

# Watch, Wait, and Wonder® Intervention

## Introductory Training

A Dyadic Infant-led Approach to Problems  
in Infancy and Early Childhood

7 – 9 July 2025

with Dr Denise Guy and Sofia Galgut  
Maximum participants 14

This Intervention directly involves the infant in therapy. For half the session the parent is asked to get down on the floor with his/her infant, to observe the activities that their infant introduces, and to interact only when the infant indicates they want the parent to interact. During the second half of the session the parent is asked to talk about what they have observed about their infant's activity, their infant, and their own experiences during the session.

The primary idea is to place the parent in the position of becoming more knowing about their infant. This supports a parent developing their own way of relating and becoming comfortable and confident in their capacity to resolve difficulties in the relationship with their infant. The infant, too, uses play and activity to master difficulties in relation to the parent. Although some parents talk about their early relationships with their own parents, this is not necessary for the therapy to be effective.

The Watch, Wait, and Wonder® intervention research has evidence demonstrating its capacity to improve the child's self-regulation, cognitive development and attachment security, and parent's levels of depression and sense of competency in their parenting.

This intervention is applied to a range of infants and young children with relational, behavioural, regulatory, and developmental difficulties.

It is recommended for clinicians who are working with infants, pre-schoolers, and their families and who preferably [but not necessarily] have psychotherapy experience.

## Goals of the Training

- To provide participants with a basic theoretical and technical foundation in the Watch, Wait, and Wonder® Intervention as researched and manualised.
- Discuss how to create the therapeutic space for the WWW Intervention
- To view film of WWW Intervention case work and, with the training group, be introduced to the process of observing, and reflecting on the dyad's experience and their own experience.
- Discuss how to explore the particular difficulties in the process of following the infant/child, and dyad's lead.
- To address supervision needs for those participants who wish to incorporate the WWW Intervention into their practice fulfilling the recommended standards for independent practice [Lojkasek, Cohen and Muir; 1999]

Participants will be asked to do some filming prior to the course. A copy of the Watch, Wait, and Wonder® Manual will be provided at the training.

### ACKNOWLEDGEMENTS

Pilot Study WWW Intervention: Muir E., Stupples A. and Guy D. [1986-1988] Presented WAIMH Congress, Lugano 1990

Evaluations comparing WWW Intervention and Psychodynamic Parent-Infant Psychotherapy: Before, After and at 6 Months Cohen N., Lojkasek M., Muir E., Muir R., and Parker C.J. [1999 and 2002]

Manual describing the WWW Intervention: Muir E., Lojkasek M. and Cohen N. [1999]

Guy D. and Doherty M. (2024) Watch, Wait, and Wonder in *Psychological Treatment Approaches for Young Children and Their Families*. Edited by Stiefel I., Brand M. & Hanstock T. Australian Academic Press

### Watch, Wait and Wonder Intervention Training

[www.watchwaitwonderdownunder.com](http://www.watchwaitwonderdownunder.com)

[www.watchwaitandwonder.com](http://www.watchwaitandwonder.com)

## Trainers

### Denise Guy ONZM

Dr Denise Guy is a Child and Adolescent Psychiatrist with specialty expertise in Infant and Young Children's Mental Health. She was involved with the Pilot Study of WWW Intervention [1986-7] and has continued clinical use of the intervention since then. She supervises its use in New Zealand and Australia and coordinates training in Australasia.

### Sofia Galgut

Sofia Galgut is a registered Clinical Psychologist, with expertise in Perinatal Mental Health. She is dedicated to supporting families' emotional well-being in all stages of the parenthood journey from pregnancy planning into the early years postpartum. Sofia's experience comes from her many years in community mental health settings, working in both clinical and research capacities in two major public and private hospitals, at a university and in private practice. Sofia is an accredited Watch Wait and Wonder® practitioner and currently works in a perinatal specific private practice based in Victoria, Australia.

## Registration Form

Name: \_\_\_\_\_

Position: \_\_\_\_\_

Work Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Dietary Requirements: \_\_\_\_\_

Email this completed registration form to [incrediblefamiliesnz@gmail.com](mailto:incrediblefamiliesnz@gmail.com)

Cost: NZ dollars.

Three-day training + Manual	\$1,500.00 NZ includes GST 15%
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Watch, Wait, and Wonder® Intervention Training in Australasia is provided by Incredible Families. This Charitable Trust also provides Incredible Years parenting programmes, the Incredible Years Autism programme, and Incredible Beginnings.  
Dr Denise Guy is a Trustee of the Organisation.

### Watch, Wait and Wonder Intervention Training

[www.watchwaitwonderdownunder.com](http://www.watchwaitwonderdownunder.com)  
[www.watchwaitandwonder.com](http://www.watchwaitandwonder.com)

### Payment: Internet Banking Preferred

Internet Banking Account: 38-9005-0654004-00  
Account: Incredible Families  
Specify Transaction: WWW Intro, Name and/or Organisation

Bank Transfer details: Kiwibank Limited, Level 9, 20 Customhouse Quay, Wellington 6011, NZ.  
SWIFT code: KIWINZ22.

11-character SWIFT code: KIWINZ22XXX

**Incredible Families Charitable Trust GST Number**  
93 693 523

### Payment by invoice:

An invoice will be issued on receipt of an official, authorised purchase order.

### Final Registration

The final registration date is 12<sup>th</sup> June 2025.  
The course is limited to 14 participants and your application will be accepted on receipt of course fees.

**General enquiries to Jane Dunbier:** Administrator for Incredible Families [incrediblefamiliesnz@gmail.com](mailto:incrediblefamiliesnz@gmail.com)

### Training enquiries to:

[contact@watchwaitwonderdownunder.com](mailto:contact@watchwaitwonderdownunder.com) or  
[denise.guy@xtra.co.nz](mailto:denise.guy@xtra.co.nz)

### Cancellation Policy:

An administration fee of \$50 NZ will be charged for all cancellations. For a refund, notice of cancellation must be received in writing on or before 23 June 2025. We regret that a refund cannot be offered after the cancellation deadline. If there are insufficient numbers confirmed by 12 June Incredible Families will either, run a shorter course for fewer participants or defer the course to a later date. If the latter, a full refund of fees will be made.

### Times and Location:

The Training will take place at Nunawading Community Hub, 96-106 Springvale Rd, Nunawading, Victoria. The course is fully catered. The days will begin at 9.00am and end at 5pm. Parking is available at the Hub.



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*Supporting loving and secure relationships for all children*  
*He whakapiringa tika hei āhuru mōwai mō ngā tamariki katoa*