

Tuning in to Teens



THE UNIVERSITY OF
MELBOURNE

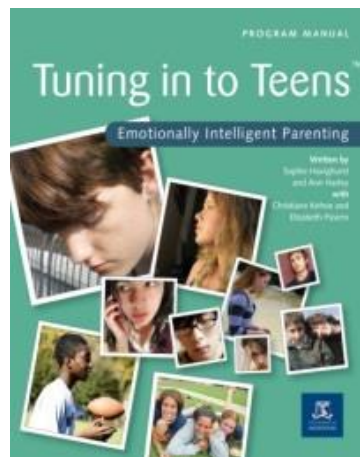
OSLO June, 3rd and 4th, 2019

TUNING IN TO TEENS™
Emotionally Intelligent Parenting

0900-1600

WHAT IS INCLUDED IN THE PROGRAM MANUAL?

Tuning in to Teens is formatted as a six-session weekly program with a structured manual for group facilitators to follow.



The manual includes a range of resources including comprehensive background information, session plans, session notes, printed and electronic versions of parent handouts and a DVD demonstrating the parenting skills with families from a range of cultural backgrounds.

Tuning in to Teens covers key skills using direct teaching, demonstration, small group exercises, role plays and group discussion. The manual is a complete kit for use in both clinical and community settings.

Registration cost: NOK 7000

Tuning in to Teens is an extension of the Tuning in to Kids parenting program focusing on adolescence. Tuning in to Teens targets specific skills of emotion awareness, acceptance and coaching and incorporates self-care and mindfulness. It presents parents with additional material on adolescent development and the changes and challenges that this age and stage bring to family life. The program meets a significant gap in available interventions for parents/carers of teens. In the efficacy trial, parents reported improvements in their emotion awareness and regulation, including depression and anxiety. Improvements in parenting and reductions in family conflict and youth externalising and internalising difficulties, were also reported by both parents and youth.

Facilitator certificates for Tuning in to Teens will be presented at the conclusion of each training.

NOTE: THIS TRAINING WILL BE SUBJECT TO SUFFICIENT ENROLMENT NUMBERS

Workshop held at the Citybox hotel Oslo, Prinsensgate 6.



For registration please contact us at: post@tidlig-innsats.no or by phone to Hanne, +47 906 26690.