



The neuroscience of rejection by children and strategies that can help their parents

With Dr Jon Baylin and Dr Ben Gurney-Smith

One of the biggest challenges for adoptive parents is to help unlock their child's trust in them. A child who learnt at an early age to rely on themselves and move away from people, needs encouragement to begin to rely on parents as a source of security and love. This change is a complex process and yet very familiar to adoptive parents. Much less is written or spoken about the impact this can have on parents.

Jon Baylin is the co-author with Dan Hughes of the best-selling 'Brain Based Parenting', an eloquent journey into the neuroscience of our parenting behaviour which details why and when our parenting is deeply challenged by children who resist care and affection. This can result in parents feeling ineffective, reactive and defensive and behaving in ways which they know inadvertently distance themselves from their children. This can result in parents feeling shameful with little joy in their relationships.

Looking at the latest research and thinking, this course helps understand an area which is often difficult to consider - why parenting breaks down and offers ways through in a compassionate and thoughtful way.

Jon Baylin will review the social neuroscience of these experiences, helping participants to deepen their understanding of this process. Ben Gurney-Smith will outline research on parenting stress in adoption and how mindfulness and other interventions for parents and children can and has been used to help open this channel (or keep it open). This is essential for children to be able move into trust and security but also for parents who can feel they are effective and connected to their children.

This course will have a practical focus in helping parents and professionals understand how they can overcome and formulate these difficulties.

Date: Wednesday 1 May 2019

Time: 9.30am – 4.30pm

Venue: Adoptionplus, Moulsoe Business Centre, Moulsoe, Nr. Milton Keynes, MK16 0FJ

Price: £140.00 + VAT (£168.00 inc VAT)
Lunch and refreshments are included

Booking: For further information or to book please visit www.adoptionplus.co.uk or contact Alice Hollingdale on 01908 218251 or email alice.hollingdale@adoptionplus.co.uk

About the Trainers

Dr Jonathan Baylin, PhD, is Co-author of *Brain Based Parenting* with Daniel Hughes.

As a clinical psychologist interested in parent-child relationships, I am continually working to deepen my understanding of how children learn to trust and mistrust adults and how parents can help these children learn to feel safe and secure in their care. About fourteen years ago, I began to explore the neuroscience literature dealing with issues of trust and attachment in animals and people. This became a daily practice and led me to develop a brain-based model of parent-child relationships that focuses both on the parent's challenge of sustaining loving feelings and the child's challenge of making the shift from deep mistrust to trust.

I became particularly interested in the parent side of the equation from working with so many stressed out parents who were struggling to stay loving and open to defensive children who so often resisted their efforts to get close and show their love. Several years ago, I began to collaborate with Daniel Hughes, an expert in working with children with serious attachment problems. Our collaboration, which is on-going, led to the book, *Brain Based Parenting*, published in the spring of 2012 that is part of the Norton Press series on Interpersonal Neurobiology edited by Daniel Siegel, the psychiatrist who has led the development of a brain-based approach to therapy.

In my workshops, I use a combination of power point illustrations of the brain, lecture, and "brain stories" to teach what I'm learning from my study of neuroscience and my clinical work. This is an on-going process that grows and changes as I learn more. I love the challenge of keeping my brain open to new information and being ready to change the model based on new information. Most recently, I am working more and more with parents to help them recover from or prevent "blocked care" and to help them understand their complicated children. I believe that the more deeply we understand the neurodynamics of attachment and parenting, the more effective we can be at helping families build strong bonds.

Dr Ben Gurney-Smith - BSc (Hons) D.Clin.Psych., Chartered and Registered with HPC, Certified DDP Practitioner.

As a Consultant Chartered Clinical Psychologist with nearly 20 years of experience - fifteen of which have been with children who have experienced maltreatment in their birth families and who are now fostered or adopted — I have been involved in the establishment and delivery of services for these populations in health, local authority and the third sector.

I have a long standing research interest in how children and their families recover from traumatic beginnings and have published research in the areas of parenting stress, mindfulness for adoption, Dyadic Developmental Psychotherapy (DDP) and the evaluation of DDP informed parenting groups. I have lectured on Doctoral Clinical Psychology training courses and national and international conferences. I am a certified DDP practitioner and on the board of Directors at the DDP institute where I am responsible for the coordination of research in the UK looking at the effects of DDP parenting, therapy and principles in addressing the impact of maltreatment on children.

I am the Clinical Lead for the Therapy team at Adoptionplus and oversee the delivery of high quality services that reflect the needs of adoptive families.

