

## Heart to Heart Information Sheet



### Course Outline

Heart to Heart was developed by Big Toes Little Toes Director, Debi Maskell-Graham, and is delivered in partnership with Clear Sky Children's Charity. This course offers family practitioners a fun and effective early intervention attachment programme for parents/carers and their children/teens to attend together.

- This 2 day CPD accredited training weekend is suitable for practitioners working closely with parents and carers of children/teens; such as therapists, social workers, teaching and support staff, charity workers and family outreach workers
- Practitioners can deliver this 1:1, in groups or through a home-visiting model
- Training is split across two approximate age ranges; 5-9 years and 10-15 years
- Cost £220 (includes a copy of the course author's book entitled "Reflective Functioning and Play: Strengthening Attachment Relationships in Families from Pregnancy to Adolescence")

### Course Aims

- To empower practitioners with a strong grounding in the latest attachment theory and research including what we now know about how attachment security is operationalised within the parent-child relationship
- To equip professionals with all the knowledge, confidence, resources and practical skills to deliver Heart to Heart programmes including specialist attachment skills to as many families as possible
- To provide delegates with access to online printable resources to support delivery including an example 6 week programme and additional creative resources
- To share pre- and post-programme outcome measures
- To reward participants with a Heart to Heart Practitioner Certificate and 12 CPD points

This flexible programme is based on the latest attachment research which shows that supporting the parent-child attachment relationship sets the scene for the best outcomes for children right into adulthood. Adolescence can be a challenging time for parents and carers and this programme offers an ideal opportunity to share and experience new and empowering evidence-based knowledge with families.

## Benefits for Families

- Practitioners can develop supportive networks by offering local sessions designed specifically for parents/carers and their children/teens which may continue long after the programme ends
- Parents/carers and their children will come together through enjoyable, interactive and low-key activities which help strengthen their relationship in a contained and nurturing group
- All group members will be equipped with the latest science of attachment and encouraged to develop attachment skills using a wide variety of enjoyable activities including multi-media clips provided, lego modelling and the occasional junk sculpture
- Families will explore all aspects of middle childhood and teen development including the amazing changes happening in prepubescent and teenage brains, why teens turn nocturnal and other wonderful aspects of emotional, neurological and psychological development
- Practitioners will share evidence-based tools and techniques with all group members to help them manage stress and develop resilience

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## About the Course Author

Debi Maskell-Graham has over 30 years' experience of working with families and children. She is passionate about empowering parents and carers with new attachment knowledge and evidence-based skills to help strengthen the parent-child relationship from within.

As a Play Therapist, Researcher, Trainer and Consultant she is known for her ability to translate the very latest in empirical attachment research into accessible, effective and playful practice. She has published widely including policy and governmental reports. Her book "Reflective Functioning and Play: strengthening attachment relationships in families from pregnancy to adolescence" is included in the price of this course.



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## FAQs

### How does Heart to Heart differ from Parent-Child Attachment Play training?

Both Heart to Heart and PCAP are based on attachment theory and take a child-led approach. However, Heart to Heart gives practitioners the skills and knowledge to work with parents AND their children/teens together. These courses offer very different but complementary methods to strengthen the parent-child relationship.

### Which age group is Heart to Heart targeted at?

Heart to Heart offers early help for children and their parents/carers together across two approximate age ranges of 5-9 years and 10-15 years. The younger bracket focuses on play-based techniques whereas the older age category pulls on interactive activities and managing stress collaboratively.

### How can I use Heart to Heart after I have completed the training?

Heart to Heart aims to equip you with the skills you need to work with parents/carers and their children/teens together in a collaborative way. You will be provided with all the research, knowledge, tools and techniques to run your own programmes and build supportive networks of families in your local area.

### **What have previous attendee's said about the course?**

Feedback on the course to date has been overwhelmingly positive! We continuously record and update our course feedback, so for the very latest please visit our [website](#), click on the correct training course and refer to the Evidence of Success section. Here are a few examples of feedback received from previous course delegates:

“A training with real experience backed up with the science. I'm filled with knowledge and experiences to start my practice”

“Amazing and thoroughly enjoyable training”

“I am really inspired to put theory into practice”

“Outstanding, incredible, insightful”

### **How do I book a place on the course?**

Visit the Courses section of the website, select a suitable date and then click on 'Book Now'. This will take you off to Eventbrite; a secure online booking site to complete the transaction.

### **Are there ID or minimum age requirements to enter the event?**

This event is for childcare professionals aged 18 years or over. The training is aimed at practitioners working closely with parents and children; Play Therapists, social workers, teaching staff, charity workers, family outreach workers, nursery staff, health staff, children's centre staff - and others.

### **Is there parking available at the training venue?**

The training venue has plenty of parking available.

### **Do I need to bring anything to the event?**

A notepad and pen is all you need. Please also make sure you are dressed in comfortable clothes as many training activities will take place on the floor!

### **Will lunch be provided?**

All refreshments and a light sandwich lunch will be provided. Please let us know if you have any special dietary requirements or food allergies upon registration.

### **How can I contact the organiser with any questions?**

If you have any further questions regarding the event please contact us: [info@clear-sky.org.uk](mailto:info@clear-sky.org.uk) or call 01865 362789.

### **What is the refund policy?**

- More than 3 weeks before course starts - 100%
- 1 - 3 weeks before course starts - 50% refund
- Cancellations less than one week before course starts - no refund

### **Is there accommodation available?**

Accommodation is not included. To follow is a list of popular hotels nearby (please note, we have not visited these hotels ourselves so would always recommend you check reviews before booking):

- White Hart Hotel, 26 High Street, Dorchester-on-Thames OX10 7HN
- The George Hotel, High Street, Dorchester-on-Thames OX10 7HH
- Holiday Inn Express, Kassam Stadium, Grenoble Road, Oxford OX4 4XP
- Premier Inn, Oxford Business Park, Cowley, Oxford OX4 2JT

For further information on this course, or Clear Sky's other services please visit our website.