

The background is a rich, abstract painting. It features a large, swirling vortex of colors, primarily in shades of blue, green, yellow, orange, and red, creating a sense of movement and depth. To the left, there's a darker, more textured area with hints of purple and blue, possibly representing a profile or a shadow. The overall composition is dynamic and colorful.

Holding Space #13
Understanding Anxiety
and Insomnia in
Children and Young
People: The Nesting
Approach

Agenda



- Welcome
- Understanding Anxiety and Insomnia in Children and Young People:
 - The Nesting Approach
- Connecting In
- Prize Giveaway

Sue Jennings PhD

Anthropologist, Therapist, Performer, Author



Professor Sue Jennings PhD has been a pioneer of Dramatherapy and Play Therapy in the UK and overseas.

Her paradigm ‘embodiment-projection-role’ is integrated into education and therapy world-wide.

Having worked as a clinician in psychiatry, forensic settings and special education, she has focussed her recent practice and research on early years development and developed ‘Neuro-Dramatic-Play’ as a basis for attachment and empathy.

She emphasises the importance of ‘play from conception’ for healthy emotional and social growth.

Sue is a prolific author with over fifty publications on theory and application to her name. She believes passionately in ‘playing for peace’ with a rule of ‘no guns in the playroom’.

Professor Sue Jennings's Upcoming Events and Contact

Attachment-based Play Workshop

Skills based - Insight Oriented - Child focussed

Dates: Tuesday 25 August | 9.00am - 12.00pm }
Saturday 29 August | 2.00pm - 5.00pm } Select one

All for a
course fee
of only
£45



by Prof. Dr. Sue Jennings

Live Presentation & Workshop • Stories for Playing
Extra Notes & Examples • Suggested Reading • and more!

To book, please visit www.ndpltd.org/live-online-training

by Professor Sue Jennings



Therapeutic Storytelling



Sunday 30 August | 0900 - 1200 BST
OR Monday 31 August | 1400 - 1700 BST

Course fee £45

To book, please visit www.ndpltd.org/live-online-training



Creative Supervision & Consultation

Online sessions offered wherever you are based!

Dr Sue Jennings offers clinical and educational supervision, or single consultations using creative skills through play, puppets, action methods and more!

Consultations also available for parents

Please inquire initially by email: drsue@ndpltd.org

Sessions conducted via Skype or Zoom • Payment via PayPal

www.ndpltd.org

Find us on Facebook and YouTube

Connecting In



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**Register
Now**

Special Guest
Debbie Hopper
Parenting Kids -
Anxious to Calm

Thursday 20th August
11.30 - 12.30pm AEST

FUN and PRIZES



Creative Therapy for Children with Anxiety

Jacki Short

Live, Online, Interactive Workshop, 1-2 September

\$240

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