A photograph of three teenagers standing on a dark, rocky peak. They are silhouetted against a vibrant sunset sky with streaks of orange, pink, and blue. The teenagers have their arms raised in a celebratory gesture. The title text is overlaid on the lower half of the image.

Why Do They Do That?

The Teen Brain & TeenSpeak

Part I

Kate McCauley, MEd, LCSW
O'Connell Mental Health Symposium
11 February 2017

The Old and The New

- Jean Piaget
- Erik Erikson
- Dan Siegel
- Frances Jensen

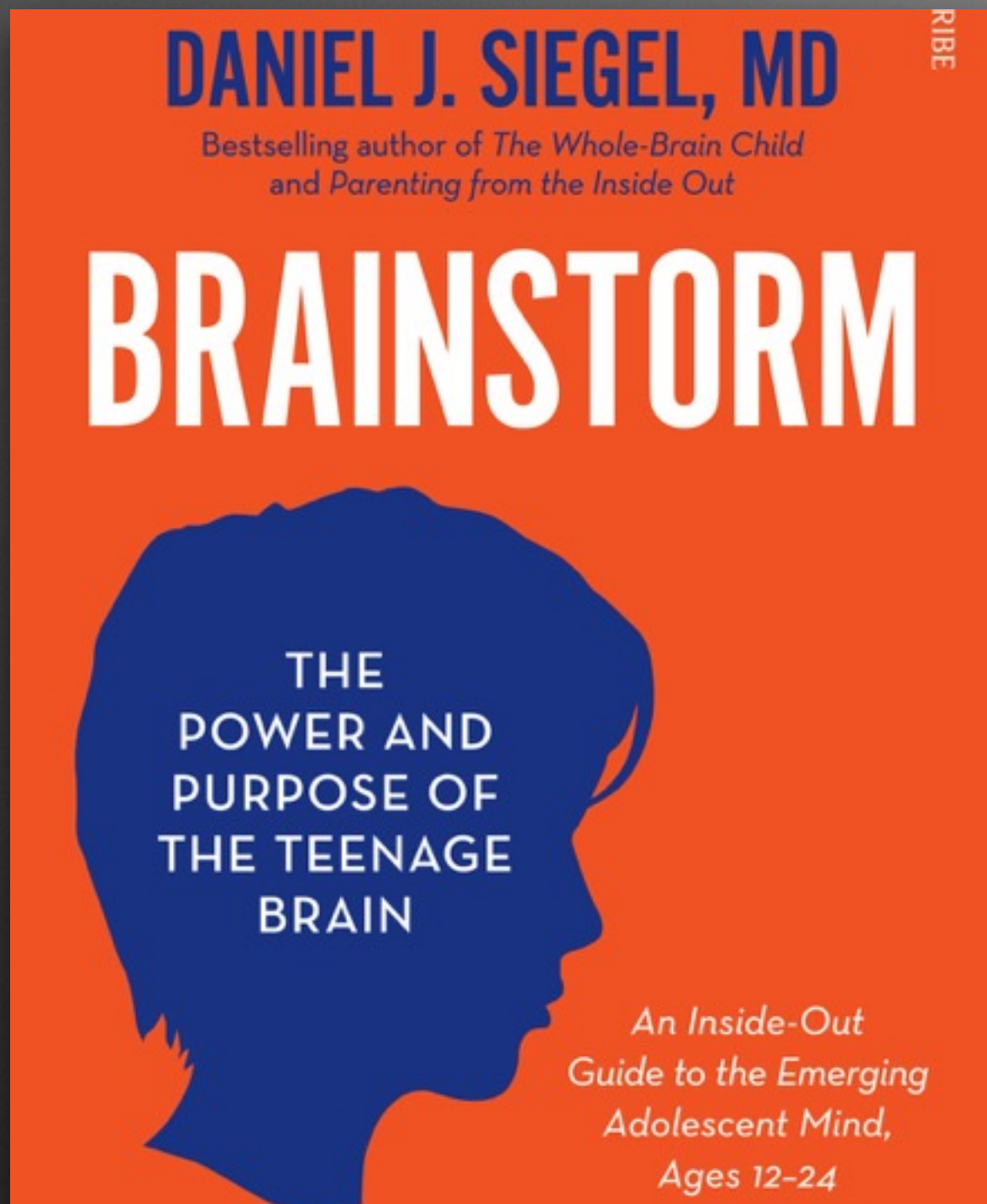


Jean Piaget

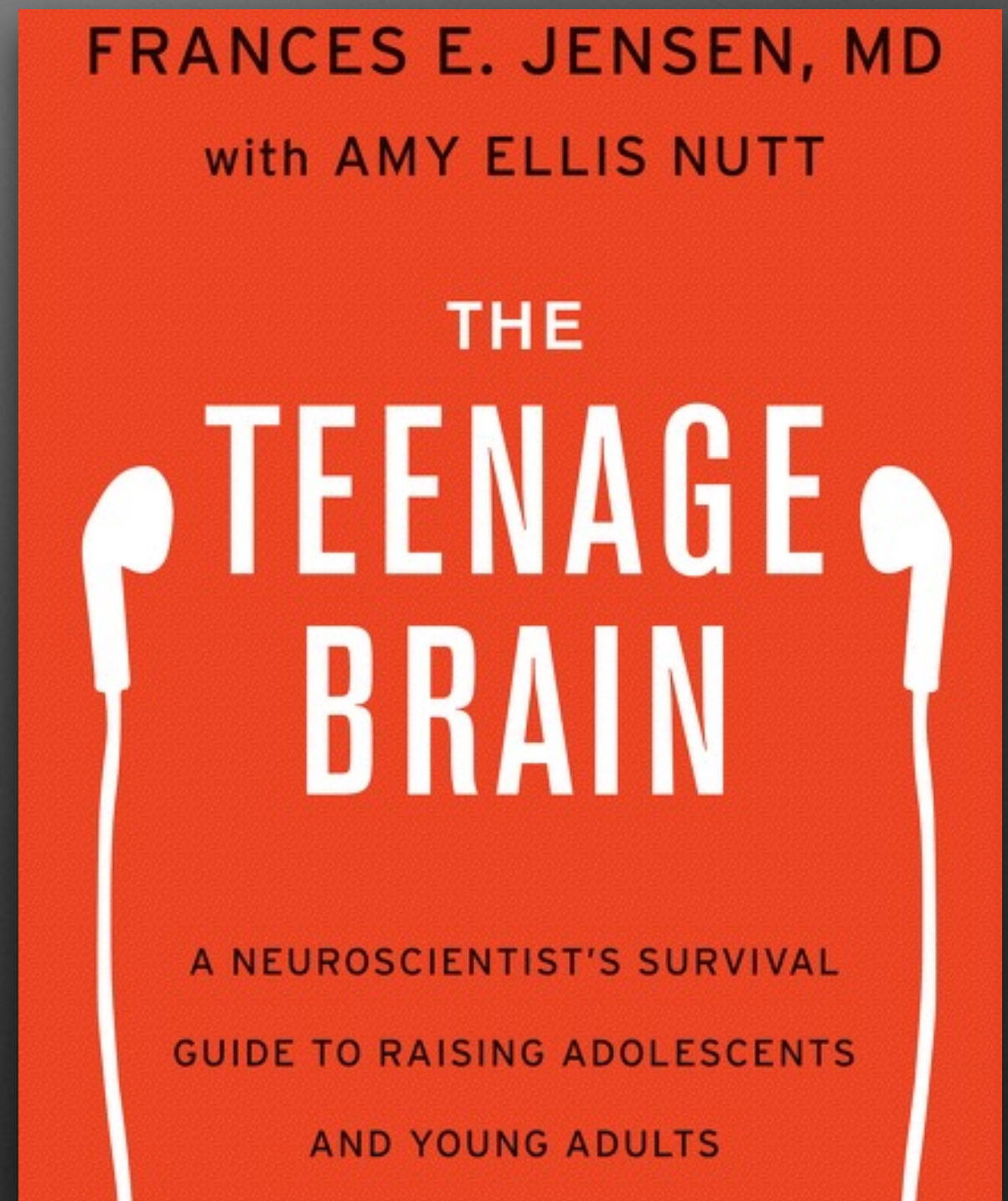


Joan & Eric Ericson

Dan Siegel

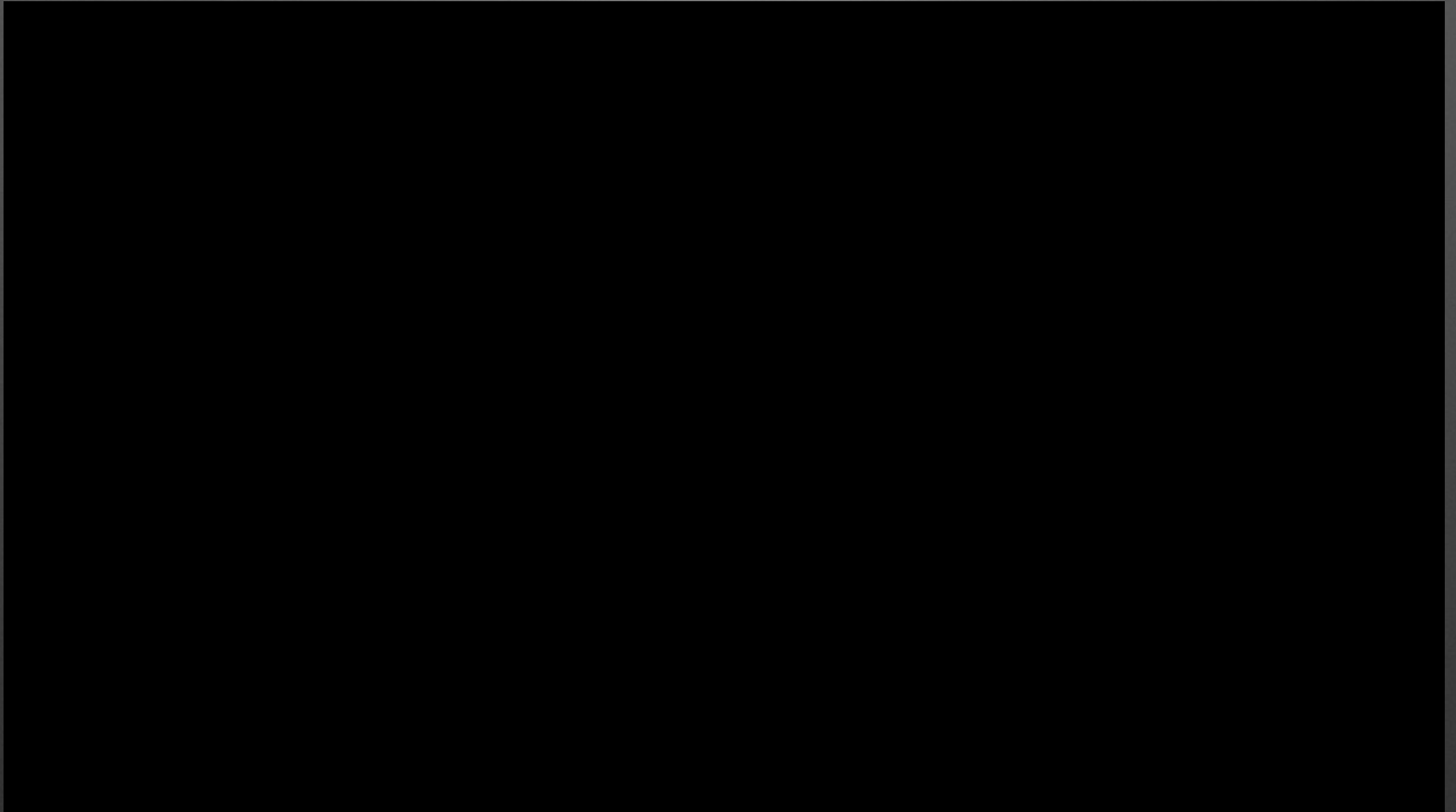


