

Circle of Security Parenting Workshop



The Circle of (CoS) is an eight-week program designed to optimise secure attachment between parents and children and to foster healthy emotion regulation, resilience and positive sense of self. The CoS program has developed from over five decades of research about how security is supported. It is based on the principles that we are all hardwired to feel secure, that babies naturally seek security and caregivers want to provide security.

This highly interactive group helps participants to see what is often hidden in plain sight, to understand and read their children and strive to be good enough (not perfect) parents. The course is ideal for parents of young babies; the concepts can also be applied to children up to 10 years.

“Part of what makes parenting difficult is that children don’t come with an instruction manual. Another way to look at it is the children and the instruction manual”.

The group is facilitated by clinical psychologist Karen Davies. Karen has a special interest and passion for perinatal psychology and has previously worked as the senior psychologist at Lyell McEwin Perinatal Mental Health Unit.

Bookings are now being taken for an eight-week course beginning Tuesday 1/8/2017 11am – 12.30pm. The course will be held at Upstream health, 248 Grote St.

To book email admin@upstreamhealthsa.com.au or ring (08) 8125 4830. Cost is \$50 per session; Medicare rebates of \$31.65 per session applies for participants with a current MHCP. Private health rebates may also apply – check with your health fund.