MAP Parent Workshop Series utilises extensive research and clinical expertise to provide a practical and experiential training course, which promotes both parent and child emotional wellbeing. MAP synthesises ‘third wave’ mindfulness therapies with 50 years of attachment research and current developmental psychology and interpersonal neuroscience. **This Instructor Training course enables professionals to start delivering the MAP Parent Workshop series immediately within their workplace and community.**

“I have been inspired, empowered, engaged. It has truly been a blessing, a confirmation of my own learning over many years” (Child & Adolescent Mental Health Social Worker)

A recent evaluation demonstrated that the MAP Instructor Training significantly increased participant confidence in working with parents and increased their knowledge of attachment theory, self-compassion, developmental psychology, interpersonal neuroscience and mindfulness research.

“Organised and very participant friendly. Respectful and values children, parents and people who work with them” (Community Midwife).

The Instructor Training is suitable for all health and allied health professionals and early childhood educators who work with families and young children. The aim of the 5 week MAP parent workshop series participants is to:

- Educate parents about the mind/body benefits of developing a secure attachment relationship with young children.
- Increase parental satisfaction via self-compassion and ‘good enough’ parenting.
- Provide flexible and proven methods for limit setting and repairing relationship disconnection using time-in procedures.
- Provide experiential training in mindfully aware states of mind to enhance sensitivity, responsiveness and consistency with young children.
- Support parents to have satisfying emotional relationships with infants and young children.

“Dynamic, passionate, everything is included – it makes our job as presenters easy” (Speech Pathologist)

The MAP content is based on sound theoretically driven and scientific studies and integrates four important areas;

1. Relationship Based (attachment theory) approach to parenting & teaching.
2. Developmental Psychology & Interpersonal Neuroscience.
3. Mindful Awareness (Mindfulness) skills training.
4. Self-compassion & Relationship Repair training .

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The workshop fee includes ongoing supervision and an accompanying pack of valuable resources to enable professionals to implement the 5 week parent workshop series straightaway with ease – MAP Instructor training is an accredited training package which does not require further study. This means that MAP training ‘lives in the community’ as accredited MAP instructors can run courses for parents year after year! During the Instructor Training, participants receive all associated organisational tools including parent forms, questionnaires, advertising posters and pamphlets plus a kit containing:

- USB with PowerPoint presentations and parent handouts
- CDs
- DVDs
- Scripted Manual
- Yoga Mat
- Posters
- Procedural Magnets
- Bells
- Pamper Package

Testimonials from professionals who have completed the MAP Instructor Training

- *“Felt well cared for, special and indulged. Five days allowed for consolidation of information and a chance to have all questions answered” (Psychologist).*
- *“Fantastic, really love it and am excited to use it and teach people about it” (Early Childhood Health Worker).*
- *“Innovative program – does not impose values and beliefs on parents” (Clinical Psychologist).*
- *“The superb organisation of the workshop and the resources makes it all so easy!” (Early Childhood & Youth Health Worker).*
- *“Experiential - complete package-widely useful” (Mental Health Occupational Therapist).*
- *“Broad integration of excellent evidence based science for application” (Child Health Nurse).*

Apply Today: Email drrcoleman@adam.com.au for application form.



MAP INSTRUCTOR KIT

See website www.maplinc.com.au