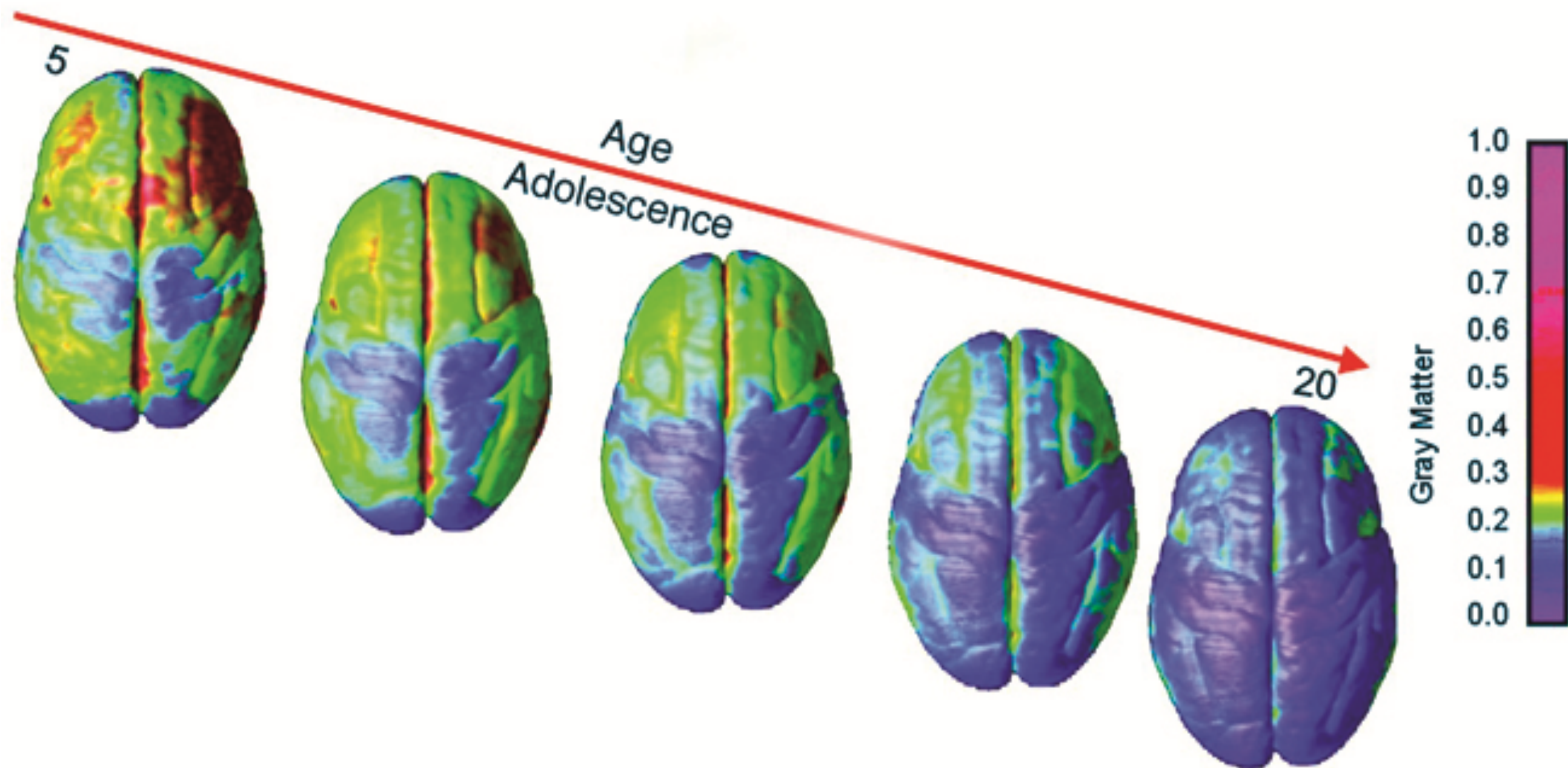
Frances Jensen



Dan Siegel's Hand Model of the Brain

See on-line resources for link





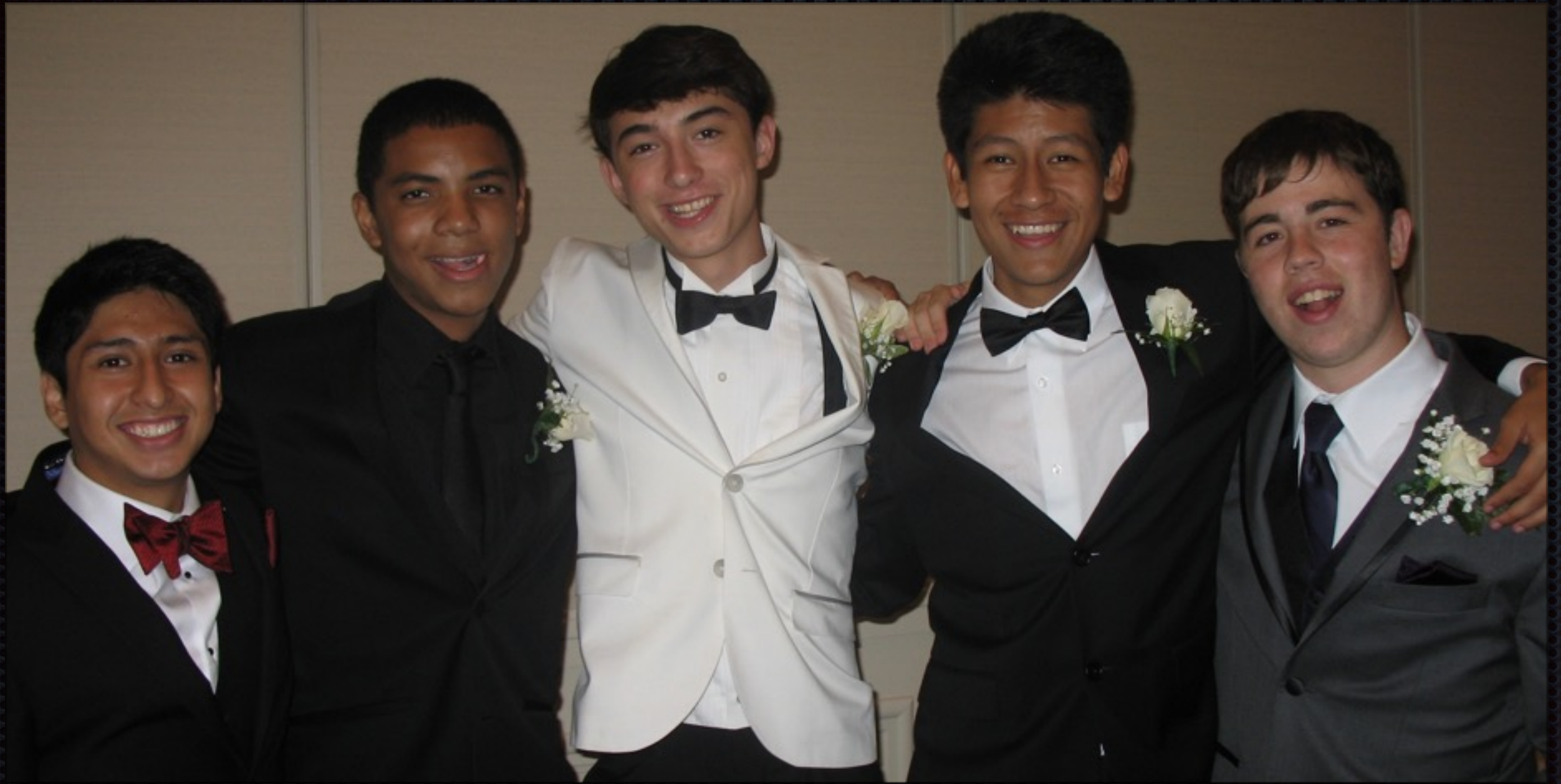
**Adolescence is a time
where the world is**

Uncertain

Uncomfortable

Unfamiliar

Unsafe



Four Tasks

To stand out
To fit in
To measure up
To take hold

Five Questions

Who am I?

What's My Role in the World?

Am I Normal?

Am I Lovable?

Am I Competent?

