Brainstorm: How We Can Best Support the Power and Purpose of the Teenage Brain

Featuring Dr. Dan Siegel

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THE MYTHS, BENEFITS AND CHALLENGES OF ADOLESCENCE

1. Increased emotional intensity
2. Social engagement
3. Novelty seeking
4. Creative exploration

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ESSENCE OF ADOLESCENCE

E-motional
S-park
S-social
E-ngagement
N-ovelty
C-reative
E-xploration

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Insight
Empathy
Integration
THE BRAIN IN THE PALM OF YOUR HAND

Place your thumb in the middle of your palm as in this figure.

Now fold your fingers over your thumb as the cortex is folded over the limbic areas of the brain.
SIFTING THE MIND

S-ensing
I-mages
F-feelings
T-houghts

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“NAME IT TO TAME IT”

I feel pressured.

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THE RIVER OF INTEGRATION
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- F-LEXIBLE
- A-DAPTIVE
- C-OHERENT (RESILIENT OVER TIME)
- E-NERGIZED
- S-TABLE (RELIABLE)
THE WAYS WE ATTACH

Safe

Seen

Soothed

Secure

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Interpersonal Neurobiology

C urious
O  pen
A ccepting
L oving