

Parenting Teenagers: 13 -18 Years

Workshop outline

If you are a parent of a teenager, have a child entering this often tumultuous stage, or are simply interested in why teenagers behave the way they do, then this workshop is for you. Gain an insight into the workings of a teenager's mind and develop strategies to encourage positive interactions. Learn the importance of balancing the need to let go and the increasing influence of peers whilst at the same time setting boundaries and maintaining the family bond.

The workshop will cover the following areas:

Emotional development – Through learning about how a teenager develops psychologically, participants can gain an insight into how to manage their expectations effectively especially around issues such as independence versus boundaries and peer influence versus parental involvement.

Communicating with your teenager – How you talk and listen to your teenager will affect the way they behave, how you interact as a family, how conflict is dealt with, sibling rivalry, peer influence, school work and much more. Giving and receiving feedback is a practical process that can be learnt to make communication so much easier at this often difficult stage.

Managing family stress – Explore subconscious processes such as perceptions, beliefs, expectations, habits, values, feelings and self-talk. Look at how these interact with a teenager's developing sense of self, peer influence and core family values.

Participants will receive a workbook with the content of the workshop as well as tip sheets on topics, such as aggression, back-chatting, friends, gender rules, listening, lying, motivation, personality, TV/screen time, and much more.

In addition, good books for teenagers will be recommended, providing useful tools to help teenagers manage the myriad of social/emotional issues at their level. A list of helpful telephone numbers and websites for parents and carers will also be included and cover areas, such as safe use of the internet, schoolies and depression.

Feedback from past participants:

For 2006 and 2007, almost 100% of participants across all workshops rated the parenting programs as good/excellent. Here's what some of them said.

"I loved how animated the facilitator was in acting out scenarios." Manchester Unity, Sydney

"Good ideas and techniques to think about and work on." KPMG, Sydney

"Excellent presentation. Quality presenters and informal setting." CBA, Sydney

"All of the content was invaluable today." Ernst and Young, Adelaide

"The information reinforced the importance of being positive." IAG, Brisbane

"It gave great examples of good parenting and raises awareness of oneself and how to shape the future of my child." KPMG, Canberra

About the Life Institute of Family Education and its Presenters:

LIFE was founded by Dr Julie Rosengren to provide parents, teachers and carers with learning and support in the psychology of cultivating healthy family relationships and raising emotionally healthy children. LIFE has been delivering parenting and caring seminars to corporate, community and educational forums since 1999 and consulting on family issues since 1994.

Dr Julie Rosengren is a Consultant, Writer and Educator in Psychology with 20 years experience across a range of industries. She is the mother of three children, and is from a family of 11. Julie developed the parenting and caring seminars based on her doctoral research in emotional intelligence, her experience as a working mother and carer, and her love for literature and play for people of all ages.

Professional Qualifications: BA (Sydney), G. Dip. Education (Murdoch), MSc. Management (Oxford), Ed. D (Murdoch)

Diane Neve is an Organisational Psychologist who has specialised in the area of Training and Development for over 20 years. Diane has two daughters and her experiences as a mum have helped her consolidate and transform the psychological theory she has worked with into a clear understanding of the challenges that parents face in day to day life.

Professional Qualifications: BA hons (UQ), GDip (USQ)

Julia Brierley is a Consultant, Coach and Educator, who has combined a successful international career in the corporate sector with further studies in psychology and counselling. Julia is the mother of three girls. Her special interests include cross cultural relationships, developing resiliency in children and the challenges faced by working parents.

Professional Qualifications: BA Hons (Bristol); BSc Psych (Macquarie); G. Dip. Counselling/Psychotherapy (JNI)

Rita Princi is a Registered Psychologist working in a private practice in North Adelaide, SA. She works with children, adolescents and adults individually, as well as running self-esteem groups for children and parents, and parenting programs for ante-natal and post-natal groups. She conducts workshops on children's issues for teacher and parent groups, provides counselling as part of Employee Assistance Programs and intellectual, academic and career guidance assessments. Rita is the mother of two adult sons.

Professional Qualifications: B Psych Hons (Flinders), M Psych Clin (Flinders)

Peter Tryon is a Registered Psychologist based in Sydney working in an educational setting and in private practice. He works with children 0-18, both individually and in groups. Peter conducts workshops for parents on a wide range of issues relating to children, in particular, parenting issues and skills. Peter is especially interested in motivational issues, stress, anxiety and depression in children of all ages. With his wife, Christine, he has three daughters and four beautiful grandchildren.

Professional qualifications: BA (Canty); DipEd (Canty); MLitt (Psych)(UNE); Med (Counselling Psychology) (UWS); MAPS (Assoc).

Christine Tryon is a New Zealand trained registered nurse with thirty five years experience in nursing fields of oncology, geriatrics and palliative care, in both Australia and New Zealand. She has worked in public health systems, private hospitals, hospices and patient's own homes. Currently Chris is working as a private nursing consultant in the Eastern Suburbs in Sydney. She is married to Peter, a registered psychologist who also works as a consultant for LIFE, and has three daughters and four grandchildren.

Professional Qualifications: Bachelor of Psychology (Hons), Assoc. MAPS.

Alison Brown is a Registered Psychologist in Melbourne, an experienced teacher and a parent of two daughters. In providing group programs for children, she brings experience from both an educational and psychological background. Having taught for seven years, and worked as a school psychologist, she has first-hand experience in recognising and catering for the social, emotional, academic, and organisational needs of students. Alison runs a private practice in Melbourne, working particularly in the areas of parenting, counselling and gifted children.

Professional qualifications: Grad Dip (Psych), B. Ed. (Psych), Dip. Teaching (Primary)

Annette Mutimer is a Registered Psychologist working in private practice in the northern suburbs of Melbourne. She specialises in working with children and adolescents and visits schools regularly to assist with behaviour management. Annette's PhD thesis is looking at resilience and young children. Annette is married with two children.

Professional qualifications: BEd (Melb), Grad Dip Spec. Ed. (Melb), Post Grad Dip Psych (Monash), M Psych (RMIT)

Heidi Hibberd (LIFE's Artist) is an illustrator and art director who has worked in magazines, advertising and graphic design. She has sold and published many paintings and designs. Heidi and her husband Pete won the Fairfax, Young Creative Award and represented Australia at the Cannes Advertising Festival in 2004. Heidi has received many more awards for her extraordinary and contemporary work. She is also an award winning musician, song writer and singer and has released an album, Stars and Streetlights. She is from a large family of 9 children, and she and her husband, Pete, have a son named Sol.