

Circle of Security Parenting

**Putting children's emotional security
at the heart of every parenting decision**

Circle of Security Parenting offers an attachment-based framework that helps parents understand their children's needs and respond to them in a more attuned way. Over time, it helps parents feel more confident in their ability to provide the care their children need and nurture more trusting and secure parent-child relationships. It can be especially helpful for parents who:

- Dealing with multiple challenges that make it difficult to focus on the children
- Navigating high-conflict separation or co-parenting
- Rebuilding their relationship with their child after a period of absence
- Have been neglectful in the past
- Did not have positive parenting experiences growing up, and are repeating the same cycle with their children
- Supporting children showing anxiety, aggression, shutdown, or emotional dysregulation
- Become withdrawn, inconsistent, or harsh under stress

The Circle of Security Parenting course is recognised by the [Early Intervention Foundation](#) as an evidence-based intervention, with an evidence rating of 2+.

It consists of 8 modules that cover the key themes that help parents nurture secure attachment in their relationship with their children:

Module 1 introduces an attachment-based approach. It helps parents to understand that **behaviour is an expression of emotional needs**.

Module 2 helps parents develop awareness of their child's signals and **how to respond effectively, supporting emotional regulation and a greater sense of security**.

Module 3 helps parents **learn to stay regulated and emotionally available**, even during times of distress.

Module 4 is about **nurturing warmth in the relationship** and how emotional bonds can be strengthened in all stages of development.

Module 5 helps parents to **identify moments when they disconnect from their children** and make meaningful, positive changes.

Module 6 helps parents develop the **ability to respond in ways that prioritise connection**, even in difficult moments.

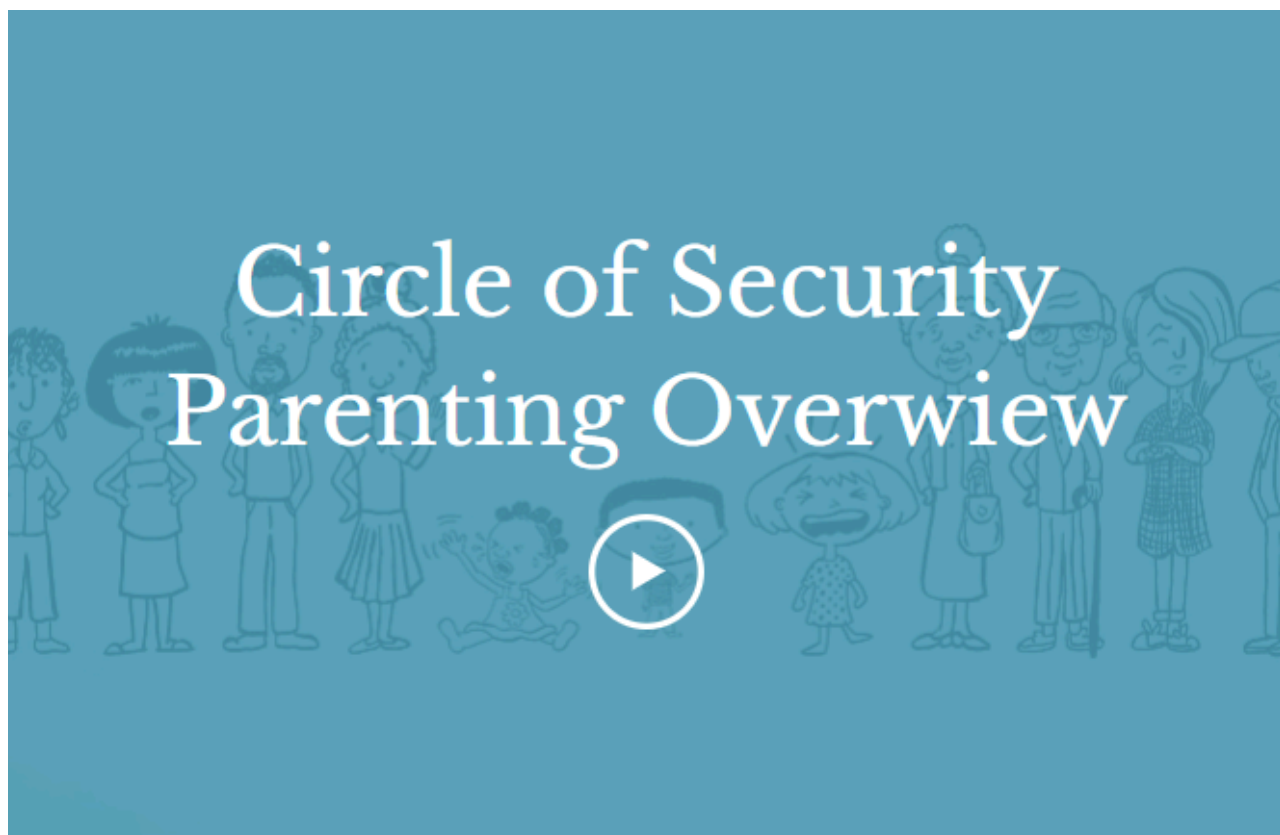
Module 7 highlights **the importance of repair**, supporting stronger relationships through moments of disconnection and reconnection.

