



Secrets of the Teen Brain: Managing and Handling the Teenage Years with Dr. Greg Lester

Training Description

We now have several decades of research into the brain neurology that underlies adolescence, and we have learned that the way adolescents are is the direct result of specific and unique changes in brain wiring that is not seen in any other period of life. At least a dozen different brain systems are involved in children becoming adolescents, and their brains are neither child brains nor adult brains. As a result, successfully handling teenagers requires altering one's approach to appropriately address to the unique brain wiring that creates the seemingly chaotic, over-reactive, and often oppositional behavior of teenagers.

Learning Objectives

Participants will be able to:

- Describe four specific changes in the brain that produce the adolescent state;
- Describe nine areas of brain changes that produce the experience and behavior of teenagers;
- Identify six elements of teenagers' experience, functioning, and behavior that result from each area of brain change; and
- Considering brain changes, identify five ways of talking that produce positive results with teenagers.

Continuing Education

This course meets the qualifications for two and a half (2.5) hours of continuing education credit for MFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences. Placer County Systems of Care (SOC) CAMFT-approved Continuing Education Provider #041035. SOC maintains responsibility for this course and its content.

About the Instructor

GREGORY W. LESTER, PhD, is a clinical and consulting psychologist with practices in Texas and Colorado. Dr. Lester is widely considered to have trained more professionals on the topic of personality disorders than any other individual, with more than 125,000 professionals attending his trainings in 130 cities across the U.S., Canada, and Australia. He is the author and presenter of the largest attended and longest running seminar on personality disorders, and his office served as one of the first research sites for the development of the proposed revision for the *Personality Disorders* section of the DSM-5. Dr. Lester's work has been widely published and has appeared in publications including The Journal of the American Medical Association, The Western Journal of Medicine, The Journal of Marriage and Family Therapy, and The Journal of Behavior Therapy. Dr. Lester consults with health care companies, social service agencies, and has served as a special consultant to the United States Department of Justice. Due to his innovative and practical approaches to the most difficult cases, he is in extremely high demand as a speaker and trainer and is often cited as a voice of authority in his field.

Training Date and Time

September 29, 2022

1:00pm—4:00pm

Zoom Webinar ID: [937 5732 6833](#)

Spanish Translation and ASL Interpretation will be provided for this training. Please contact our Placer County designee for accessibility requests at:

PlacerLearns-SOCadmin@placer.ca.gov

