

ADOLESCENT BRAIN DEVELOPMENT AND RISK TAKING

Session Purpose:

Advances in medical research are revealing an increasing amount of information about how the adolescent brain changes during this critical and often stressful time of life.

This half-day training examines the reciprocal relationship between biology and behaviour. An understanding of this relationship can often help reduce the frustration when working or living with adolescents and dealing with their sometimes baffling behaviour.

Who Is The Session For?

This class is designed for anybody working, (or perhaps living) with a teenager and who would like a greater understanding of adolescent development and its impact on risky behaviour, including the use of drugs and alcohol.

Seminar Objectives:

- To describe normal physical, cognitive and emotional and social adolescent development
- To understand how normal development may predispose young people to substance misuse
- To understand how substance misuse affects physical, cognitive emotional and social

development

Who Will Facilitate Training:

Mary Smeeth, Young People's Substance Misuse Training Officer. Mary has a BA in English and Education, and an MA in Counselling. She has worked in the mental health field for eleven years, and has worked with adults with mental health problems, as well as adolescents dealing with substance misuse, ADHD, teenage parents and incarcerated youth. Most recently she worked as an in-home family therapist in Arizona, and has taught parenting classes in the USA and the UK.

Dates & Venues:

Wednesday 22 April 2009 – Ipswich. Monday 13 July 2009 - Framlingham. Monday 18 January 2010 - Bury.

Cost and Times:

Course is Free of Charge.

9:00 am to 1:00 pm. Refreshments will be provided.