Module 8 consolidates learning and supports parents to **continue applying the approach beyond the course**.

Parents say:

"The Circle of Security Parenting felt like meeting up with an old friend who helped me find my own answers to some of my worries about parenting. I found that it had a good balance of resources and space to think and feel. The course was both reassuring and helpful. It is helping me to be the kind of parent I want to be for my daughter."

"Through the course, we were able to change the way we parent our kids. The Circle of Security model is profound, and Una is a skilled and compassionate guide through the material, asking the right questions to help you look deeper. I am extremely grateful to her for introducing us to a resource that we will continue to use and revisit, for the early years of our boys' lives through to adolescence and beyond."



Outcome Measures

To help us understand the impact of the programme, each parent is invited to complete three short questionnaires before and after the course, and a brief reflective feedback at the end. The questionnaires can help provide a more detailed picture of each parent's experience and the changes that took place during the course.

Parental Reflective Functioning Questionnaire (PRFQ): helps identify shifts in parents' interest in why their child acts the way they do, how well they can recognise that their child is their own person with their thoughts and recognise that their behaviour is a communication of need.

Parent-Child Relationship Scale (CPRS): can help measure changes in the parent's experience of their relationship with their child across three areas: closeness, conflict, and dependence.

Parent Stress Scale (PSS) Higher levels of stress were shown to be linked with lower levels of parental sensitivity, poorer child behaviour and less closeness in parent-child connection.

Reflective Feedback Questions. Qualitative feedback helps capture personal experiences and relational shifts that may not always be reflected fully in questionnaire scores alone.

Course Delivery Logistics

Course length: 8 weekly sessions. Each session is 90 minutes long.

Group size: the course can be delivered to individual parents, couples (including separated couples) and groups. Online groups can have up to 6 participants. In-person groups can have up to 12 participants.

Online and in person: Courses can be delivered online or in person (in and around the Mid Sussex area).

Reports: I can provide optional reports covering engagement with the course, progress made during the course and recommendations.

Cost:

- Online course: £1140
- In-person course: £1710
- (Optional) Report: £95 per participant

Registration:

- If you have any questions about the course, please email Una at una@helpyourchildthrive.co.uk or book a Circle of Security Parenting information session to discuss how this course can benefit the parents you are working with. You can schedule a convenient time here: <https://www.helpyourchildthrive.co.uk/book-online>
- If you would like to proceed with booking the course, the agreed-upon dates can be reserved for up to two weeks. The booking will be confirmed once the full payment for the course and any required reports has been received.

