



# Circle of Security

INTERNATIONAL™

Early Intervention Program for Parents & Children



## An Introduction to the Circle of Security® - Parenting Fidelity Journal Adelaide, SA

*Hosted by: Australian Association for Infant Mental Health – South Australian Branch*

*Presented by: Deidre Quinlan – Circle of Security Trainer*

At Circle of Security International we recognize that for some, attending the COS-P four-day training begins a journey toward a deeper understanding of the Circle of Security. We also recognize how much of a struggle it can be for Facilitators to develop an in-depth understanding of core Circle of Security concepts on their own. Attend this workshop to learn about the Fidelity Journal, a reflection tool developed to guide COS-P Facilitators through a journey of self-discovery and deeper understanding of Circle of Security Parenting. The Fidelity Journal offers a vehicle in which to contain thoughts and feelings; to process, organize, and explore strengths and struggles; and whatever else that might happen as Facilitators journey with caregivers on the Circle of Security

### Learning Objectives of the Training

- Learn how to use the COS-P Fidelity Journal for private reflection to explore strengths and struggles facilitating the COS-P Program
- Develop a more coherent approach to understanding relationship struggles
- Practice using COS to recognize the caregiver's struggle (Shark Music) and caring ways to empathize with a caregiver's affective response
- Learn how parallel process can provide insight into state of mind struggles
- Offer video examples of reflection using the COS-P Fidelity Journal
- Explore ways to track and regulate your own cognitive/affective responses to a caregiver's emerging affect

#### Venue:

Comfort Inn Haven Marina Glenelg  
6/10 Adelphi Terrace,  
Glenelg North SA 5045

#### Dates:

27 October 2017

#### Time:

8:30 am - 4:30 pm

#### Cost:

\$225 USD

Registration closes on 23 October 2017

### Who should attend?

This training is open to COS-P Registered Facilitators who have facilitated at least two rounds of the COS-P Program

### To Register:

Registration is open. Go to [www.circleofsecurityinternational.com](http://www.circleofsecurityinternational.com). For questions, contact the COSI Registrar at [registration@circleofsecurityinternational.com](mailto:registration@circleofsecurityinternational.com)

*"The Circle of Security Parenting DVD is an outstanding contribution and a "must see" for parents of young children. Focusing on how parent/child relationships can be strengthened, this unique approach teaches parents, and those helping them, new ways to understand children's needs and behavior. It also offers effective ways to respond to these needs and behaviors. I have found it invaluable in my own work with parents of young children."*

Charles H. Zeanah, M.D.

Tulane University School of Medicine  
Editor, Handbook of Infant Mental Health