

# The Attachment Network of Manitoba

May 2012  
Annual Report

## GREETINGS FROM THE CHAIRPERSON

Hello everyone, and thank you once again for your interest in 'the little Network that could'! Over the past year, we have continued to work toward our goal of promoting secure attachment in our community in a variety of ways.

Last November was a very exciting time for the Network. After trying for a number of years, we finally succeeded in convincing Dr. Daniel Hughes to come to Winnipeg to deliver a presentation on his Dyadic Developmental Psychotherapy model of treatment, which is based on the premise that "the development of children and youth is dependent upon and highly influenced by the nature of the parent-child relationship". While here in Winnipeg, Dr. Hughes also conducted a three-day intensive training session with a smaller group of local clinicians. Both the one-day presentation and the three-day session were extremely well received. Attendees found Dr. Hughes to be an engaging presenter and a kind, gentle teacher. He has worked intensively for many years with children, workers and foster parents in the child welfare system, so his words had special relevance for those of us in attendance who work within that system. Many of the children with whom he has worked have experienced serious neglect and trauma. Dr. Hughes provided a number of stories and anecdotes that illustrate the effectiveness of his model in helping these children to heal through a collaborative approach involving the therapist and caregiver. In fact, the information Dr. Hughes imparted was also very much appreciated by the clinicians and therapists who participated in the presentation and the more intensive training. As with past workshops, the Network offered a group rate to organizations who wished to send a block of people to the workshop, and many agencies took advantage of this. Although the offering of the reduced rate affects our "bottom line" to some extent, the philosophy of the Network is that this is a fair trade-off for helping greater numbers of people take advantage of the opportunity to hear this important information. The network was thrilled to finally have brought Dr. Hughes and his message to our province, and I am sure that his influence will be felt for many years to come.

At our last Annual General Meeting last spring, we reported – a bit prematurely – that work had been completed on our "Tuning into Toddlers" DVD. As is

often the case with projects of that magnitude, bringing it to completion took a little longer than we projected. We were very pleased however to still meet our target date for the official launch of the DVD, at a gala evening event following Dr. Daniel Hughes presentation at the Caboto Centre. That Gala event was also an opportunity for us to honour the participants in the Circle of Security training initiative.

I think you will find, as many already have, that "Tuning into Toddlers" DVD is as well-planned and well-produced as our "Listening to Baby" DVD. It includes vignettes of real families, which illustrate how attachment and self-regulation are supported during this stage of life, with emphasis on understanding both the toddler's and the parent's perspectives. I'm sure that many of you will find a place for this DVD in your 'toolkit'! Many thanks to Laurie Marcella and her hard-working committee for their insight and knowledge and for their hard work and tenacity in bringing their vision to reality!

Our "Brown Bag" initiative continues to evolve as needed, in order to meet the needs of the community. Although our members have continued to have the opportunity to present to a variety of community groups, one of the most exciting of these opportunities has been with respect to the legal system. Over the past few months, board member Monique Gougeon has been invited to present on the topic of attachment to groups of attorneys and judges involved in family law. These presentations were very well received, and we thank Monique for the many hours she devoted to this project. We have continued to maintain our website, and have made periodic changes in it in order to respond to our members' needs. Look for more changes in future, as our Public

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### Chairperson's Greeting Cont'd

Awareness Committee begins to develop strategies to enhance public awareness of the importance of attachment. As always, we are indebted to Guy Dugas, who manages our website and mailing list, but who has also provided us with help and support in so many other ways. We also continue to be very grateful for the integrity and wisdom of our bookkeeper Michelle Trudeau. Thanks go out also to Dani Magnusson and Carmen Neufeld of Planners Plus with whom we partnered once again this year on the Dr. Daniel Hughes workshop. Our sympathies are with them in the loss of their colleague Betty Bates earlier this year.

Following Dr. Bruce Perry's March, 2011 presentation here, the Network has continued to facilitate the participation of local practitioners in the web-based training in the Neurosequential Model of Therapeutics (NMT).

As many of you know, this spring will mark the 10th anniversary of the Network, and we are well underway in our planning for a national conference to mark this special milestone. I am thrilled to announce that we have contracted with Dr. Daniel Siegel as our Keynote speaker and presenter for the entire first day of this conference! Those of you who are familiar with his work will understand how excited we are to bring his wisdom and experience to our province for this special event. We have a number of other presenters committed as well, and we hope to be finalizing our program soon. The conference will be designed to showcase and share with one another exciting initiatives and programs in the field of attachment from all over this great country and beyond! Mark off November 19th and 20th on your calendars and stay tuned to our website for updates.

