

Sirv Attachment in Action Workshop

Transforming Relationships Through Understanding Attachment

Attachment in Action is a unique, practitioner-informed workshop that explores the science and practice of attachment in childhood, caregiving, education, and support work. It offers a deep dive into how secure relationships are formed—and how to repair and strengthen them.

Ideal for parents, carers, educators, and professionals working with children, this session blends evidence-based theory with practical tools to nurture connection, safety, and regulation.

What We Cover

- What is attachment? The science of secure and insecure patterns
- Understanding the stress-response system in children
- Attachment repair: what to do when things go wrong
- Creating safety, co-regulation, and connection
- The adult role: presence, attunement, and boundaries

You Will Gain

- A clear understanding of attachment in everyday life
- Tools to support children with trauma or disrupted relationships
- Strategies to reduce power struggles and increase connection
- Frameworks for emotional safety and regulation in families/classrooms

Workshop Options & Cost

Format	Duration	Price (incl. GST)	Delivery Options
Core Workshop	3 hours	\$75 per person	In-person or Online
Professional PD	Half- or Full-Day	Contact for quote	For schools, orgs & teams

Bulk pricing available for school groups and regional bookings.

Who Should Attend?





**Behaviour
Support.**

sirv
we serve you

- Parents & carers of children aged 0–17
- Foster/kinship carers & child safety practitioners
- Teachers, aides & wellbeing coordinators
- Allied health & community sector professionals

Why Attachment in Action?

- Deeply informed by lived experience and neuroscience
- Ideal blend of theory, reflection, and practical tools
- Safe, inclusive, empowering delivery
- Builds a shared language of care across homes and services

Contact & Bookings

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