Benefits & Challenges

ESSENCE of Adolescence

Dan Siegel

E-motional S-park

S-ocial E-ngagement

N-ovelty

C-reative

E-xploration



**Emotional Spark/
Intensity**



Social Engagement



Novelty seeking

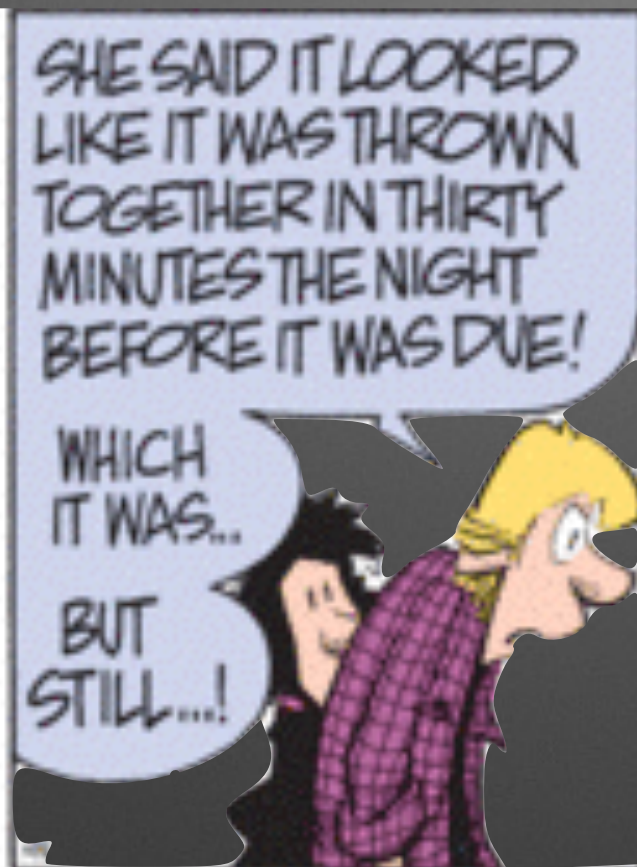


Creative Exploration

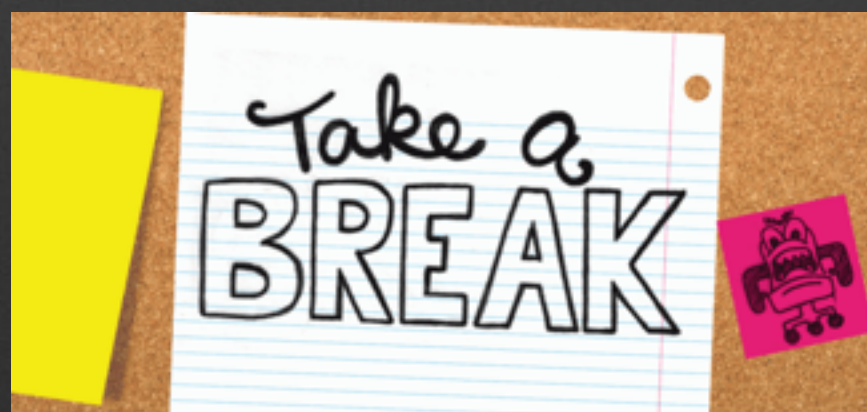
Brain Neuroplasticity


See on-line resources for link





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A photograph of three teenagers standing on the peak of a large, dark rock. They are silhouetted against a vibrant sunset sky with streaks of orange, pink, and blue. The teenagers have their arms raised in a celebratory gesture. The title text is overlaid on the lower half of the image.

Why Do They Do That? The Teen Brain & TeenSpeak

Part 2

Kate McCauley, MEd, LCSW
O'Connell Mental Health Symposium
11 February 2017



Translating Teen

- *You Don't Trust Me*
- *You're Embarrassing Me*
- *None of the other parents do that*
- *Whatever*
- *I don't care*
- *My teacher hates me*
- *I hate you*

5 Tips for Peace at Home

Make Time

Listen Without Judgment

Acknowledge Feelings

Praise with Positive Encouragement

Support with Boundaries and Expectations
(Love and Limits)

What teens will never
be able to answer

What were you thinking?



