



# WATCH, WAIT, AND WONDER

— INTRODUCTION —



2 DAY INTENSIVE TRAINING

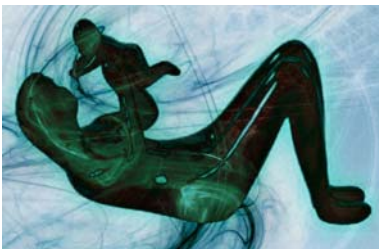
**Mirek Lojkasek**

Ph.D., C.Psych

22 and 23 October 2009 ~ BATH

## Workshop Description

WATCH, WAIT, AND WONDER IS AN INFANT/CHILD-LED FORM OF PSYCHOTHERAPY THAT AIMS TO INTERVENE IN THE MOTHER-INFANT RELATIONSHIP IN A WAY THAT FOSTERS THE DEVELOPMENT OF A SECURE RELATIONAL CONNECTION BETWEEN MOTHER AND INFANT/CHILD.



In this workshop, the theoretical underpinnings in attachment theory and therapeutic techniques of Watch, Wait, and Wonder will be described. The focus of clinical work on Watch, Wait, and Wonder has been on developing ways of including the infant more fully in relational psychotherapy. Watch, Wait, and Wonder is a dyadic psychotherapy that works directly and immediately with the relationship through empowering the infant in the therapy. This is achieved by creating a space where the attentive parent allows the infant/child to engage in unimpeded sensorimotor activity and play in order to explore his/her relationship with the parent in his/her own way.

More specifically, in this form of therapy, the parent is asked to follow the infant's/child's spontaneous and undirected activity in much the same way that a therapist observes and follows the lead of an adult patient. Although this infant/child-led approach centres on the infant/child-parent relationship, it is guided by the infant/child activity.

Also central to the process is engaging the parent to be reflective about the child's inner world of feelings, thoughts and desires, through which the parent recognizes the separate self of the infant and gains an understanding of her own emotional responses to her child.

In the workshop, the history and theoretical and technical aspects of Watch, Wait, and Wonder are presented and compared with other common forms of dyadic therapy. Participants will be given the opportunity to observe and reflect using the Watch, Wait, and Wonder therapeutic principles with videotaped material.

## Workshop Outline

- History and description of Watch, Wait, and Wonder
- Description of other infant/child-led approaches
- Attachment theory as a framework for Watch, Wait, and Wonder
- Assessment of children and families for Watch, Wait, and Wonder
- Watch, Wait, and Wonder Procedure: type and arrangement of toys, instructions, how sessions are organised
- Participant practice in viewing parent-child interactions from an attachment perspective:
  - therapeutic process with the parent-infant/child
  - the therapist's role in Watch, Wait, and Wonder
  - practising the process of observation and reflection
- Exploration of problems and issues that arise in Watch, Wait, and Wonder:
  - for the parent
  - for the child
  - for the therapist
- Process: Course of Watch, Wait, and Wonder Using Videotapes and Case Descriptions
- Integrating Watch, Wait, and Wonder into clinical practice
- Watch, Wait, and Wonder – focussing on young children age 8 months to 36 months, with some reference to older children

## Educational goals

- The theoretical underpinnings of Watch Wait and Wonder in attachment theory
- An understanding of the therapeutic techniques that empower the infant in relational psychotherapy
- A comparison of WWW with other common forms of dyadic therapy
- An opportunity to develop skills using Watch Wait and Wonder by practice in viewing parent-child interactions from an attachment perspective
- Exploration of problems and issues that arise in Watch Wait and Wonder for the parent, the child and therapist
- Integration of Watch Wait and Wonder into Clinical settings
- WWW practice will be demonstrated using videotaped sessions and in depth case descriptions

## Location

The workshop is to be held at:

**Bath Royal Literary and Scientific Institution**

16-18 Queen Square, BATH,

Bath and North East Somerset, BA1 2HN

The building is situated on the west side of the square, in the centre of BATH.

[LINK TO STREETMAP](#)



## Watch Wait and Wonder training with Mirek Lojkasek

**Dates** 22 and 23 October 2009 – *full programme details to be confirmed.*

**Venue** Bath Royal Literary and Scientific Institution  
16-18 Queen Square, BATH, Bath and North East Somerset, BA1 2HN

**Refreshments** Tea and coffee breaks, buffet lunch provided.

Special dietary requirements  *please give details*

**Booking details** Please printout and complete the form and return to INCITE with payment.

First name ..... Surname .....

Position ..... Dept/Agency .....

Address .....

..... Postcode .....

Tel ..... Email .....

**Cost** £390 – includes refreshments and lunch and WWW manual.

*£365 early booking price if payment received before 15 August 09*

*Discount of 5% for groups of 5 or more booking together.*

Invoices will be issued only after agreement from INCITE. They will not be issued in the 4 weeks prior to the course.

**Payments** Please make cheques payable to 'Incite Training and Consultation' adding your booking code on the reverse. [PayPal](#) and other methods of payment can be found on the [website](#).

Invoicing may be possible, but must be requested and confirmed via [admin@my-incite.co.uk](mailto:admin@my-incite.co.uk). Places will not be guaranteed until payment is received in full. Accommodation is not included.

**Cancellation** If you are unable to attend we can transfer your place to a colleague from the same organisation at no extra cost (providing we are notified before the day of the conference). Refund schedule: Full refund 60+ days prior to the training event; 50% refund 30+ days prior to the training event. No refunds within 30 days of event. Any refunds will be subject to an administration fee of £50.

Please return this completed form (or a photocopy) to:

**INCITE Training and Consultation**

PO Box 3037, Market Lavington, Devizes, Wiltshire, SN10 4WQ

Enquiries by email to: [admin@my-incite.co.uk](mailto:admin@my-incite.co.uk)





**Mirek Lojkasek, Ph.D., C.Psych.**

Mirek Lojkasek is a psychologist in Private Practice and Research Associate at the Hincks-Dellcrest Centre, and Lecturer in the

Department of Psychiatry, Faculty of Medicine, University of Toronto. Dr. Lojkasek has contributed to conceptualising and refining the practice of Watch, Wait and Wonder (WWW), and has co-authored the manual *Watch, Wait and Wonder: A manual describing a dyadic infant-led approach to problems in infancy and early childhood* (Muir, Lojkasek, & Cohen, 1999). He was also a co-principal investigator in a study which examined the outcome of the WWW model.

Dr. Lojkasek uses Watch, Wait and Wonder in his work with infants, children and their families. He has presented extensively on Watch, Wait and Wonder and other aspects of assessment and treatment of young children and their families, and supervises practitioners from all areas of mental health. Dr. Lojkasek conducts research on early parent-child relationships, attachment, developmental psychopathology, early interventions and psychotherapy.