

ADOLESCENCE: THE STORMY DECADE

WITH
DR. RON CLAVIER

Crescent School is pleased to present renowned clinical psychologist and neuroscientist Dr. Ron Clavier, author of "Teen Brain, Teen Mind", In a comprehensive 4-part mini-course Wednesday evenings, March 24 – April 14, 2010 In The Creative Learning Centre.

TEEN BRAIN TEEN MIND

What Parents Need to Know to
Survive the Adolescent Years

SECOND EDITION



DR. RON CLAVIER

NOW UPDATED WITH CURRENT SCIENTIFIC RESEARCH

"Let's get something straight right from the start: Parenting teenagers is a tough business. You want to protect your kids and help them, but you don't understand them. What goes on in their brains is beyond you."

-Dr. Ron Clavier

Please complete the attached registration form if you are interested in these sessions.



Date

Session Topic

March 24 I Brain Development, Rules, and Limits

The development of abstract cognition and the establishment of the adolescent belief system. The struggle for independence and the need for teenagers to accept responsibility for the consequences of their behaviour. Parental responsibility in setting boundaries and limits. The development of social competence and empathy. Declining parental authority. Morality and ethics. The search for identity.

March 31 II Relationships, Sexuality, and Bullying

The neurological events leading to cognitive as well as physical changes of puberty. Friendship and peer influence. The emergence of heterosexual relationships. Emotionally safe sex. The role of parents in the modeling of attitudes about intimacy, commitment, passion, and sensuality. Some of the biological differences between male and female brains as this relates to learning.

April 7 III Adolescent Motivation

Teenagers often appear to be unmotivated or undermotivated. This sometimes accompanies moodiness and the appearance of alienation from friends and family. The clinical substrates and normal limits of this sort of reaction are discussed.

April 14 IV Alcohol and Other Drugs

Antecedents of abuse; warning signals; review of the psychological and physical effects, including the harmful effects. Coping techniques for parents.

What is the Purpose of this Course?

Psychologists have called adolescence “The Stormy Decade” because of the many difficult issues that face young people and their families during these years.

Parents, in particular, often feel under-qualified in responding to their children’s behaviour with effective guidance and fair limits. Usually, this reflects their need to familiarize themselves with the normal range of adolescent reactions.

Each session, devoted to a specific area of adolescent development, will include a lecture focusing on research and clinical cases; small group discussions; and an open forum, which draws on the collective experience of the participants. Thus, the goals will be to provide practical support and constructive suggestions for effective parenting.

Who is Dr. Clavier?

Dr. Clavier is a Clinical Psychologist with a background in Neuroscience. In addition to his private practice, he consults in the corporate, community, health and educational sectors. He is the author of “**Teen Brain, Teen Mind: What Parents Need To Know \ To Survive The Adolescent Years**”.

Dr. Clavier has spoken to students, parents and staff at several of Toronto’s independent schools on topics such as adolescent development, family communication, teenage sexuality, and drug and alcohol awareness.



WHAT IS THE COST OF THE SERIES?

It will cost you \$180 *per person* or \$300 *per couple* to attend the full series of 4 sessions.

HOW DO I SIGN UP?

To register, please fill out the form below and mail or FAX to:

Dr. Ronald M. Clavier
Suite 206
1246 Yonge Street
Toronto, ON
M4T 1W5
PHONE (416) 489-0300
FAX (416) 489-0301

Please include a cheque for the full amount made payable to:
Dr. R. M. Clavier

Please return by March 1, 2010

Name: _____

Address: _____

Postal Code: _____ Email: _____

Phone: Day: _____ Evening: _____

*please **do not** return this form to Crescent School*



CRESCENT SCHOOL

invites you to attend

DR. RONALD M. CLAVIER

**ADOLESCENCE:
THE STORMY DECADE**

**A Practical and Comprehensive
Adult Education Course
for parents of teens and pre-teens**

**Wednesday evenings
Winter Term
7:30 - 10:00 pm
at Crescent School
2365 Bayview Avenue**