



WORKING WITH PARENTS' ANGER

Stage One: Taking The Heat Off The Child

This 2-day workshop is for people working with parents, caregivers and families, where anger and distress is impacting children. The focus is on increasing awareness of escalation and de-escalation processes, as well as interventions to take the heat off the child, while supporting parents' development.

WORKSHOP OUTLINE

Day One: Concepts and Skills:

- Systemic perspectives on learning
- Understanding anger:
 - Stress and the brain/body
 - The value of anger
 - Reframing behaviour and motivation
 - Primary and secondary emotions
 - Escalation of anger & distress
 - Anger as a trauma response
- Worker's responses to anger and distress.

Day Two: Applications of Learning:

- De-escalation skills
- Safe venting methods
- Intervening when anger and distress is high
- Maintaining a non-reactive presence
- Tension between child safety and parent development.
- Worker's self reflection

Throughout the workshop there will be opportunities to practice the methods offered, as well as to reflect on current work situations and challenges.

Method

This workshop combines ideas and practice, utilizing teaching, experiential methods, groupwork and self-reflection. Learning occurs in an environment of confidentiality and open enquiry.

Our beliefs, values, and life experiences effect what we do, and how we do it. This perspective underpins the workshop process.

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.

Workshop Fee \$240 + GST

To register, click on the '[REGISTER](#)' link below. Venue details and cancellation policy are also on the link.

Auckland

6 & 7
November

[REGISTER](#)

Selina Reid, MNZAC, MAANZPA, is an experienced counsellor, group worker & certified 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 – Associate, is an experienced group facilitator and parent counsellor. She has worked over the last 10 years supporting parents in stressful and challenging situations.

This is the 5th year that Selina & Cushla have offered this workshop.

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