And finally, I am very pleased to have the chance to express my personal thanks to the members of our board of directors. As I complete my term as Chairperson, I am reminded of the many times I have relied on this group of people for support, for perspective, and for inspiration. As Past-Chair, Joanne Brown has continued to be a driving force and a wonderful role; as chair of the DVD committee, Laurie Marcella has put in countless hours guiding her committee to an end result that is nothing short of fabulous; as Treasurer, Karen Johnston has continued to manage our finances responsibly and cautiously – with her oversight, the Network continues to be in a very healthy position fiscally; as members at large, Monique Gougeon and Lorraine Mokarski have been instrumental in helping us bring information about attachment into the legal realm; as Newsletter Editor, Julia Wellwood has not only taken the lead in putting together the various publications of the Network, but has also recommended changes and improvements in our website; as Chair of the new Public Awareness Committee, Pat Kelly has taken the lead in getting this exciting new initiative off the ground; as our Eastman

representative, Gerry Brown continues to be a vital connection to that community, and to advocate for relevant training of Child Welfare Social Workers and others in the larger community; member at large Marla Fellner was our host for last year's AGM; Sharon Welty took on the role of secretary this year; and Marge Chomoway has continued to be a voice of balance and reason, while rolling up her sleeves to help with almost every Network venture.

As always, there are members who will be leaving the board this year. We thank Pat Kelly (who has agreed to continue as chair of the P.A. Committee), Marla Fellner and Sharon Welty for their contributions to the Network. As well, a very special thank you goes out Laurie Marcella and Marge Chomoway, who are both leaving the board this year. Laurie and Marge are two of the founding members of this network, and they have helped guide it into the force for change that it has become. Apart from giving of their knowledge and wisdom over the years, these two individuals also personify the notion of a "working board", in that neither has ever shied away from the day to day, sometimes thankless tasks that must be undertaken in order to have an organization such as this one reach its fullest potential. They have stuffed envelopes, run errands, taken minutes, balanced the books, made phone calls, and done a thousand other things to further the mission of the Network. Each of them is motivated solely by a desire to bring about a better tomorrow for the children and families in our community. I cannot express adequately my admiration for them, and my gratefulness for having had the opportunity to work alongside them. The Attachment Network thanks them, and wishes them all the best as they step back from their roles as board members. We are hopeful that they will continue to be a part of the Network at large, and to be involved in its projects and events.

Thank you all,

Leslie Johnston. Chairperson



Joanne Brown and Leslie Johnston



## BOARD OF DIRECTORS (2011/2012)

### **Leslie Johnston, Chairperson:**

Social Worker, Winnipeg Child & Family Services

### **Joanne Brown, Past Chairperson:**

Clinician, New Directions Parenting Centre

### **Karen Johnston, Treasurer:**

Behavioral Specialist, FASD Outreach Program

### **Sharon Welty: Secretary:**

Social Worker, Metis Child and Family Services

### **Julia Wellwood:**

FASD Specialist, FASD Outreach Program

### **Marge Chomoway:**

Social Worker, Winnipeg Child & Family Services

### **Laurie Marcella:**

Retired, formerly with Healthy Start for Mom & Me

### **Lorraine Mocarski:**

Supervisor, Family Conciliation

### **Monique Gougeon:**

Certified Play Therapist, Private Practice

### **Gerry Brown:**

Program Manager, Eastman Child & Family Services

### **Marla Fellner:**

School Social Worker, Child Guidance Clinic

### **Pat Kelly:**

Postnatal Progr.Coord., Healthy Start for Mom & Me

## FINANCIAL REPORT

*Submitted by Karen Johnston*

### Summary

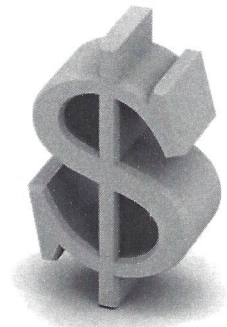
The Attachment Network of Manitoba has had a good fiscal year with a net income profit of \$1,655. This profit has come from three primary sources the DVD sales, Amazon credit earnings and the Dan Hughes workshop.

The Attachment Network of Manitoba continues to support community projects \$200 was donated towards the parent celebration for the Toddler DVD and \$1,663.29 towards a Gala event that launched the Toddler DVD and celebrated the achievements of several community therapists who completed their training in the COS family and parent educational model.

