

# Understanding Adolescence – Positive Strategies for Parents



Mon 5th Nov. 2018 | 7:30 - 9:15pm £19  
The Maltings Theatre, St Albans, AL1 3HL  
**BOOK NOW...** <http://www.kestoneworkshops.co.uk>



Adolescence is a developmental stage that takes up 10% of our lifespan that all of us experience, few of us remember, yet might be argued has the greatest impact on our futures. Adolescents often feel misunderstood and frustrated whilst parents feel that everything they ever knew about being a parent is snatched away almost overnight.

The presentation will discuss the challenges of living with young people and invite the audience to think about already successful strategies and consider how thinking about things from the young person's perspective can invite more collaborative conversations. An open, person centred communication style that uses active listening can help people explore and resolve ambivalence about behaviour change and identify strengths abilities and resources.

This approach ensures conversations can end with parents feeling appreciated and adolescents feeling more understood. This will be useful for all members of the family to help motivate young people to stay healthy and keep their lives on track

## **The presentation is for parents, grandparents and carers of children aged 11 to 19 (and beyond)**

Attendees will

- Gain an understanding of the biological, psychological and social task of adolescence
- Consider how these developmental tasks can have an impact on and be impacted by the developmental tasks of being a parent.
- Evaluate current successful strategies that are already being used
- Increase their knowledge and understanding of positive communication approaches
- Evaluate five simple steps used as part of a person centred communication style

### About our speaker

Deborah Christie is Professor of Paediatric and Adolescent Psychology and Consultant clinical psychologist/clinical lead for paediatric and adolescent psychological services at University College London Hospital's NHS Foundation Trust. She is currently President of the Society for Adolescent Health and Medicine and Co-Editor in Chief of Clinical Child Psychology and Psychiatry. She has published over 100 peer reviewed papers and chapters and is co-editor of the bestselling Psychosocial aspects of diabetes in children, adolescents and families.

She has a passion for working with young people searching for ways to live with chronic illness. She is an international presenter and trainer in Adolescent Psychosocial development, motivational and solution focused therapies and works with multidisciplinary teams to help them engage and communicate effectively with children, young people and families living with chronic illness and managing complexity.