

A DAY OF BABYWATCHING (B.A.S.E.) TRAINING WITH DR KARL HEINZ BRISCH

Babywatching Against Aggression and Anxiety, for Sensitivity and Empathy
www.khbrisch.de/en

Wednesday 20 June 2012
at the Laycock Centre, Laycock Street,
Highbury and Islington,
London N1 1TH

Registration 9.30 for 10.00 am – 4.30 pm

Dr Brisch, highly regarded and experienced academic, pioneer, presenter and clinician, will teach the theory and clinical skills needed to become a Group Leader for the programme B.A.S.E. or Babywatching. This is the first UK training in this extremely simple and effective intervention that helps children of all ages develop empathy and reduces aggression.

Dr Brisch devised and developed Babywatching from US psychiatrist Dr Henri Parens' ideas about how to reduce anxiety and aggression. B.A.S.E. is well established in Europe, particularly Germany, flourishing in New Zealand and is just beginning in the UK. This training day will enable a pioneering cohort of Group Leaders to be the first to bring the benefits of Babywatching to our children.

Babywatching is usually a school-based programme and Group Leaders are often teachers but we hope others who work regularly with children will also train to run Babywatching groups – for example child therapists and counsellors, school nurses, SENCOs, TAs, social workers and CAMHS professionals. Nursery classes, Primary, Secondary and Specialist Schools have all found Babywatching really interesting. We welcome other groups too. Babywatching is flexible and inclusive. A mother and baby are welcomed into a classroom once a week for children to learn, through observing, how a mother and baby develop a secure attachment relationship. With guidance from the Group Leader, children learn to notice, to think, to feel and to share their thoughts and questions. This mindful observing helps to reduce anxiety and aggression while encouraging the development of sensitivity and empathy towards each other. Research has clearly shown the benefits of this simple and gentle approach.

We also welcome child care professionals interested to train as Babywatching Mentors. **You, too, need to train as Group Leaders on 20 June**, and you need to have your own experience of running or co-running a Babywatching group in 2012/13. In 2013 there will be a Mentor training for which you will then be eligible.

This year we are able to offer a very low rate of £70 (including buffet lunch).
Early-bird discount of £55 for those signing-up and paying by 31 March.

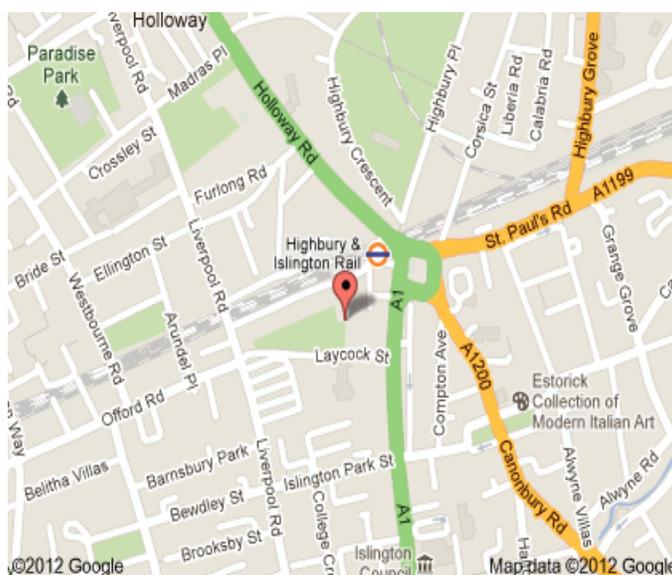
To reserve a place on 20 June 2012 in London please e-mail your name and mobile contact to: info@babywatching.org.uk An invoice will be sent.

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Thank you for your booking for this event.
When we receive your fee, we will send you a receipt.
We look forward to seeing you on Wednesday 20 June at the Laycock Centre

How to get there

By Bus: 43, 30 and 19 to Highbury and Islington

By Train: Underground and Overground trains to Highbury and Islington
London Underground (Victoria Line)

London Overground (formerly Silverlink)

First Capital Connect (trains into Moorgate)

By Car: Parking is very limited

Turn right out of the station, and immediately right again into Highbury Station Road.
Laycock PDC is the large Victorian former school building which lies back 100 metres on
the left-hand side of the road ... three minutes walk from the station.