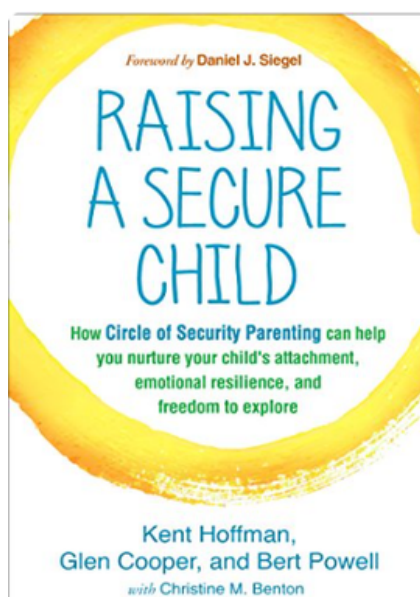
Participants also receive



Circle of Security Parenting caregiver workbook that brings all course handouts together in one place, so key ideas can be easily revisited during and after the course. Each chapter includes guided reflection questions to help parents deepen their understanding and apply what they are learning.

When participants are navigating challenging circumstances, it can be difficult to hold onto new learning once a session ends. That's why after each session, participants receive **a short guided audio** (under 5 minutes) designed to help them remember and implement their insights from the session.

Being with Your Child's Feelings	
Friday	4:57
Creating Opportunities for Enjoy wit...	
Wednesday	2:52
Delight at the bottom of the circle	
Tuesday	4:28
How full is my cup?	
22 Aug 2025	4:44
Emotional distance for listening	
13 Aug 2025	3:09
Before getting ready to leave the ho...	
12 Aug 2025	4:56



Raising a Secure Child book is an optional reading. While the sessions provide space for reflection and discussion, the book offers an opportunity to deepen understanding of attachment and the principles behind the work. It also serves as a helpful resource to revisit and reinforce learning after the course has finished.



Course Facilitator

Una Archer MSc, GMBPsS is a qualified educational psychologist and has been facilitating Circle of Security Parenting courses since 2014. She has extensive experience delivering courses for self-referring parents and courses commissioned by different organisations.

Approach and Practice

Trauma-informed: Una's practice recognises the impact of past and present trauma on parenting capacity. Her approach supports parents to understand how trauma can influence responses to their children, and to develop greater awareness and intentionality in their parenting.

Systemic: With postgraduate training in systemic practice, Una works from a relational perspective, recognising that parenting occurs within a wider network of relationships. Her approach supports families to understand patterns of interaction and strengthen family relationships.

Culturally-aware: Una recognises that parenting practices are shaped by cultural context, and that there is no single "right way" to parent. Her work supports parents to develop approaches that are both secure and culturally meaningful within their own family context.

Neuroaffirmative: Una is committed to staying up to date with an evolving understanding of how different neurotypes can affect parenting and how parenting challenges may be linked to unrecognised or unsupported neurodivergence. Her approach aims to support parents in building secure relationships in ways that are responsive to their individual needs.

Qualifications and Training

- Level 2 qualification in Understanding Autism, BMet, UK, 2026
- Postgraduate Certificate in Systemic Practice with Families and Couples, The Institute of Family Therapy (Distinction), UK, 2022
- Certificate in Applied Systemic Theory and Practice, Chiron Training, UK, 2020
- Brainspotting Therapy Level 1 and 2, including Brainspotting with Children and Brainspotting for Addictions, Brainspotting UK, UK, 2015 - 2020.
- Circle of Security Parenting Classroom Facilitator training, 2023
- Circle of Security Parenting facilitator training, Circle of Security International, UK, 2014
- Educational Psychology, MSc, Vilnius University, Lithuania, 1999 - 2002
- Psychology, BSc, Vilnius University, Lithuania, 1995 - 1999
- Member of The British Psychological Society, 2006 - currently

Testimonial

I have worked with Una for 6 years, she has led Circle of Security Groups for my organisation, Connected Lives. Una is a thoughtful, insightful and highly experienced facilitator. We often turn to her when commissioning groups with parents with multiple vulnerabilities who need a calm and experienced person to help them make sense of their struggles and begin to make new choices. I can't recommend Una highly enough!

Jenny Peters, Director of [Connected Lives](#)

Invitation

Circle of Security Parenting offers a structured, evidence-based approach to supporting parents in building secure, attuned relationships with their children, even in challenging circumstances. If you would like to explore how this course could support the families you work with, please email Una at una@helpyourchildthrive.co.uk or book a Circle of Security Parenting information session. You can schedule a convenient time here: <https://www.helpyourchildthrive.co.uk/book-online>

