

Examine the impact of early interactions

Nature vs Nurture: How Infants Learn to Fit into their Environments

This five-hour, online course explores how children are influenced by their environments – examining the effects that early experiences can have on our brains, bodies and psyches, including the powerful impact of positive early relationships.



**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 infants learn and adapt to their environment – adjusting to the emotional style and cultural expectations of their family and social group
- Identify some of the environmental, societal and cultural factors that can affect an infant's development even before birth, including the impact of chronic stress
- Explore the powerful interaction between nature and nurture – encompassing the field of epigenetics and how our experiences can affect our genetic potential
- Learn how we are all born primed to interact and relate to others, and how good early relationships are central to emotional health and growth
- Apply this knowledge to your own interactions with children and young people – understanding the importance of interpersonal interaction.



How will you learn?

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

HERE FOR YOU, WHEREVER YOU ARE

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