The Attachment Network of Manitoba is entering into the 2012 fiscal year in a strong financial position with retained earnings of \$50,758.

Karen Johnston

*Treasurer of the Attachment Network of Manitoba*



*Balance Sheet and Profit and Loss on next page...*

## BOARD ACTIVITIES AT A GLANCE

We have had an action-packed year in which we were able to reach some goals that were several years in the making. We are also at an exciting point in our history and development as a network for evaluating our work and setting goals in place for the future.

- Fulfilled our mandate to hold 3 general Network meetings as well as monthly board meetings
- Voted to separate the publication date of our newsletter from that of the annual report which will still coincide with the AGM. Watch for our Newsletter in late Fall, which this year, will coincide with our 10th Anniversary celebrations
- Held our annual conference - which featured Dr. Daniel Hughes
- Sponsored an intensive 3-day training in the Dyadic Developmental Psychotherapy model facilitated by Dr. Hughes
- Hosted a Gala to officially launch the Tuning in to Toddlers DVD and to honour the commitment of the participants in the Circle of Security training.
- Facilitated online training in the Neurosequential Model of Therapeutics (NMT) through the Child Trauma Academy
- Launched two new committees: Legal Matters and Public Awareness



## Balance Sheet & Profit and Loss (Accrual Basis)

### THE ATTACHMENT NETWORK OF MANITOBA INC.

#### Balance Sheet Year Ended March 31, 2012

|                             | 2012             |
|-----------------------------|------------------|
| <b>ASSETS</b>               |                  |
| <b>CURRENT</b>              |                  |
| Cash                        | \$ 45,397        |
| Other Receivables           | 3,568            |
| Prepaid Expenses            | <u>2,200</u>     |
|                             | <u>\$ 51,165</u> |
| <b>LIABILITIES</b>          |                  |
| <b>CURRENT</b>              |                  |
| Accounts payable            | \$ <u>407</u>    |
|                             | <u>\$ 407</u>    |
| <b>SHAREHOLDER'S EQUITY</b> |                  |
| Member's equity             | \$ 49,103        |
| Retained earnings           | <u>1,655</u>     |
|                             | <u>\$ 50,758</u> |
|                             | <u>\$ 51,165</u> |

### THE ATTACHMENT NETWORK OF MANITOBA INC.

#### Statement of Profit & Loss Year Ended March 31, 2012

|                                  | 2012             |
|----------------------------------|------------------|
| <b>INCOME</b>                    |                  |
| DVD                              | \$ 2,037         |
| Interest                         | 9                |
| Conferences:                     |                  |
| Daniel Hughes Workshop           | 24,699           |
| Therapist Training               | 800              |
| Other                            | <u>300</u>       |
| Total Income                     | \$ 27,845        |
| <b>EXPENSES</b>                  |                  |
| Accounting                       | 388              |
| Advertising & Promotions         | 193              |
| Bank Charges & Interest          | 23               |
| Conference Costs                 | 23,369           |
| Meeting Expenses                 | 202              |
| Office Supplies                  | 24               |
| Printing and Reproduction        | 297              |
| Professional Fees                | <u>1,694</u>     |
| Total Expenses                   | <u>26,190</u>    |
| NET INCOME                       | 1,655            |
| RETAINED EARNINGS - BEGINNING OF | 49,103           |
| RETAINED EARNINGS - END OF YEAR  | <u>\$ 50,758</u> |





## COMMITTEE REPORTS

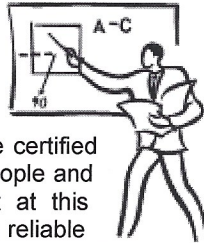
### Training Committee Report

*Submitted by Joanne Brown*

This 4 year Circle of Security training project continues to slowly wind down as more people become certified in the model. We began with 17 people and over half have changed jobs, but at this point, we have 11 people who are a reliable coder for the Strange Situation Assessment Procedure and 10 people who have been certified in the Individual Treatment Model. Ten people took the training to run a Circle of Security Parent Education Course, and while 4 individuals have now run groups, they are still in the process of gaining certification.

The Ainsworth Attachment Clinic in Virginia continues to be a busy spot with their clinical work to local families, but also their international training such as what we received. It has left both Bob Marvin and Bill Whelan extremely busy and at this point, we are clarifying with them a way to still accommodate the certification process for the remainder of our group.

