

# ADOLESCENCE

THE NEUROSCIENCE OF THIS INCREDIBLE  
TRANSITION TIME

UNDERSTANDING  
ADOLESCENCE

IMPROVING  
INTERACTIONS

## Full / Half Day Session

Topics include:

- The neuroscience of the stress response, Red Brain/Green Brain activation
- Why our adolescents live more in their Red Brain, hence being more emotional/moody/withdrawn
- Some of the changes that physically occur in the brain during adolescence, and their behavioural impacts
- What our adolescents' need to assist the transition they are going through

**ENGAGE**   
MORE CONTROL | LESS IMPULSE



Adolescence is a period of transition from dependent child to protective parent. There are so many changes that need to neurologically occur in the brain for this 'upgrade' to happen. This workshop will work through these 'upgrades', the reason for them and the behavioural outcomes.

We will also understand about the emotional 'sandpapering' in the brain that can occur. This may result in increased emotionality, sort of like having a 'two year old' back again – but with a more sophisticated verbal capacity!

Through understanding what is going on, we can become more forgiving and supportive, two factors that will significantly improve the transition for our youth.

You will learn enough to take back specific strategies to your work. These strategies may even be helpful in your own whanau (and even for ourselves...).

The training will be carried out by Kathryn Berkett of ENGAGE. Kathryn has her Masters in Educational Psychology, and has certified as a Neurosequential Model of Therapeutics practitioner with Dr Perry. Kathryn has extensive experience in this area. She has worked and trained in this area for over twenty years, delivering to a variety of organisations including Primary and Secondary Teachers; the Police; Oranga Tamariki; Kindergartens; Parents; Recreation Groups; Mental Health Professionals; and Corporates.