

# "How attachment shapes our lives"

# Oct 5/17

This one-day introductory workshop will help parents and professionals alike to enhance their understanding of how early developmental experiences significantly shape a child's brain, behaviour and learning capacity.

Typically, the attachment between an infant and a loving parent or caregiver creates a lasting sense of security and safety for the child, which facilitates optimal growth and development. When the attachment relationship is disrupted or chaotic however, children feel insecure, unsafe and anxious. Participants will acquire an elementary understanding of attachment strategies, self-regulation and the immense value of healthy relationships on our lives.

This workshop offers a compassionate understanding of why people do what they do.

**DATE:** October 5, 2017

**TIME:** 8:30 - 4:30

**LOCATION:** Royal Canadian Legion, 4 Veterans Way, The Pas, MB

**REGISTRATION FEE:** \$25.00 (includes Lunch)

## Learning Objectives:

Develop an introductory understanding of the science of attachment and its impact on stress and coping mechanisms

- ❖ Appreciate how early parent-child interactions directly contribute to the process of emotional self-regulation and learning
- ❖ Understand potential outcomes of dysregulation upon behaviour and cognitive function
- ❖ Reflect on attachment patterns throughout the lifespan
- ❖ Gain practical tools for facilitating positive change through attunement and compassion



*Kim Barthel*

*Occupational Therapist, Teacher, World-Renowned Speaker, Author*

[www.Kimbarthel.ca](http://www.Kimbarthel.ca)

Kim Barthel is a world-renowned teacher and occupational therapist who actively supports multi-disciplinary function and healing in many cultures.

With 30+ years as an OT, Kim's specialties include Sensory Processing, Complex Behaviour, Inclusive Education, Autism, Mental Health, Trauma Informed Practice, Neuro-Developmental Treatment and Attachment.

Kim co-authored the national best-seller "*Conversations with a Rattlesnake*" with mental health advocate and NHL hockey legend Theo Fleury.



## Contact Information

Donna Tumak, 204-623-9670 or email [dtumak@nrha.ca](mailto:dtumak@nrha.ca)  
FaceBook Page: "How attachment shapes our lives"