Love

Limits

Love

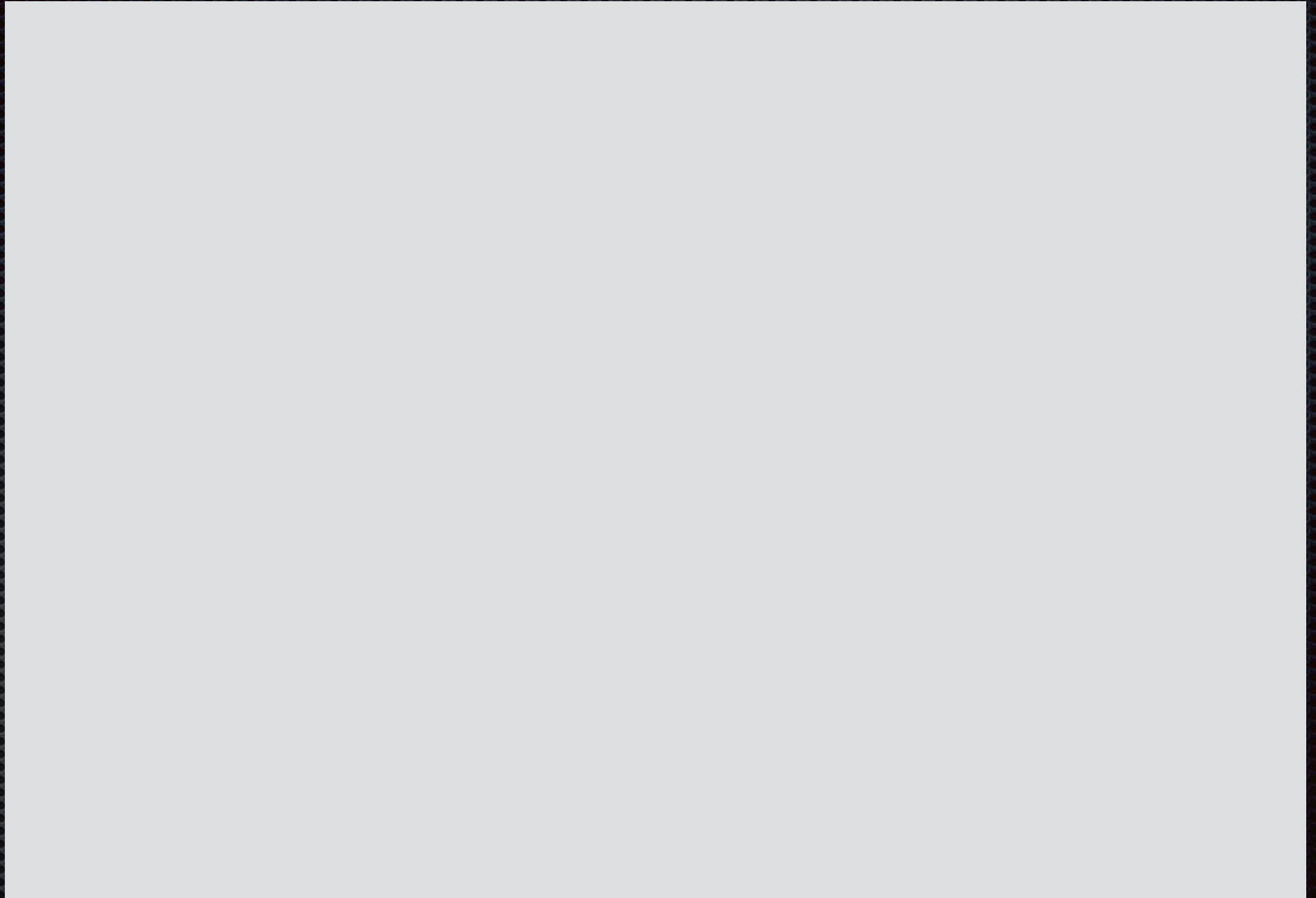
Yes

No

No

Yes

Limits



Love

Yes

No

No

Yes

Limits

permissive

Love

Yes

No

No

Limits

Yes

permissive

Authoritarian

Love

Yes

No

No

Permissive

Neglectful

Yes

Authoritarian

Limits

Love

Yes

No

No

Permissive

Neglectful

Yes

Authoritarian

Authentic

Limits

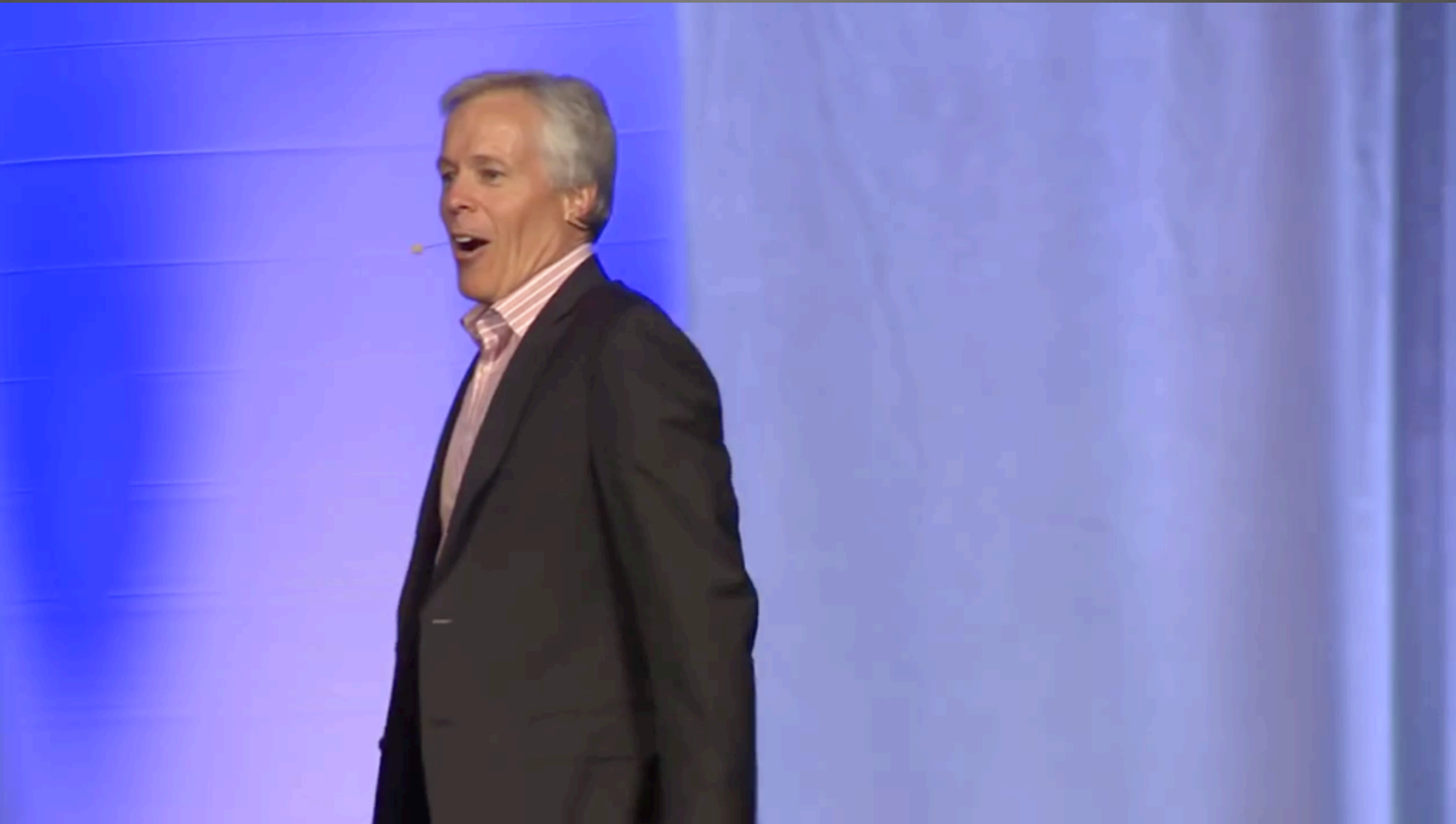
Accountability
Joseph Grenny
See on-line resources for link

THE **BIG** IDEAS

JOSEPH GRENNY

Accountability

Joseph Grenny



Accountability

Joseph Grenny



Accountability

Joseph Grenny

When we feel safe,
we embrace the truth.

Accountability

Joseph Grenny



Questions?



On-Line Resources

- **Dan Siegel — Hand Model of the Brain** <https://www.youtube.com/watch?v=gm9CIJ74Oxw>
- **Dan Siegel — Name It to Tame It** <https://www.youtube.com/watch?v=ZcDLzppD4Jc>
- **Dan Siegel — Connecting to Calm** https://www.youtube.com/watch?v=aV3hp_eaoiE
- **Frances Jensen — Teen Brain & Neural Plasticity (start around 12 minutes)** <https://www.youtube.com/watch?v=nifyZFuJdi8>
- **Frances Jensen — Teen Brain** <http://www.npr.org/templates/story/story.php?storyId=124119468>
- **Frances Jensen — Why Teens are impulsive and Addiction Prone** <http://www.npr.org/sections/health-shots/2015/01/28/381622350/why-teens-are-impulsive-addiction-prone-and-should-protect-their-brains>
- **Joseph Grenny — How to Hold Teens Accountable — Don't!**
- **Using Brain Science To Understand The Terrible Teens** <http://thedianerehmsshow.org/shows/2015-09-09/using-brain-science-to-understand-the-terrible-teens>

www.StrengthenConnections.org

www.CenterForParentsAndTeens.com

Arlington's READY Coalition

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