

Understand how children build early connections

**Attachment Theory: How Children Learn What to
Expect from Relationships**

Focusing on John Bowlby's attachment theory, this course explores how children's innate ability to adapt to their world can lead to both short-term gains and long-term costs – influencing how children interact with the world in later life.

**ONLINE COURSE
5 HOURS
PRICE: £69**

Course Lead:



Dr Graham Music is a Consultant Child and Adolescent Psychotherapist at the Tavistock and Portman NHS Foundation Trust and an Adult Psychotherapist in private practice. Dr Music has a particular interest in exploring the interface between developmental findings and clinical work, and brings a wealth of teaching experience to the Digital Academy.

What will you gain?

This course will allow you to:

- Discover how the dynamics of early relationships can influence how children interact with the world in later life, and can impact on their development
- Identify the positive benefits of “healthily stressful” experiences, empathic, attuned parenting, and the ability to reflect on mental states
- Learn what happens when early experiences are too stressful, and how adaptive coping strategies can become unhelpful defences in the longer term
- Gain an understanding of the four main kinds of attachment relationship, how these attachment styles form, and why – with reference to key studies
- Examine the role of attachment in personality development, and the link between attachment patterns and states of mind.



How will you learn?

- Explore key concepts through interactive lecture content and videos
- Deepen your understanding via regular opportunities for reflection
- Consider case examples to help apply the theory to your work
- Test your knowledge with a quiz, and unlock a certificate

HERE FOR YOU, WHEREVER YOU ARE

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