



Jean MacKinnon, MA, BA, BSL

Jean holds a Master's degree in Counselling and has over 30 years experience working with children, parents, families and couples. In the last 15 years, Jean has become trained in new and innovative approaches for the assessment and treatment of attachment. These approaches have been effective in helping individuals and families overcome a broad range of issues including anxiety, ADHD, depression and anger.

# OCTOBER 18, 2018 UNDERSTANDING ANXIETY THROUGH AN ATTACHMENT LENS

Did you know that anxiety relates to attachment? Insecure attachment and attachment disruption contribute to the development of anxiety. Tools and resources will be presented to reduce anxiety by establishing secure attachment.

Attachment-based and brain-based approaches will be discussed that can be implemented in a variety of settings from home to school to the therapists office.

The goal of this workshop is to give counsellors, teachers, social service and mental health care providers an understanding of anxiety from an attachment perspective and to introduce effective interventions that incorporate attachment.

This workshop is ideal for social workers, school counsellors, resource teachers, family support workers and therapists



**TIME**  
**9:00am to 4:00pm**  
**Registration at 8:30**

**Where**  
**Alberta Bible College**  
**635 Northmount Dr. NW**

**COST**  
**Regular \$125.00**

**To Register**  
**[www.aulneau.com](http://www.aulneau.com)**

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