



Australian Association for
Infant Mental Health Inc.

Australian Association of Infant Mental Health (AAIMHI) in collaboration with the Queensland Centre for Perinatal and Infant Mental Health (QCPIMH) welcome you to attend training with Diane Reynolds

Core Components of Mindful Parenting: A Reflective Approach to Working with At-Risk Dyads

Date: 16-17 October 2017
Time: 9:00am – 5:00pm daily
Cost: AAIMH Members \$570.00
Non Members \$680.00
Venue: Queensland Multicultural Centre
2nd Floor Multipurpose Room
102 Main St, Kangaroo Point, 4169



Registration: <https://register.eventarc.com/39058/core-components-of-mindful-parenting-a-reflective-approach-to-working-with-at-risk-dyads>

Course Abstract:

This two-day intensive is designed for infant mental health and early childhood professionals working with young children and families. This relationship-focused model emphasizes mindful observation, flexible responsiveness, and reflection as practices that serve to promote childhood attachment security through increasing parental reflective capacity, strengthening caregiver-child interactions, and reducing hostile/intrusive caregiving behaviors. Through review of audio-video case material, this model's core components will be applied to work with dyads and groups, including work with parents whose trauma history challenges parent-child relationship security. This training provides a reflective foundation for work with parents and young children.



Biography

Diane Reynolds is a licensed Marriage and Family Therapist and endorsed Infant-Family Early Childhood Mental Health Specialist and Reflective Practice Facilitator II in California. A program developer and trainer in Mindful Parenting Groups and Reflective Practice, Ms. Reynolds has spent nearly two decades introducing parents, providers, schools, and organizations to a mindful and reflective approach to caregiving. Publications include the *Journal of Child Psychotherapy* (2003), the *Handbook of Psychodynamic Approaches to Psychopathology* (2015) and the *Infant Mental Health Journal*, Nov-Dec 2016 special issue on Reflective Supervision, "Reflecting Together: Reflective Functioning as a Focus for Deepening Group Supervision." Ms. Reynolds served for five years as Executive Director of Center for Reflective Communities, a nonprofit training and research center in Southern California where she introduced Mindful Parenting Groups to Early Head Start and the child welfare community, and helped launch a federally funded, randomized control study on preschool readiness. She previously developed and directed an infant mental health service and training program at The Maple Counseling Center, a community mental health center. Ms. Reynolds maintains a private practice in Santa Monica and currently provides trainings, reflective supervision, and organizational consultation to clients throughout Southern California, including Homeboy Industries, New Los Angeles Charter Elementary School, First 5 Ventura County, Welcome Baby, and Well Baby Center.