

2 DAY WORKSHOPS

# Connection & Trust

Foundations for self-regulation, attention, optimal behaviors, learning,  
and well-being

**Daniel A. Hughes & Jonathan Baylin**  
**October 7-8, 2019**  
**Montréal**

Attachment theory has taught us that a sense of safety and connection with caregivers are two critical foundations of children's healthy development.

Dan and Jon will present their current brain-based model to enhance connection and trust in caregiver-child dyads; (ex: parents, therapists, educators, teachers). They will share a neuroscience-based understanding of what happens to children's brain development when they live without the comfort and joy of secure relationships. They will also present strategies that are "brain-changers" to disarm children's chronic defensiveness and enable them to feel safe and secure within themselves and with others.

This workshop is a must for everyone living or working with children who have had frightening or overwhelming experiences that have become traumatic for them. This method is also important for children who have diagnoses such as ADD, ADHD, ASD, oppositional disorder, anxiety and attachment issues. This model is essential for these children, but also beneficial for any child or adolescent.

Dan and Jon are a dynamic duo of world-renowned psychologists. They have been collaborating for several years and are the authors of Brain-Based Parenting and The Neurobiology of Attachment-Focused Therapy. They generously share their immeasurable knowledge, experience, and love for neuroscience with an extremely accessible and practical approach to working with children and young people.

## DAY ONE

### MORNING

Developing Trust and Mistrust: The Respective Impacts of Secure Attachment & Developmental Trauma on Human Development  
Building the Brain to Trust or Mistrust: The Neurobiological Foundations of Blocked Trust and Blocked Care

### AFTERNOON

The State of Open Engagement to Facilitate Both Trusting and Caregiving  
Comfort, Joy, and Being Safe Enough to be Sad: The Neurobiological Foundations of Relationships characterized by trusting & caregiving  
The Relational Attitude of PACE

## DAY TWO

### MORNING

Conversations: Affective-Reflective Dialogues that Build Trust  
Awakening the Prefrontal Cortex: Neurobiological Processes of Trust Building  
Correction within Connection: Continuous Relationship Repair

### AFTERNOON

Trust Building across the generations of the family  
Trust Building across the family/community network  
Reciprocal Growth of the Individual and the Relationship

## INFORMATION

**DATE:** October 7 & 8 2019

**TIME:** 8:30 to 4:30

**REGISTRATION:** Monday morning 7:30-8:30

**LOCATION:** Hotel Ruby Foo's. 7655 Boulevard Décarie, Montréal, Quebec, H4P 2H2.

Walking distance from Metro Namur.

**COST FOR 2 DAYS WORKSHOP :** 450\$ before May 31st 2019, 500\$ from June 1<sup>st</sup> 2019

**PAYMENT:** e-transfer to [info@lessenceenmouvement.org](mailto:info@lessenceenmouvement.org) , check at *Connaissances en mouvement* (250 Lacharité, LaSalle, Québec, H8P 2B8)

**COST FOR HOTEL ROOM:** Call the hotel directly to book a hotel room. (514) 731-7701  
By mentioning your presence to the workshop, you will have a preferential price. Space is limited.

**PARKING :** Free at the hotel

**FOR MORE INFORMATION:** please contact us at [info@lessenceenmouvement.org](mailto:info@lessenceenmouvement.org)



Dan Hughes, Ph.D. is a clinical psychologist who founded and developed Dyadic Developmental Psychotherapy (DDP), a treatment for children who have experienced abuse and neglect and demonstrate ongoing problems related to attachment and trauma. This treatment occurs in a family setting and the treatment model has expanded to become a general model of family treatment. Dan has conducted seminars, workshops, and spoken at conferences throughout the US, Europe, Canada, and Australia for the past 20 years. He is also engaged in extensive training and supervision in the certification of therapists in his treatment model, along with giving ongoing consultations to various agencies and professionals. He is the founder of DDPI, a training Institute which is responsible for the certification of professionals in DDP. Information about DDPI can be found on [ddpnetwork.org](http://ddpnetwork.org). Dan is the author of many books and articles, which include *Building the Bonds of Attachment, 3rd Ed.* (2017), *Attachment-Focused Family Therapy Workbook* (2011) and, with Jon Baylin, *Brain-Based Parenting* (2012) and *The Neurobiology of Attachment-Focused Therapy* (2016). Along with Kim Golding and Julie Hudson, Dan has recently published *Healing relational trauma with attachment-focused interventions: Dyadic Developmental Psychotherapy with children and families* (W.W. Norton, 2018).

Dr. Baylin received his doctorate in clinical psychology from Peabody College of Vanderbilt University in 1981. For the past twenty years, while continuing his clinical practice, he has immersed himself in the study of neuroscience and teaching mental health practitioners about the brain. He has given numerous workshops for mental health professionals on “Putting the Brain in Therapy” and has delivered keynote addresses nationally and internationally at conferences on childhood trauma and attachment. Several years ago, Dr. Baylin began a collaborative relationship with Daniel Hughes, a leader in the field of attachment-focused therapy. Their first book, *Brain Based Parenting*, was released by Norton Press in the spring of 2012 as part of the Norton series on Interpersonal Neurobiology. In August, 2016, their second book, *The Neurobiology of Attachment-focused Therapy*, was released by Norton.

