



mindfulnessCENTRE

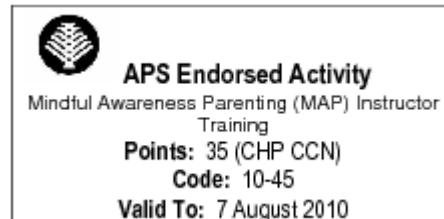
Mindfulness and MBCT training ♦ Presence of mind ♦ Wise choices



Take a breath

Mindful Awareness Parenting (MAP™) Instructor Training:

Emotional wellbeing for parents and children from birth to 5 years with Dr Rebecca Coleman



The MAP Parent Workshop Series utilises extensive research and clinical expertise to provide a practical and experiential training course, which promotes both parent and child emotional wellbeing. MAP synthesises ‘third wave’ mindfulness therapies with 50 years of attachment research and current developmental psychology and interpersonal neuroscience. This Instructor Training course enables professionals to start delivering the MAP Parent Workshop series immediately within their workplace and community.

“Organised and very participant friendly. Respectful and values children, parents and people who work with them” (Community Midwife).

A recent evaluation demonstrated that the MAP Instructor Training significantly increased participant confidence in working with parents and increased their knowledge of attachment theory, self-compassion, developmental psychology, interpersonal neuroscience and mindfulness research.

In 2010 Dr Coleman is sharing the innovative MAP process with professionals and families throughout Australia!

Melbourne 7 – 11 June 2010

Sydney 6 – 10 September 2010

Brisbane 11 – 15 October 2010

East Fremantle 22 – 26 November 2010

Register at www.mindfulnesscentre.com or email drrcoleman@adam.com.au or mind@mindfulnesscentre.com

The Instructor Training is suitable for all health and allied health professionals and early childhood educators who work with families and young children. The aim of the 5 week MAP parent workshop series participants will be able to deliver is to:

- Educate parents about the mind/body benefits of developing a secure attachment relationship with young children.
- Increase parental satisfaction via self-compassion and ‘good enough’ parenting.
- Provide flexible and proven methods for limit setting and repairing relationship disconnection using time-in procedures.
- Provide experiential training in mindfully aware states of mind to enhance sensitivity, responsiveness and consistency with young children.
- Support parents to have satisfying emotional relationships with infants and young children.

“Dynamic, passionate, everything is included – it makes our job as presenters easy” (Speech Pathologist)

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The workshop fee includes ongoing supervision and an accompanying pack of valuable resources to enable professionals to implement the 5 week parent workshop series straightaway with ease – MAP Instructor training is an accredited training package which does not require further study. This means that MAP training ‘lives in the community’ as accredited MAP instructors can run courses for parents year after year! During the Instructor Training, participants receive all associated organisational tools including parent forms, questionnaires, advertising posters and pamphlets plus a pack containing:

- USB with PowerPoint presentations and parent handouts
- CDs
- DVDs
- Scripted Manual
- Yoga Mat
- Posters
- Procedural Magnets
- Bells
- Pamper Package

Testimonials from professionals who have completed the map instructor training

- *“Felt well cared for, special and indulged. Five days allowed for consolidation of information and a chance to have all questions answered” (Psychologist).*
- *“Fantastic, really love it and am excited to use it and teach people about it” (Early Childhood Health Worker).*
- *“The superb organisation of the workshop and the resources makes it all so easy!” (Early Childhood & Youth Health Worker).*
- *“Experiential - complete package-widely useful” (Mental Health Occupational Therapist).*
- *“Broad integration of excellent evidence based science for application” (Child Health Nurse).*



MAP INSTRUCTOR KIT

See website www.mapinc.com.au

Mindful Awareness Parenting (MAP) Instructor Training - Sample Timetable

The timetable below is designed to give participants an idea of the content and timing of the MAP Instructor Training 5 Day Intensive Workshop, and is subject to change. Each training day involves a significant amount of mindfulness and self-compassion based practice.

Day One

Participants have the full experience of MAP Parent Workshop 1 (Secure Attachment Relationships, Mindful Awareness and Self compassion).

Participants have the full experience of MAP Parent Workshop 2 (Interpersonal neuroscience and Developmental Psychology).

Day Two

Participants have the full experience of MAP Parent Workshop 3 (Science of Emotions and Parent/Child Emotional Wellbeing).

Participants have the full experience of MAP Parent Workshop 4 (Relationship Ruptures (disconnection) and Relationship Repair (Time-in)).

Participants have a condensed experience of MAP Parent Workshop 5 (Mindful awareness, Self-compassion and Attachment Parenting in Daily Life).

Day Three

MAP is evidence based (understanding the theory, research and clinical applications)

Science of Mindful Awareness and Self-compassion (Part 1 – Theory and Research) and Part 2 – Current Applications of the Research - Clinical and Promotion Prevention Early Intervention (PPEI)

“Science of Attachment Theory, Interpersonal Neuroscience & Developmental Psychology” The Past 50 Years (Part 1 - Research) and Part 2 – Current Applications of Research (Clinical and PPEI)

Day Four

Professionals’ self-care and self-compassion

Familiarisation with the MAP Instructor set and resources (USB: Research papers, slides and parent handouts)

Demonstration of a MAP practice session 1 – Teach backs in small groups.

Demonstration of a MAP practice session 2 – Teach backs in pairs.

Practise the delivery of a 30 minute section of the workshop (supervision and support provided by the trainer throughout).

Day Five

Group pairs presentation

Ethics and Conduct when working with Parents

Ongoing support and supervision of the MAP Workshop Series

Travelling around the Website, Newsletters and Multidisciplinary connections

Evaluation and Post workshop questionnaires

Certificate Presentations