

THE TEENAGE BRAIN AND YOU

A PROGRAM FOR PARENTS AND TEACHERS

With Dr. Steven Krugman

- Learn what the new neuroscience of the changing teenage brain tells us about adolescent behaviors and attitudes.
- What are the implications for communication, learning, risk taking, and family wellbeing.
- Understand what these changes mean for parenting teenagers and keeping them safe.

The program is built around a Tour of the Teenage Brain. We will examine the changes that puberty brings, what science thinks they mean, and what they imply for parenting and education. I will offer a perspective that parents will find useful when dealing with the challenges teens present as they grow and mature. We will use key brain facts to think about these challenges and the best responses.

Dr. Krugman is a Boston area clinical psychologist, coach, and teacher. He has taught in the Department of Psychiatry at Massachusetts General Hospital and teaches in the continuing education program at the Massachusetts School of Professional Psychology.

CONTACT:

Email: stevenkrugman@gmail.com

Phone: 617-332-4306

Web: <http://stevenkrugman.com>