

## Objectives of the training

The MOSAIC Children and Adolescents specialization module provides the neurophysiological and psychological bases of child and adolescent development, and teaches the MOSAIC protocols adapted to each period of development.

### Day 1: Knowing the developmental characteristics of the baby (0-2 years) and the corresponding MOSAIC protocol

- Presentation of the participants (expectations, internal state)
- General outline of the neurophysiological and psychological development (attachment theory, psycho-affective development...) of children and adolescents.
- Pedagogical principles and materials.
- Importance and structure of the first appointment (systemic, communication mode, type of attachment, psychopathology, ...)
- Assessment and psychotherapeutic strategies.
- Neurophysiological and psychological bases of infant development (0-2 years)
- Explanation of the MOSAIC Babies protocol

### Day 2: Knowing the developmental characteristics of the toddler (2-5 years) and the corresponding MOSAIC protocol

- Questions and answers
- Group exercises on the MOSAIC protocol (2-5 years) (videos, practices)
- Neurophysiological and psychological bases of the development of the toddler.
- Explanation of the MOSAIC Toddler Protocol
- Group exercises on the MOSAIC toddler protocol (videos, practice)

### Day 3: Knowing the developmental characteristics of the child (5-10 years) and the corresponding MOSAIC protocol

- Questions and answers
- Neurophysiological and psychological bases of child development (5-10 years old)
- Explanation of the MOSAIC Child protocol
- Group exercises on the MOSAIC Child protocol (videos, practices)

### Day 4: Knowing the developmental characteristics of the adolescent (11-17 years) and the corresponding MOSAIC protocol

- Questions and answers
- Neurophysiological and psychological bases of adolescent development (11-17 years old)
- Explanation of the MOSAIC Adolescent Protocol
- Group exercises on the MOSAIC Adolescent Protocol (videos, practices)
- Debriefing
- MCQ
- Evaluation of the training

#### TRAINER :

##### Dr Stéphanie KHALFA,

Clinical psychologist, research fellow in Neuroscience trained in systemic therapy

##### Aurélie MILLET

Clinical psychologist, family therapist trained in Theraplay, Emdr children, Sandtray, and ADBB scale practitioner

#### PUBLIC :

This course is aimed at psychiatrists, doctors, psychologists, psychotherapists, nurses, physiotherapists, midwives, specialized educators, social workers, psychopractitioners, coaches, sophrologists, etc.

#### PREREQUIS :

This module requires having completed the MOSAIC therapy module (4 days) and 1 day of supervision.

#### PEDAGOGICAL MEANS :

- Theoretical courses
- Practical exercises with 2 or 3 participants
- Clinical demonstration
- Videos
- Explanations on clinical cases

#### EVALUATION METHODS :

Continuous oral evaluation throughout the course, question and answer time, evaluation questionnaire, MCQ

#### DURATION :

28 hours over 4 days (time slot from 9:30 am to 5:30 pm)

#### RATE :

800.00 €

Face-to-face or residential training according to the dates (see schedule on the website <https://therapiemosaic.com>)