



The
Attachment
Network
of Manitoba



Summer Updates

We have had a wonderful year, thank you to everyone who joined us for our conference this year and our network meetings.

It's time to take a little break for the summer!

Stay tuned to our social media over the break for articles, information and updates.

Network Meetings for 2019/2020

Here is the schedule for the upcoming Network Meetings, please save the dates

- September 20, 2019 - 11:30am to 1:00pm
Sara Tarrant will be joining us to discuss her work with Trauma Informed Classrooms
- February 25, 2020 - 6:30pm to 8:00pm

- May 21, 2020 - 1:00pm to 4:00pm

Circle of Security Parenting Facilitator Training 2020

The Network will be bringing COSP to Manitoba in February 2020!

Follow this link to register: [Register Here](#)

On January 13, the Network will do a random draw of 2 people who have already registered for this training, and will reimburse their registration fee



Externship in Emotionally Focused Couples Therapy

Winnipeg, MB: October 2-5, 2019

Join Lorrie Brubacher with guest co-trainer Robert Allan for this 4-Day training opportunity in EFT.

Emotionally Focused Therapy is a short-term, structured and tested approach to reduce stress in adult love relationships, and create more secure attachment bonds. As one of the best-validated and most effective approaches to couples therapy, research shows 70-75% of couples move from distress to recovery and approximately 90% show significant improvements.

Early Bird registration date is August 1, 2019.

[Register Here](#)

Receive two complimentary books at the externship:

Attachment Theory in Practice: Emotionally Focused Therapy with Individuals, Couples and Families (2019) by Dr. S. Johnson

Stepping into Emotionally Focused Couple Therapy: Key Ingredients of Change (2018) by L. Brubacher



We are currently in the process of updating our website over the summer break, if you are looking for information please feel free to contact us on social media or via email: attachmentnetwork@shaw.ca while we update our website.

Events

Resources

Please check out the events tab at our

site,
<https://attachmentnetwork.ca/events/>,
for many wonderful attachment related
training events and workshops.

**Follow us Facebook & Instagram
for more information!**

Attachment 101

We often have requests from groups
to offer talks on attachment directly to
parents, and you can set this up by
contacting us at
attachmentnetwork@shaw.ca

Network Meeting Presentations

If you wish to present on a topic
related to attachment, or a program,
please contact us at
attachmentnetwork@shaw.ca

As always, our brochures are available
in English, French, Spanish, Cree,
Ojibwe, Arabic and Tagalog. Our
posters are available in English. You
can find out more on our website:
<https://attachmentnetwork.ca/>

Our DVDs (also in English) are now
available for streaming from any and
all your devices, as long as you can
access the Internet. Check out our
store for more information!
<https://attachmentnetwork.ca/shop/>

Many of you have asked if you have
our permission to use these DVDs in
teachings or trainings you
facilitate. YES! (and thanks for
asking) It is exactly what we intended
the DVDs to be used for, we only ask
that you credit us and the folks who
worked hard on the development of
the DVDs.

THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

upbidity

Publisher of Therapy Resources

We are always interested in submissions for our website and other social media platforms. Please send submissions to attachmentnetwork@shaw.ca
