



Clannad Counselling & Consulting presents:

ATLANTIC ATTACHMENT NETWORK CONFERENCE

- Day 1 | • Attachment Theory in Action
- Day 2 | • Understanding Our Children: Healing Developmental Trauma
• Equine Assisted Psychotherapy
- Day 3 | • You Already Have What it Takes: Nurturing Everyday Moments Differently
• Healthy Community: Beyond Programs

\$350 before May 1st • \$400 after May 1st until May 31st

*Lunch & snacks will be provided

This weekend is open to everyone and will be relevant to social workers, therapists, medical professionals, educators, community leaders, those who are caregiving, community developers, coaches, clergy and many more. We are anticipating some scholarships to be available, so, if cost is a barrier to attending please let us know on your registration form.

JUNE 7 – 9, 2019

9AM - 4PM • WOLFVILLE LIONS CLUB, WOLFVILLE, NS





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“Relationships Matter: The currency for systemic change is trust, and trust comes through forming healthy working relationships. People, not programs, change people.” - Bruce D. Perry

• PURPOSE •

When we are held and supported, we can all reach our full potential. Clannad Counselling & Consulting is excited to be offering an opportunity for community to gather together and share the *Hope* of thinking, working and living from an Attachment lens. In an effort to create a network of people working together to build capacity in our communities, we are offering what we envision as the first of many Atlantic Attachment Network conferences. Join us to learn more about how attachment theory impacts all aspects of our work and life while generating creative and inspiring ways to be intentional in our mission to promote healthy communities.

• JOIN US •

This weekend is open to everyone and will be relevant to social workers, therapists, medical professionals, educators, community leaders, those who are caregiving, community developers, coaches, clergy, and many more.

DAY ONE | Attachment Theory in Action

Welcome to attachment theory! This full day training will provide an in-depth overview of attachment theory and how healthy relationships are the foundation of mental, physical and spiritual wellbeing. Practical scenarios will give participants an opportunity to practice new ways of thinking. Using Circle of Security[®] as a basis for this understanding and then applying it to not just children but people of all ages, we can move the attachment lens to understand that all behaviour is communicating emotional need. When we see the needs of those around us, and we know how to meet those needs, we gain confidence and connection. *We all need relationship like we need air.*

Michelle Maclsaac, MSW, RSW

Clannad Counselling & Consulting



Michelle is a clinical social worker with more than 20 years of practice. She has worked with children, adults, couples, and families in diverse settings including Early Intervention, the Canadian Armed Forces, IWK Health Centre and non-profit clinical settings. Currently, she is a partner in an attachment and trauma focused private practice, Clannad Counselling & Consulting. Her areas of specialization are trauma (PTSD and developmental trauma), disabilities (Autism and ADHD) and anxiety/depression. Michelle's training has included EFT[®], EMDR[®], CBT, Play Therapy (Theraplay[®]), and Circle of Security[®].



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DAY TWO | Understanding Our Children: Healing Developmental Trauma

“The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love.” Bruce D. Perry

Big behaviours and withdrawn children bewilder many of us. Stories of children’s trauma often get told before the start of a school year or whispered at meetings. Fear of doing more harm or not being able to handle the intensity of a child’s needs often sits heavy in our hearts. This morning will focus on exploring what happens to children when they experience trauma during early brain development. Participants will be able to recognize the trauma around us and leave with renewed hope for healing. Practical examples and discussion will provide guidance around how to approach trauma with compassion and confidence.



Michelle Maclsaac, MSW, RSW
Clannad Counselling & Consulting

DAY TWO | Equine Assisted Psychotherapy

Horses have been a central part of human lives for centuries. Although our relationships with horses have shifted, they have been our partners throughout history and continue to shape our experiences and perspectives each time we connect with them. Recognition of their efficacy as co-therapists has developed more recently with the creation of Equine Assisted Psychotherapy (EAP). EAP is an experience with the animals that provides immediate feedback to participants and leads to deeper self-awareness, discovery of buried emotions and enriches the therapeutic process. It is through this connection in our relationships that we as humans develop, understand and heal. Join us as we explore the value of horses, the essential role they play in reflecting patterns and how this human-animal connection lends itself toward healing and moving through trauma treatment as an effective, barrier-lifting, alternative form of therapy.



