

I am currently starting to deliver training sessions virtually. Settings and schools are facing obvious challenges at the moment with high levels of anxiety about what is happening both for staff and for families. An *emotionally connected approach* feels absolutely crucial to have at the centre of practice.

I have created a NEW training session for Early Years teams called

**'Feeling settled at an emotionally unsettling time- the emotionally connected approach'**

Three questions structure the thinking/session:

- What do we mean by emotionally connected interactions and why do they help us feel settled?
- Why can emotionally connected interactions feel difficult to put into practice?
- What techniques and systems can we put in place to help us to be more *consciously* emotionally connected in our approach?

My approach is based on child development but incorporates attachment theory as well as the psychoanalytic theories of containment and unconscious defensive systems.

We can be brief introducing the ideas or in detail depending on the length of the session.

I always use video footage and plenty of visuals to keep my training as straightforward and to the point as possible so I am working hard to translate this approach 'virtually' to be as engaging as possible.

Let me know if you would like to book this session with me.

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