

# UNDERSTANDING TEENAGERS (CPD)



HOME OF FAMILY LINKS

## ONLINE OR FACE-TO-FACE

This 1-day CPD course is for those working with parents of teenagers and/or working with teenagers. 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 training includes a copy of the book “Why Won't My Teenager Talk To Me?” for each trainee.

### BOOK TRAINING:

**£110 per person online**

Visit our [online training calendar](#) to see training dates around the country and book your place.

**£2,200 face-to-face or £1,800 online for teams**

For a group of up to 20 practitioners. To find out more or to discuss booking a team training, please [get in touch](#).

Prices applicable to training courses delivered on the UK mainland.



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