UNDERSTANDING TEENAGERS (CPD)

FAMILY LINKS
The Centre for Emotional Health

ONLINE OR FACE-TO-FACE

This 1-day CPD course is for those working with parents of teenagers and/ or teenagers themselves. It provides an opportunity to understand teenage brain development and the adolescent developmental process and consider both risk and resilience. It includes ideas and strategies for professionals working with teenagers and their parents to help them cope with challenging feelings and behaviour and to support young people in an emotionally healthy context. The day brings together the latest understanding from neuroscience and developmental psychology and the principles of The Nurturing Programme.

LEARNING OUTCOMES FOR PROFESSIONALS

- ✓ Reflect upon influence of teenage brain development on behaviour
- ✓ Understood what young people need from parents and other adults
- ✓ Demonstrate an understanding of the concept of risk and resilience
- ✓ Consider how to embed knowledge into practice

RESOURCES

The online and face-to-face training includes a copy of: "Talking Teens: Your Guide to Understanding Teenagers" booklet for parents and the book "Why Won't My Teenager Talk To Me?"

BOOK TRAINING:

CPD CERTIFIED
The CPD Certification Service

£190 face-to-face or £100 online per person
Visit our online training calendar to see training dates and book your place.

£2,200 face-to-face or £1,800 online for teams
For a group of up to 16 face-to-face or up to 20 online. Get in touch to book for find out more.

Prices applicable to training courses delivered on the UK mainland.

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