



# Attachment & Marte Meo

## 2 DAY WORKSHOP

### DAY 1

Time	Content	Rationale
9am	<b>Relational Framework:</b> Introduction to a relational framework to observe and reflect upon children's development as distinct from a behavioural one.	A relational framework will help participants become more skilled observers of the child's emotional world and enable them to support families to give children predictable emotional back-up that is provided by four S's: the sense of feeling safe, seen, and soothed, all of which help children to feel secure.#
10.30am	Break	
11am	Case presentation: to help parents and children to find one another, to restore emotional connection when the parent/child relationship goes awry.	This case presentation will introduce participants to the Marte Meo way of working with families; and illustrates to how assist adult and child get into a mutually supportive interactive dialogue.
12.45pm	Break	
1.30pm	<b>Holding Feelings:</b> Introduction to emotional presence, staying with feelings and building a Curriculum of feelings, whereby children experience day-to-day being in an environment where feelings come up and they are responded to in a relaxed manner; and where children experience reliable help day-to-day to make sense of feelings. In turn, they become	The emphasis on holding feelings will help participants to be more attuned to the feelings children and families evoke in them; and to be more curious about and sensitive to the different ways that parents may respond to their children's feelings, as part of addressing parents' concerns with their children.

	more effective communicators of their own emotions, they are more empathic and play more collaboratively because they can orient to the feelings and intentions of their peers.	
3.00pm	Break	
3.15pm	Summary of Learning (45 minutes)	

## DAY 2

Time	Content	Reflective Discussion
9am	Case presentation: helping parents to soothe then help children make sense of their feelings when children get into conflict with each other.	The purpose is for participants to engage in a reflective discussion on the antecedents of soothing and the process of soothing. Participants see application of “relational language” to talk to children’s feelings and to help children make sense of their feelings.
10.30am	Break	
11am	<b>Taking charge:</b> helping parents to find a firmness within themselves to help their children feel safe.	The purpose is to introduce the Marte Meo practice of Positive Leading, as an example of helping families learn a secure model for taking charge.
12.45pm	Break	
1.30pm	Case presentations from the floor	Purpose is for discussion and application of a relational framework
3.00pm	Break	
3.15pm	Summary of Learning (45 minutes)	

# Reference: Siegel, D. and Payne Bryson, T. 2020. *The Power of Showing Up. How parental presence shapes who our kids become and how their brains get wired.*