

Attachment and Screens

The intersection of attachment, technology, and well-being

A live webinar broadcast with Dr Emma Woodward



Digital devices have become central to young people's lives, but what happens when they become attachment objects for those who have already experienced trauma, loss, and disrupted caregiving?

Join Dr Emma Woodward, child psychologist, researcher, and international speaker, for an engaging seminar grounded in her influential paper 'Screens and Looked-After Teens'. Drawing on attachment theory and real-world practice, Dr Woodward explores how screens both soothe and strain the lives of vulnerable young people who have had limited opportunities for secure attachment.

This interactive workshop will help you:

- Learn how trauma and insecure attachment styles shape screen use in vulnerable youth
- Recognise both the risks (false self, epistemic mistrust, over-reliance) and opportunities (connection, identity exploration) of screens
- Explore how devices can act as "modern transitional objects" for young people with disrupted attachment histories
- Learn trauma-responsive strategies for supporting carers, educators, and social workers in guiding healthy digital use
- Practice applying strategies that shift focus from reducing screen time to increasing opportunities for safe, relational connection
- Co-create a practical toolkit tailored to your own role and setting

Who would benefit from attending:

Social workers, carers, youth workers, educators, psychologists, and professionals supporting vulnerable young people in New Zealand.



Dr. Emma Woodward is a Child, Educational and Community Psychologist. She completed her Doctorate in Child, Community and Educational Psychology at the Tavistock and Portman NHS Foundation Trust and an Undergraduate degree in Experimental Psychology from the University of Sussex. Now based in Auckland, Emma established the "Child Psychology Service" (a national child psychology practice network) and is a sought after presenter on a range of topics relating to positive psychology. Emma is also a regular guest on network television providing expert comment on issues to do with child and adolescent wellbeing.

Seminar Details:

- 📅 26 November 2025 9:00am - 3:00pm
- 📍 Delivered via Live Webinar (The webinar link will be emailed to you prior to the day)
- 💰 \$280 (incl. GST). Price includes downloadable presentation notes
- ❓ Contact the Compass Seminars team on 06 7591947 or office@compass.ac.nz

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