

Practical HelpSM FOR PARENTS



Support for Parents of Teens/Pre-Teens, Educators & Mental Health Professionals

Program Description

Understanding Your Middle-School Child

The middle school years present parents with among the most unique and difficult challenges of parenting. Not yet firmly rooted in adolescence and no longer anchored in the relative confidence of grade school, the middle school child is at the center of enormous biological and social changes. Some have a hint, others a holler of these changes from the images reflected in the media and from the changes in their bodies and minds. **In this workshop, you'll learn about the normal and expectable changes of early adolescence and how to translate what pre-teens need to say to us, but often cannot say with words.**

Program Outline

1. What are the middle-schooler's major psychological tasks?
2. What does the most recent research say about middle-school challenges?
3. What does research on brain development tell us about pre-adolescents? What are the myths of brain development research on teens?
4. What are parents facing? Reports from the psychotherapist's office.
5. In their own words: what do middle-schooler's say about themselves and their lives?
6. Communicating Effectively: How to translate what your middle-schooler says and does into something you can work with
7. The Five Basics of Parenting Pre-Teens
8. Additional Steps and Resources
9. Questions and Discussion

Options and Fees*

All workshops prices include bibliographies, copies of presentation and ancillary materials such as research articles and more in-depth treatment of material presented. Minimum prices are listed; prices may vary depending upon participant numbers.

1-Hour Presentation or Keynote: \$400

2-Hour Workshop or Staff Training: \$750

Half-day Workshop or Staff Training (3.5 Contact Hours): \$1250

Full-day Workshop (6.5 Contact Hours): \$2250

**A 15% discount is available for non-profit organizations*

Michael is approved by the Board of Behavioral Sciences as a Continuing Education Provider (PCE #3451) for Marriage & Family Therapists in the State of California.

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