Stephanie Townsend
MA, RCT-C, CCC-Q
Clannad Counselling
& Consulting

is a Registered Counselling Therapist Candidate with more than 13 years of practice. She has worked with military families, children, youth, veterans and couples in both non-profit community based organizations and as a partner in a private practice. Focusing on attachment principles, Stephanie offers support to parents, guardians and families in identifying and making sense of their children’s, (and each other’s) needs. Stephanie is a certified Equine Assisted Psychotherapist involving the use of horses in the therapeutic session and a certified facilitator in the Circle of Security Parenting Program®.



Alissa Cue
Rohan Wood Stable &
Free Spirit Therapeutic
Riding

is an Equestrian Canada Level 1 Coach, owner/operator of the stables and is certified in Equestrian Assisted Psychotherapy through OK Corral. Alissa is an Honours Graduate of the Equine Science Certificate at Guelph University. In 2003, Alissa established Evangeline Pony Club run out of Rohan Wood Stables. She continues to maintain her affiliation with Pony Club through involvement at the Regional and National Board. Alissa was the recipient of the Equine Canada/NCCP National Competition Coach/EC Level 1 Coach of the year in 2014 and more recently the NSEF Coach of the Year Award.



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DAY THREE | You Already Have What it Takes: Nurturing Everyday Moments Differently

How do we, as parents, caregivers, and professionals, promote a baby's mental health in the context of family, community and culture? The good news is that nurturing strong mental health in young children is not a specific undertaking in which parents need to engage -- as if it were a "job" or task. It is how parents are with their babies that matters.

We will explore ways to support healthy development through relationship-based practices with an emphasis on social and emotional well-being for the entire family. Recognizing that infant mental health is fundamentally rooted in the caregiving relationship, this session will give an overview of the impacts of trauma on maternal-infant health and well-being, intergenerational transmission of adversity, and how to disrupt the cycle of trauma using strengths-based approaches which are helpful in identifying and addressing stressors for the caregiver that may interfere with the development of relationship security.

DAY THREE | Healthy Community: Beyond Programs

What if empathy, compassion and connection could change the health of a community? What if making an impact on the mental health of our community was as simple as recognizing our shared humanity?

In our final session of the weekend we will look at real ways people can make a difference in the lives of others. At a time when we are increasingly connected to technology, we are actually facing an epidemic of loneliness. This session will explore the cost of disconnection and how it contributes to anxiety, depression, suicidal thoughts, PTSD, and addiction. We will put our creative energy together and discuss concrete ways we can take action.

Teresa Johnson MSW, RSW

IWK Health Centre



I see you, I hear you and what you have to say matters to me. Teresa Johnson has had the privilege of learning from infants, children and families for over 25 years. A social worker by profession and heart, Teresa specializes in relationships and stretches you to be your best self. She dares you to be the first to shine a light, and illuminate courage, curiosity and gratitude. Teresa holds undergraduate degrees in psychology and French (SMU), social work (Dalhousie), an ECE diploma (St. Joseph's college) and a graduate degree in Social Work from the University of Toronto, along with Infant Mental Health Certification from York University, Toronto. Teresa is also a Registered Circle of Security® Parenting facilitator. She is most recently the Professional Practice Leader of Social Work at the IWK and Clinical Social Worker for the past 11 years with the Neonatal team. In addition she has a unique private practice as an Infant Mental Health and Family Relationship consultant.

Kathleen Murphy MSW

Clannad Counselling & Consulting



With previous roles as an Executive Director for the Free Spirit Therapeutic Riding Association and summer camps, the Ministry Director of Saskatchewan camp and currently serving on the Canadian Therapeutic Riding Association Board of Directors, I am a strong believer in community engagement, volunteerism and helping non-profit organizations build sustainable and accessible programming. I believe in supporting others in a way that brings about positive changes in mental health through connected community. My work focuses on trauma and attachment. I take this relational lens in my work with children's mental health. As a Clinical Social Worker I am certified in The Circle of Security® Parenting Program, Narrative Therapy, Connect Parenting, Equine Assisted Psychotherapy and various trauma assessment tools.



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Registration Form

To register, complete this form and fax to (902) 365-2630 or register online at www.clannad.ca.

Name:

Organization:

Address:

Phone:

E-mail:

*Allergies/
Dietary
Concerns:

- Fees: Early Bird (before May 1st): \$350
 Regular (after May 1st) until May 31st: \$450

Receipts will be issued upon payment. Fees must be paid in full prior to workshop.
We are unable to offer refunds but you may transfer your seat to a colleague.

Make cheques payable to:
Clannad Counselling & Consulting

mail to: 535 Main St.
 Kentville, NS B4N 1L4

For inquiries or to pay by credit card
please contact us at:

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Fax: (902) 365-2630

* Every effort will be made to meet medically necessary dietary needs.