

MAP Time-in

Using Mindfulness and Self-Compassion to Repair the Parent-Child Relationship

Presented by Dr Rebecca Coleman



8 WEEK SKILLS BASED INTERVENTION FOR PARENTS & CAREGIVERS: Using Mindfulness & Self-Compassion to Repair the Parent-Child Relationship (Birth – 18 years)

MAP Time-in is a relationship (attachment) based approach for parenting, teaching and working therapeutically with children, adolescents and their families. It is a new approach, supported by 50 years of attachment research, 30 years of mindful awareness (or mindfulness) research, 10 years of developmental psychology/interpersonal neuroscience and self-compassion research & evaluation.

The MAP Time-in approach is based on theoretically driven empirical research as well as applied clinical and developmental psychology. The integration of these elements is what makes the MAP time-in approach unique and powerful tool for relationship repair and the transformation of social, emotional and behavioural problems in children and adolescents.

The MAP Time-in protocol provides the child and parent with a relationship solution for a large range mental health problems experienced by children and adolescents. It is particularly relevant to children who have experienced trauma, abuse and neglect.

MAP Time-in integrates Mindful Awareness (Mindfulness) & Self-compassion Skills Training with Applied Attachment Theory;

- Mindful Awareness facilitates secure parent-child attachment relationships (via sensitivity, responsiveness & consistency to the relationship needs of children & adolescents – birth- 18 years).
- Mindful Awareness is a trainable skill. It has proven emotional and social benefits which promote good mental health for Parents.
- Self-compassion has excellent research and usefulness for parenting children & adolescents. Self-compassion enables parents to repair relationship ruptures (disconnections) without being overwhelmed by guilt and shame.
- MAP is a secular approach which is attachment theory, mindful awareness & self-compassion 'integrated' (i.e., it is not a generalist mindful or attachment parenting training).

During the two day workshop you will have the opportunity to participate in experiential exercises to understand the power of Mindfulness and Self-compassion for Time-in Relationship Repair.

Australian Psychological Society – APS Endorsed Activity
MAP® Time-In: Using Mindfulness & Self-Compassion to
Repair the Parent-Child Relationship (Birth – 18 years)
14 CPD Hours

APS College Endorsed (CCOUN, CHP, CEDP)
Code: 11-183
Valid To: 10 May 2012

Learning Outcomes & Benefits of Attendance

The MAP Time-in training aims to increase the capacity of qualified professionals to provide relationship (attachment) based therapy when working with parents and caregivers. The training also provides relationship based options for use in the classroom and guidelines for abuse, neglect and relational trauma. The two day training is designed for qualified mental health or educational professionals and augments existing skills and knowledge.

The training provides a sound understanding of relationship ruptures, attachment theory, mindfulness & self-compassion research, interpersonal neurobiology and developmental psychology to aid in the successful implementation of the MAP® Time-in procedures with clients.

Participants will be invited to participate in experiential exercises to understand the power of mindfulness and self-compassion for repairing the Parent-Child Relationship.

Participants of the MAP Time-In training will come away valuable resources for their clinical practice, including a comprehensive Manual, CD (two-volume), Parent Handouts, Classroom Guidelines, Trauma Guidelines & 8 week Protocol.

COST: \$380 inc GST for the Two Day Workshop
Includes the MAP Time - in Kit

Date: Tuesday November 15 and Wednesday November 16
Location: Perth Flying Squadron Yacht Club, Dalkeith WA



About The Facilitator: Dr Rebecca Coleman
Registered Clinical Psychologist
Qualifications: BSc(Psych)Hons.MPsych(Clinical).PhD(Developmental).
MAPS.

Dr Rebecca Coleman is a Registered Clinical Psychologist, therapist, teacher and founder of the Mindful Awareness Parenting (MAP®) Instructor Training (2008) & MAP® Time-In Training (2010). Dr. Coleman has been studying and working in the discipline of Psychology for the past twenty years. She has extensive experience in both research and clinical settings (including infant, child, adolescent, adult and forensic mental health). In 2004 she coordinated, developed and trained family support professionals in an award-winning project called "Kindness for Kids" which aimed to increase the understanding of infant mental health within the community. In 2006, Dr Coleman was awarded an international fellowship for past accomplishments and future promise in the area of child and adolescent mental health from IACAPAP (International Association of Child & Adolescent Psychiatrists & Allied Professionals). She utilised her specialist clinical expertise and research skills to create the Mindful Awareness Parenting (MAP) workshop series for parents in 2008. The first fully accredited MAP Instructors were trained in March 2009. She now offers MAP Instructor and MAP Time-in Training to professionals throughout Australia.

Dr Coleman is dedicated to providing family support professionals (of all disciplines) with advanced training and supervision in relationship based approaches to parenting and working with children.

FOR INFORMATION OR TO REGISTER:
Contact Anglicare WA Training Services
Phone: 08 9263 2122
Email: rto@anglicarewa.org.au

Course to be held in Perth WA
Perth Flying Squadron Yacht Club
The Esplanade, Dalkeith WA 6009