



emotional availability

*Assessing relationships
through the science of
emotional availability (EA)*

Australasian Training

Emotional Availability (EA) Scales Training® and Introduction to the EA Interventions training

| | Brisbane | Wellington |
|--------|---|---|
| Date: | 20 th -22 nd July | 25 th -27 nd July |
| Venue: | (to be announced) | (to be announced) |
| Fees: | A\$595* | NZ\$760* |
| | *for all three days | |

To register contact:

Brisbane: p.harnett@psy.uq.edu.au

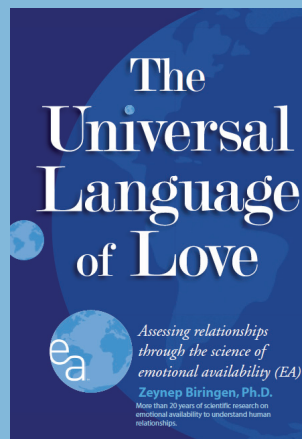
Wellington: Wendy.Kelly@vuw.ac.nz

For more information about the training contact:

zbiringen@yahoo.com

All registrants will receive:

- The EA Manual 4th edition.
- EA Scoring Materials.
- The new book—'Universal Language of Love: Assessing relationships through the science of emotional availability.'



ZEYNEP BIRINGEN, Ph.D.

is a licensed clinical psychologist and professor at Colorado State University.

For the last 20 years, Zeynep has spearheaded the understanding of emotional availability (EA) as a rigorous scientific assessment. She is well-recognized in national and international scientific communities for her research, consulting, and trainings on emotional availability, and has trained professionals (e.g., psychologist, psychiatrists, social workers, custody evaluators, pediatricians, nurses, professionals in early care and education, and others) on thousands of hours of interactions in a wide variety of cultures, including 24 countries and almost every continent.

She has been the foremost researcher-consultant on emotional availability and her trainings have facilitated worldwide use of the assessment.

She is the author of 60 scientific articles and/or books on attachment and emotional availability and has conducted grant-funded work on the Emotional Availability (EA) Scales as well as EA parent trainings and EA professional trainings. She supervises (research-based) workshops for parenting enhancement and non-parental caregiver trainings on emotional availability and attachment.



www.emotionalavailability.com

EA is the universal language of love

Who should come?

Clinician/therapists, practitioners, or scientists who would like to receive training in attachment and emotional availability for clinical practice, program evaluation, pure research, or for speciality evaluations (custody, social service).

THREE GOALS FOR THE TRAINING

1. To train professionals in the 4th edition of the EA Scales. Those who are trained in the 3rd edition are especially welcome to the workshop. The 4th edition is a vast improvement in the assessment, enhancing the multi-dimensional use of the system. The scale includes sub-scales for each of the six EA dimensions: Caregiver Sensitivity, Caregiver Structuring, Caregiver Nonintrusiveness, Caregiver Nonhostility, Child Responsiveness, and Child Involvement. The 4th edition facilitates inter-rater reliability, inter-lab reliability and understanding of the components of EA. It retains both the clinically sensitive and global quality of EA.
2. To provide a background on attachment and EA. Provide information and introduction to the EA Parent and Professional Curricula, which are based on the EA Scales. Both curricula are evidence-based. See www.emotionalavailability.com for more information. You will learn how to pick up the materials and conduct your sessions. (The cost of materials and supervision may involve a small additional fee).
3. Certification for 2 years. Attendance is expected throughout the workshop and participants are issued the official Certificate of Training (BASIC) on the last day of the workshop. Final reliability checks are conducted after the workshop through distance discussions and training and the Certificate of Reliability is sent to the participants upon completion of the reliability process.

Credentials: Participants who lack the equivalent of a master's degree or appropriate license/certificate, the supervisor needs to assure Biringen of the qualifications of the participant.

About Emotional Availability (EA) Scales Training

EA is an evidence-based assessment that has enjoyed widespread use in both research and clinical settings in the US and other countries. EA is methodologically rigorous as well as a clinically sensitive instrument. As such it is suited for clinical and research settings. It has been of value to practitioners such as clinical psychologists, social workers, psychiatrists, pediatricians, child care professionals, custody evaluators, occupational therapists, etc.) as well as the basic researcher.

An asset of the EA Scales is that two dimensions of the scale measure child qualities—child responsiveness to the caregiver and the child's involvement with the caregiver, thus capturing not only the adult's side of the relationship (sensitivity, structuring, nonintrusiveness and nonhostility), but also the child's side of the relationship. The key to the success of this instrument is that, although culture impacts how parents and children interact with one another, the emphasis on the presence of an emotional connection makes this tool an important one, even in varying cultural contexts.

The EA Scales have been utilized in over 20 countries, including European and Asian countries, as well as in numerous subcultures in the US.

**More information on EA can be obtained on the EA website:
www.emotionalavailability.com**

Selected References

Books

- Biringen, Z. (2004). *Raising a secure child: Creating emotional availability between you and your child*, Perigee/Penguin Group.
- Biringen, Z. (2009). *The Universal Language of Love: Assessing relationships through the science of emotional availability*.
- Biringen, Z. (2008). *The EA Professionals and EA Parent Curricula*.

Journal articles

- Easterbrooks, A.E. & Biringen, Z. (in preparation). Emotional availability: Cultural and special contexts. In *Parenting: Science & Practice: Special issue*.
- Biringen, Z. & Easterbrooks, A.N. (in press). Child care and relationships. In Biringen, Z. & Easterbrooks, A.N. et al. (Eds.) *Journal of Early Childhood and Infant Psychology*.
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- Biringen, Z., Matheny, A., Bretherton, I., Renouf, A., Sherman, M. (2000). Maternal representation of the self as parent, *Attachment and Human Development*, 2, 218-232.
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