The other program offering Circle of Security is run through the Marycliffe Institute in Spokane, WA, and we have made their information available on our website. Bert Powell is offering a training in the Parent Education model in St. Cloud, MN this spring, which is close to Winnipeg, if people are interested in pursuing this information.



In terms of the finances for this conference, we profited \$2241.32, but we were thrilled to once again be in a position to offer a bulk purchase discount to the General Authority Child Welfare and noted that Metis CFS also purchased a number of seats. The GA also sent a large number of foster parents. Our healthy financial position enables us to support the capacity building in these sectors. This hard work resulted in over 200 people in attendance on the full day workshop.



**Dr. Daniel Hughes**

Dan Hughes is a clinical psychologist who resides in Lebanon, PA, with an office in nearby Annville. After receiving his Ph.D. in Clinical Psychology from Ohio University he fairly quickly began specializing in the treatment of children and youth who had experienced abuse and neglect and for the most part now manifested serious psychological problems secondary to childhood trauma and attachment disorganization. Not having much success helping these children with traditional treatments, he developed an attachment-focused treatment that relied heavily on the theories and research of attachment and intersubjectivity to guide his model of treatment and parenting

### Conference Committee Report

*Submitted by Joanne Brown*

#### Daniel Hughes Conference

Last year we were finally able to get Dr. Daniel Hughes to present in Winnipeg. We had tried a number of times, and were finally able to get in on his busy schedule. Dan presented a full day to both the clinical community and a number of foster parents on November 30, and remained in town to provide 3 days (part one) of his Dyadic Developmental Psychotherapy Training to 18 therapists, including a few from out of town. This was revolutionary training targeted at those who work primarily with children in care with trauma histories and has proven to be a most useful method. Dan brought along fellow psychologist, Dr. Sian Phillips, from Kingston, who while here, completed her certification as a trainer in his model. We all found that they both exemplified the playfulness, acceptance, curiosity and empathy with us that is the foundation of their model. While we have no plans to host a second level, we are aware that the Attachment Association of Canada is hosting Level 2 this fall in Toronto, and already some of the group here are interested in pursuing this.

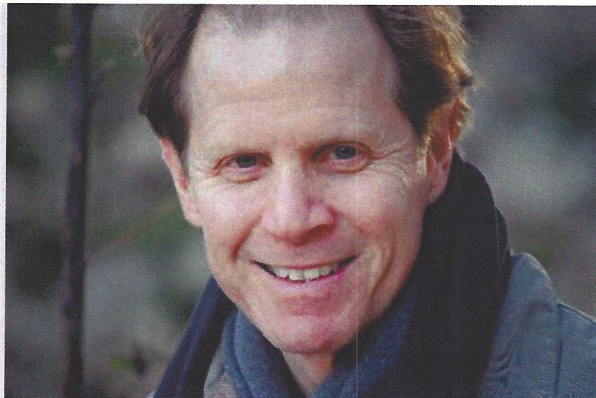




## Tenth Anniversary Celebrations



This year marks the 10th anniversary of the Attachment Network of Manitoba and Nov 20 and 21, we will be hosting a two day conference at the Caboto Centre in Winnipeg. We are pleased to announce that Dr. Daniel Siegel, noted author, speaker and psychiatrist, will be providing a one day talk linking his vast knowledge of the brain, attachment and how we connect with one another. Dr. Siegel speaks all over the world, and we are pleased to be one of his rare Canadian appearances. The second day will be full of mini sessions for people to choose from on a variety of issues as attachment is moved from theory and into practice. We are pleased to see so many colleagues from across Canada and the USA coming to join us to present here, in the heart of the Continent.



**Dr. Daniel Siegel**

Daniel J. Siegel received his medical degree from Harvard University and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent and adult psychiatry. He served as a National Institute of Mental Health Research Fellow at UCLA, studying family interactions with an emphasis on how attachment experiences influence emotions, behavior, autobiographical memory and narrative. Dr. Siegel is currently clinical professor of psychiatry at the UCLA School of Medicine where he is on the faculty of the Center for Culture, Brain, and Development and the Co-Director of the Mindful Awareness Research Center.

## Resource Development Committee Report

*Submitted by Laurie Marcella*

The Tuning into Toddlers DVD is now available for sale on the Network website. The last details of our project have been completed at last. A hearty thanks to committee members who worked hard on this project, came faithfully to many meetings and supported the production team with excellent suggestions. The Committee members were: Noelle Campbell, Sue Morrison, Kathy Seitz, Gail Wylie, Laurie McPherson and Pat Kelly. The DVD itself attests to a job well done.

