



Trainings & Workshops offered by REVOY

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P.R.O.M. A MULTIFACETED SERIES ON ADOLESCENT BRAIN DEVELOPMENT

LET'S GET THIS PARTY STARTED!

Topics include: Basics of early brain development and parts of the brain; differences in the male and female brain; Overview of Dr. Bruce Perry's work on abuse, trauma & neglect in the early years; Development of attachment – secure and insecure; The brain's plasticity and potential.

WHO IS THAT GORGEOUS BRAIN IN THE MIRROR?

Topics include: Basics of adolescent brain development including the importance of the prefrontal cortex; The relationship between puberty and adolescent brain development, including the flood of hormones; Information on the development of Self and being egocentric.

PARTY CRASHERS

Topics include: Relationship between hormones, puberty, and neurotransmitters; Overview of mental health issues that could possibly start during adolescence; Working with the moody adolescent – both girls AND BOYS; More detailed Information on the differences between and similarities of the female brain and the male brain.

SHOULD I GO OR NOT GO? WITH A TWIST OF RISK

Topics include: Cognitive development in adolescence and how they think; The brain's reward system and the increase in dopamine; The role of emotions affecting thinking; The impact of peer pressure and what the research says about overcoming it; The creation of positive thinking by recognizing and building on strengths.

WHO SPIKED THE PUNCH?!?

Topics include: Effects of alcohol and other drugs on the developing adolescent brain; What do these effects mean for future development; Use of strength-based practices as part of treatment and prevention; Full day event includes information on cognition, the power of peer pressure, and the story "Waiting for My Brother To Die" - a powerful tale of what 30+ years of drinking and drugging can do to a once troubled teen.

DANCING WITH MY IPOD - EVERYBODY'S DOING IT!

Topics include: The developing technological brain and what research says about how it is different; The use of social networking as stimulation and a reward; The development of friendships and romantic interests in a world of Facebook, MySpace and Twitter.

DON'T LAUGH AT THE WAY THEY DANCE

Topics include: Newest research on the development of empathy, social consciousness, and moral decision making; Relationship of egocentrism to a larger community perspective; The role of volunteering and service learning in developing social consciousness; Half day includes a deeper examination of the newest research on the use of technology and lack of empathy.

DATING VIOLENCE

Teenagers are going to date. It is part of human development, and certainly for most people part of adolescent development when we begin to crave the presence of someone who "gets us." This idea of true love and being passionate in a relationship is what adolescent dating is all about. But dating is being redefined in this age of technology. This seminar looks at the dynamics of dating violence in a world where teens begin to date "on-line" and interpersonal social skills are being replaced with webcams and text messages.

Adult Seminar – 3 hours in length

An educational seminar for advocates, teachers, social workers, parents, church leaders and interested community members on the basics of adolescent brain development and the dynamics of teen dating violence. Participants will receive information that will help them understand and relate to developing adolescents. Topics include: early brain development; basics of adolescent brain development; changes during puberty; thinking areas still developing; the power of emotions; adolescents interest in risky behaviors & passion; the dynamics of dating violence and the intersection with brain development. Depending on the audience, specific information can be added regarding identifying possible victims and aggressors, helping victims and working with aggressors, and how to talk to daughters and sons about healthy dating relationships. Participants will receive a packet of handouts and worksheets that they can share with the teens their work with or with their own children.

BRAINWAVES: Loving Your Brain and the Way You Date [Youth Workshop – 2 hours in length]

A fun and educational workshop for teenagers on the basics of adolescent brain development and the dynamics of teen dating violence. Participants will learn how their brain is developing through the teen years and how they can make it a healthy process. The youth will also look at their current dating practices or how they would like to date when they start dating. Participants will have a chance to identify healthy boundaries, ways to become assertive instead of aggressive, and discuss the rights and responsibilities they have in a dating relationship. A jeopardy style game, DATER, will facilitate what they have learned. Finally, participants will receive a packet of handouts and worksheets that they can share with their friends.

REACH & TEACH ADOLESCENT MOMS

This is a great workshop for anyone who works with or cares about pregnant teens. Participants will learn the basics of adolescent development and the importance of the prefrontal cortex—the thinking part of the brain. Additional information on the relationship between puberty and brain development will be provided along with research on the very powerful emotional system and the natural urges of the risk-reward circuit. In addition, information on the latest statistics on adolescent moms in Wisconsin compared to the nation will be provided. Special emphasis will be placed on the challenges that this population may be facing do to their age and stage of brain development. Finally, participants will discuss certain activities and practical ways to apply this information with the teen moms that they work with. Specifically, through the use of two case studies, participants will discuss how they can teach teen moms about the importance of brain development in their babies.