

COSP TRAINING



What is the Circle of Security Parent (COSP) training?

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Presented by:

Dr Aisling McAleese,
Specialist Clinical Psychologist

Location:

City East Business Centre,
68-72 Newtownards Road,
Belfast,
BT4 1GW

Dates:

This programme will on run on
Wednesday mornings for
8 consecutive weeks: Wednesday
27th September, 4th, 11th, 18th
and 25th October, 8th, 15th and
29th November

Times:

9:30-11am each week

Who should attend:

The programme has been
designed for parents of children in
the early years of development
(4 months to 6 years)

How to register:

See our website for more
information, including costs and
information on how to apply

[https://www.psychologicalpathways.com/
training-for-parents/](https://www.psychologicalpathways.com/training-for-parents/)



Psychological Pathways



Learning Objectives of the Program:

- **Understand your child's emotional world by learning to read the emotional needs**
- **Support your child's ability to successfully manage emotions**
- **Enhance the development of your child's self esteem**
- **Honor your innate wisdom and desire for your child to be secure**

Who is the trainer?

Aisling is a registered COSP trainer and a Clinical Psychologist who has worked with children, young people, and their families in a variety of settings and services for over 10 years. In her work, she has seen that parents very often wonder about how best to understand and meet their child's emotional needs in a way that supports resilience and strengthens the parent and child relationship. Aisling hopes to create a relaxed and productive learning environment in which COSP can support parents in exploring a framework that will guide them in achieving these aims.



Contact for more details:

Website: <https://www.psychologicalpathways.com/training-for-parents/>

Phone: (028) 9532 0838

