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**Cheques/postal orders/bank drafts** – please make payable to Irish Attachment in Action. Please send completed booking form to: IFCA, Unit 23, Village Green, Tallaght, Dublin 24. Phone: 00353 1 4599474. Email: [info@iaia.ie](mailto:info@iaia.ie)

## Outline of Programme

- |              |  |
|--------------|--|
| <b>09.00</b> | Registration   |
| <b>09.45</b> | <b>Introduction to Conference</b> - Chair IAIA   |
| <b>09.55</b> | <b>Ideas to Actions</b> – IAIA   |
| <b>10.20</b> | <b>Attachment Matters for All</b><br><i>Short presentations - Irish Foster Care Association (IFCA), Senior Managers from Public Health Agency (PHA) Northern Ireland, and Tusla – Child and Family Agency.</i> |
| <b>11.00</b> | Break  |
| <b>11.30</b> | <b>Keynote</b> - Professor Helen Minnis  |
| <b>13.00</b> | Light lunch  |
| <b>14.00</b> | <b>Why Attachment Matters in Education</b> - Professor Helen Minnis  |
| <b>14.30</b> | <b>Schools for Hope</b> - Marie Dunne  |
| <b>15.00</b> | Break  |
| <b>15.20</b> | <b>Five to Thrive</b> - Christina Enright  |
| <b>16.00</b> | Closing Remarks  |
| <b>16.30</b> |  |

The Helix is a multi-purpose venue located on the Dublin City University campus, Collins Avenue, Dublin.  
GPS Co-ordinates/Sat Nav  
Latitude: 53° 23' 11.00" N Longitude: -6° 15' 33.98" W



# Why Attachment Matters for All

Friday 5 May, 2017  
The Helix, DCU, Glasnevin, Dublin 9

a conference hosted by

## Irish Attachment in Action



Secretariat by the Irish Foster Care Association



## Speakers



### Keynote

**Helen Minnis**

*Professor of Child and Adolescent Psychiatry (Mental Health and Wellbeing)*

### Attachment Matters for All

Helen is a Professor of Child and Adolescent Psychiatry at the University of Glasgow and patron of Scottish Attachment in Action. She spent time working as an orphanage doctor in Guatemala in the early 1990s prior to training in psychiatry and this stimulated an interest in the effects of early maltreatment on children's development. She has published research on the role of genetics and environment in reactive attachment disorder and is also developing intervention research in this area.

Helen is also responsible for the BeST<sup>2</sup> Services Trial, a programme pioneered in the US to reduce abuse of young children within families and improve their chances in life [www.gla.ac.uk/bestservicestrial](http://www.gla.ac.uk/bestservicestrial).

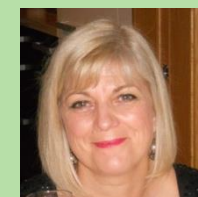


**Marie Dunne**

*Mental Health Promotion Specialist*

### Schools for Hope

This programme was developed by IFRED (International Federation for Research and Education into Depression). The programme is currently being piloted in 5 schools in the north-west, in a unique partnership with 'Outer West' (local community development group), the University of Ulster Psychology Department and the Health Improvement Department. Marie Dunne, Mental Health Promotion Specialist, has led the way on this programme by forging links with IFRED, skilling up fifteen facilitators to deliver the 10-week programme in a number of identified schools in Northern Ireland. Much of the research to date has focused on helplessness and hopelessness in children and young people. They are strong indicators of poor self-esteem, isolation, self-harm and, sadly, suicide. This research project will focus on measuring self-esteem and hopefulness in a pre-and post-study led by Dr Karen Kirkby at the university. The outcome of the study along with the literature review will help us measure the impact of the Schools for Hope programme. We hope to be in a position to present our findings at the World Mental Health Day conference in Geneva in October 2017.



**Christina Enright**

*Integrative Child and Family Psychotherapist*

### Five to Thrive

Christina will give an overview of this programme designed for anyone who works with children, from paediatricians to childminders. It outlines what we know from neuroscience, attachment, developmental traumatology and infant mental-health research about how relationships build children's brains and how things can go wrong. The overall aim is to equip workers with attachment-aware, trauma-informed and neuroscience-based practice. Drawing on the theory, it presents five vital parental functions which collectively provide the essential stimulation and soothing needed by an infant through the yearly years, carried out by parents via mindful caregiving. Participants are also helped to reflect on the theory and how they can translate this into their everyday interactions and work with parents, no matter what their input and how brief it is. This programme has been implemented by local authorities in the UK, by Barnardos and the Scottish Education Services.

Irish Attachment In Action (IAIA) is a professional interest and awareness raising group in Ireland committed to promoting a greater awareness and understanding of attachment theory, with the aim of creating more positive experiences of attachment for children and helping to inform health and social policy, and education. <https://iaia.ie/>