

# Short Course for Continuing Professional Development

## Working with Adolescents – 3 day Conversion Course

### Day 1 – The Adolescent Brain

Day 1 considers what happens in the brain during adolescence and you will be introduced to the particular developmental challenges that adolescents face. It is a time of significant brain reshaping which provides an opportunity to address earlier learning gaps. You will explore the implications of these changes for practice in education and social care settings. You will also consider the challenge for adults when the peer group has become the most important place of reference for a sense of identity.

### Day 2 – Understanding Adolescent Behaviour

Following on from Day 1, you will learn to work effectively with adolescents and especially those vulnerable young people with disruptive or challenging behaviour. You will learn why adolescents behave the way they do and better understand some of the troubling behaviours seen in this age group such as self-harming, substance abuse and low self-esteem. You will learn how to use young peoples' behaviour as a clue to their underlying developmental interruptions. You will learn how to support young people by using Thrive-Online and you will be introduced to the adolescent strategies offered on the programme. You will feel more confident to deal with disruptive and troubling behaviour in this age group.

### Day 3 – Mentoring, Assessment and Closure

Day 3 provides an opportunity for delegates to consolidate their learning and share practice with colleagues. Delegates will present case studies focusing on work with individuals and showcase the progress they have made in implementing Thrive within their setting. Personalised feedback and guidance for future practice will be provided. There will also be opportunity for delegates to refresh their knowledge and skills in using Thrive-Online.

<b>Course Ref:</b>	PAXXXX
<b>Open to:</b>	Licensed Practitioners (Childhood) or above
<b>Duration:</b>	3 days - 9.30 -15.30 (Days 1 & 2 are consecutive. Day 3 is approximately 6 weeks later)
<b>CPD points:</b>	20
<b>Date:</b>	tbc
<b>Venue:</b>	tbc
<b>Price:</b>	£395.00 ex VAT (includes refreshments)
<b>Notes:</b>	On satisfactory completion of this course you will be awarded Licensed Practitioner Adolescence status. Delegates may need to provide their own Laptop/Tablet

**For more info:** please contact the Business Development Team [enquiries@thriveapproach.com](mailto:enquiries@thriveapproach.com)  
Tel: 01392 797555 option 1

**To book online:** [www.thriveapproach.com/courses/view/tc170/](http://www.thriveapproach.com/courses/view/tc170/)

(In-house prices available on request for groups of 8/12/16/20 or 24 delegates)