We are so grateful to Dr. Bob Marvin whose interview is our introduction to the DVD. His description and the language of the Circle of Security strengthen the messages to parents in the ten scenes in the second part of the DVD.

Thank you to our funders, Winnipeg Foundation and the Children's Hospital Foundation and the Attachment Network whose generosity made this project possible.

A special thank you to our talented and creative production team: Janet Jamison, Jamie Koshyk and Christopher Basowich. Their fine, professional work makes our DVD shine.



**DVD producers Chris Basarowich, Janet Jamieson, and Jamie Koshyk**



**Tuning Into Toddlers DVD Committee**  
Sue Morrison, Cathy Seitz, Laurie McPherson, Gail Wylie, Laurie Marcella, Noelle Campbell and missing is Pat Kelly

Visit us at [www.attachmentnetwork.ca](http://www.attachmentnetwork.ca)





## Public Awareness Committee Report

Submitted by: Pat Kelly

We've all seen it! The grocery store scene, the playground melt down, frustrated parents, and bewildered little ones in tears. The Public Service Announcement committee was struck this past year to put together a strategy, to bring the message of attachment to all parents and care givers in our communities, in the hopes of providing a better way to interact with and respond to their children in the myriad of situations experienced every day.

The Public Awareness Committee has met on several occasions to review literature on messaging particularly in this new technological world, to look at the multitude of options available to get our message out there, and to begin to put plans into action for the upcoming year.

We are currently exploring the development of a poster, with a simple message to get at the heart of attachment theory for parents. We will also be meeting with Guy Dugas, our website specialist, with regards to setting up a parent page on the Network website, where we can begin to provide resources, links to websites, and practical information relevant to parents who may prefer investigating attachment on their own.

Thank you to fellow committee members Leslie Johnston, Laurie McPherson, and Kristen Hreno for all their hard work over the past year.

## Legal Matters Committee Report:

Submitted by Lorraine MocarSKI

### Family Conciliation\*

On April 28th, 2011 Monique Gougeon and Linda Perry of Alloway Therapy Services presented to Family Conciliation\* on the Circle of Security. The purpose of the presentation was to introduce a "user-friendly" version of Attachment Theory. To introduce how Attachment research has been applied to clinical evaluations of children and families and to introduce the Circle of Security Intervention for parents and children. The introductory presentation was exceptionally well received by the staff at Family Conciliation.

Family Conciliation receives referrals primarily from the Family Division of the Court of Queen's Bench, as well as lawyers, legal aid, social agencies and self-referrals. Services of Family Conciliation are provided with "best interests" of the children mandate.

- *Family Conciliation provides a range of conflict resolution services to families going through separation or divorce.*



## Court of Queen's Bench

The Honourable Madam Justice Rivoalen, chair of the Court of Queen's Bench Judicial Education Committee consented to a similar presentation to the judiciary.

On January 25, 2012 Monique Gougeon presented on the Circle of Security at a "noon hour lunch & learn" to Justices of the Court of Queen's Bench, (Family Division and Civil Division), Court of Appeal, and Masters.

The presentation was well attended by 15 Justices, Judges and Masters as well as the Chief Justice of the Family Division and Chief Justice of the Court of Appeal.

The content of the power point presentation provided a focus on decision making considerations with regards to custody and access. Research and scholarly articles including Kelly and Lamb (2000), Weinfield (2002), Solomon & George (1999), and McIntosh et al. (2010) were referenced which presented the court with differing perspectives in terms of Attachment and child custody evaluations.

The purpose of the presentation was to provide the court with a "flavour" of Circle of Security. It was to further emphasize attachment when making decisions in regards to custody and access. The Court of Queen's Bench Justices also have jurisdiction in Child Protection matters where knowledge of Attachment Theory is essential. The presentation was well received and further articles in addition to the two articles forwarded were requested.

The purpose and goals of the presentation were met. A similar offer has been extended to the Provincial Judges Court.

## IN THE YEAR AHEAD...

- Planning is underway for our 10th anniversary
- Watch for details of our conference featuring Daniel Siegel in November!
- Addition of a parent page on our website that contains relevant resources, information and links that are parent-friendly
- Further discussion and planning with respect to utilizing the capacity that the Network has helped to generate, in particular, with respect to Circle of Security.
- Additional discussion and planning with respect to the growing number of requests for workshop providers in various sectors and how the Network can best address this need.

