



Workshops Ideas from REVOY

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Helping the Female Adolescent Brain Recover from Trauma

Victims of trauma can be any age, but helping them recover should be age and brain development appropriate. Join MaryAdele Revoy, an experienced Adolescent Development Educator, in an exploration of baby brain development and the effects early childhood trauma may leave on the developing brain. Through an interactive activity participants will learn information on the developing adolescent brain with a focus on the prefrontal cortex – the part of the brain involved in higher level thinking and cognitive development. In addition, MaryAdele will provide an examination of how the impact of trauma can be exhibited in delinquency behaviors and self-destructive coping mechanisms that can alter the developing brain. Finally, the audience will have a chance to match the natural skills and tendencies of the female brain to the success of support programs and intervention methods. This is a “must be there” workshop for people working with adolescents.

The Strengths and the Sacredness of the Female Brain

The female and male brains are similar in many ways, but it is the differences that help women recover from trauma. MaryAdele Revoy, an experienced Adolescent Development Educator, explores the popular stereotypes that women are more emotional, talkative, and gossipy in their relationships to brain differences. While the stereotypes may be true to some degree, they are intertwined with positive skills that make the female brain a strong asset in the recovery journey. Using science, teachings of the Native American culture, and interactive activities, participants will have a chance to examine the notion of honoring women by honoring the skills and sacredness of their brains.