



Blackfort

Adolescent Gestalt Institute

SEMINAR FOR PARENTS

One Day Seminar

Understanding and Influencing Your Adolescent (ages 11-20 years)

Today's generation of adolescents are growing up in a global culture of indulgence and distraction. The teenage world is highly sexualised, poorly boundaried and very challenging for a young mind to negotiate with conscious competence. Parenting has become more complex. Many experience the dilemma that their children's primary relationship in the world is with a smartphone. The implications of young people being immersed in technology before their sense of self has had a chance to form are concerning. In addition, the incidence of anxiety, self-harm, depression, eating disorders etc. during adolescence continues to increase at an alarming rate, as the pressures of modern life encroach for our younger generation.

Understandably, now more than ever, adolescence can be an anxious time for parents. This presentation will explore the modern teenager's mindset and will provide vital strategies for parenting your son or daughter in a manner which will enable you to maintain open and meaningful communication with your child and continue to positively influence his/her behaviour and choices throughout the teenage years.

About The Presenter:

Bronagh Starrs is Founder & Director of Blackfort Adolescent Gestalt Institute and Programme Director for the MSC Adolescent Psychotherapy in Dublin Counselling & Therapy Centre. She maintains a private practice in Omagh, Northern Ireland, as a psychotherapist, clinical supervisor, writer and trainer, specialising in working with adolescents. Bronagh is an adolescent development specialist and has considerable experience teaching and presenting throughout Ireland and internationally on the developmental implication of trauma on the adolescent journey. She has authored numerous articles and chapters on the subject. Her new book on adolescent psychotherapy will be published this year.

Dates: Saturday 26th May 2018

Time: 10am – 3pm

Venue: Knock Counselling
Centre, Co. Mayo

Fee: €80

**For information and booking
please email Bronagh:
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