

Help your parents manage problems and stay in touch!

Surviving YOUR ADOLESCENTS

Train-the-Trainer

One-Day Workshop Presented by
Thomas W. Phelan, Ph.D.

Clinical Psychologist and Author

WHO SHOULD ATTEND:

- Psychologists
- Social Workers
- Counselors
- Marriage and Family Therapists
- Nurses
- Social service agencies

Learn how to teach the popular *Surviving Your Adolescents* program in one-on-one clinical settings or, if you wish, in small or even large groups. Dr. Phelan's *Surviving Your Adolescents* book has sold over 130,000 copies. Parents respond well to the simple and easy-to-learn format that provides direct answers to the question, "How do I deal with this kid!" Adolescents can be both confusing as well as aggravating to their parents, and *Surviving Your Adolescents* gives concrete solutions while at the same time recognizing the tremendous emotional complications that are involved in parenting teens. If you are a private mental health practitioner, you can use *Surviving Your Adolescents* to enhance the effectiveness of your family counseling. If you are a social service organization or mental health center, the program can increase the effectiveness of your community outreach.

WHAT YOU WILL LEARN:

- How to help parents react to teen risk-taking
- How to teach parents to understand "The Adolescent Snub"
- How to run the program in large or small groups
- How to define a normal adolescent!

WHAT YOU WILL RECEIVE:

The ***Surviving Your Adolescents*** training is designed to maximize your success in marketing and conducting the program. Specifically, you will receive the following:

- **Six hours of training** with the creator of *Surviving Your Adolescents*, Dr. Thomas W. Phelan
- The ***Surviving Your Adolescents Presentation Package***, which includes:
 - The *Surviving Your Adolescents* Leader Guide
 - Participant Booklet and Handouts
 - PowerPoint® and Keynote presentations (on disc)
 - Training Guidelines
 - Advertising and press release materials
 - Disc containing training materials in reproducible formats
 - The *Surviving Your Adolescents* Book
 - The *Surviving Your Adolescents* DVD

FROM THE AUTHOR OF **1-2-3 Magic**

Surviving YOUR ADOLESCENTS

How to Manage and
Let Go Of
Your 13-18 Year Olds

3rd Edition



Thomas W. Phelan, Ph.D.

WHEN / WHERE:

CHICAGO, IL

Friday, April 12, 2013
8:30 a.m. – 4:00 p.m.

Friday, August 16, 2013
8:30 a.m. – 4:00 p.m.

Hilton Garden Inn Chicago O'Hare Airport
2930 S. River Rd.
Des Plaines, IL 60018

COST:

\$445 per person (includes the *Surviving Your Adolescents Presentation Package*, a \$295 value.)

Earlybird registration: \$375

If you register before April 4 or August 8, respectively.

REGISTRATION:

Register online or call **(630) 790-9600**.

www.123Magic.com

See page 2 for more information and Workshop Outline.

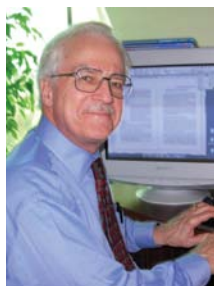
From the book that has sold more than 130,000 copies

At the dinner table you ask your teen, "How was your day?" You get a one word answer, "Fine." You don't give up easily, so you add, "What did you do?" The response you get is "Nothin.'" According to Dr. Thomas Phelan, this is known as The Snub.

That's the bad news. The good news, however, is that The Snub is, like, totally normal! And, Dr. Phelan adds, if parents can really understand and accept The Snub as an unavoidable part of adolescent psychology, they are half way home when it comes to raising a teenager.

This critical insight, the need for reasonable monitoring and the importance of staying in touch lead to Dr. Phelan's new 5-point job description for parents of teens:

- 1. Don't Take It Personally:** By and large, teen's aggravating behavior is not directed at you, their parent.
- 2. Manage and Let Go:** Reasonable behavioral monitoring is still required, but parents also need to know when to keep their mouths shut.
- 3. Stay in Touch:** First, avoid what Dr. Phelan calls "The Four Cardinal Sins." Second, use four simple connection-building strategies.
- 4. Take Care of Yourself:** If you—the midlife parent—are in bad shape, you will see problems in your adolescent where they don't exist.
- 5. Relax and Enjoy the Movie:** Handle jobs 1-4 reasonably well, and you may be able to calm down and enjoy your kids' teen years. In the grand scheme of things, it's really a very short film.



About the Presenter

Thomas W. Phelan, Ph.D., creator of *Surviving Your Adolescents*, is a registered clinical psychologist in the Chicago suburban area. Dr. Phelan has worked with children, adults and families for over 35 years. He is a member of the American Psychological Association and the Illinois Psychological Association. With the help of *1-2-3 Magic* and *Surviving Your Adolescents*, Dr. Phelan individually generated over 300 referrals per year for many years. This volume necessitated hiring other professionals and eventually closing his own practice to new patients.

Dr. Phelan is the author of a number of books, DVDs and

audios which include: *1-2-3 Magic: Effective Discipline for Children 2-12*, *1-2-3 Magic for Teachers: Effective Classroom Discipline Pre-K through Grade 8*, "I Never Get ANYTHING!" *How to Keep Your Kids from Running Your Life*, *Surviving Your Adolescents: How to Manage—and Let Go Of—Your 13-18 Year Olds*, and *All About Attention Deficit Disorder: Symptoms, Diagnosis and Treatment*. In addition to writing and producing, Dr. Phelan maintains an active schedule of international lectures and he is a frequent guest on radio and television. His articles have appeared in numerous regional and national publications.

Dr. Phelan received his Doctorate from Loyola University Chicago in 1970 after completing his internship at the Loyola Child Guidance Center. He worked at the DuPage County Mental Health Center until 1972 and then entered private practice. Dr. Phelan has also served on the board of directors for both ADDA and CHADD, two national organizations for the parents of children with ADD. He was inducted into the CHADD Hall of Fame in 1997.

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Workshop Outline

8:00 – 8:30

Registration

8:30 – 9:00

Introduction to the Day

- Parents of teens
- Parenting then and now
- Kids, control, energy and job clarity
- Straight Thinking to New Job Description

9:00 – 10:15

Straight Thinking

- Appreciating Adolescence
- What's Normal?
- Risky Business
- Diagnosing Your Own Reactions
- Your New Job Description

10:15 – 10:30 Break (refreshments)

10:30 – 11:30

Don't Take It Personally

- Making Sense of The Snub
- Examples: The Resnub and Listening

11:30 – 12:00

Manage and Let Go

- Six Kids: Intervention Examples
- Establish House Rules
- Q&A

12:00 – 1:00 Lunch (provided)

1:00 – 1:45

Presentation Tools and Style

- SYA book and DVD
- Presentation Package
- Simplicity, humor, down-to-earth
- Personal experience, openness and optimism
- Seminar organization and control
- Training options and training issues

1:45 – 2:30

Manage and Let Go (continued)

- Managing the Big Four Risks
- Your Teens Have Their MBAs!
- Possible Intervention Roles
- Q&A

2:30 – 2:45 Break (refreshments)

2:45 – 3:30

Stay in Touch

- What Not To Do (4 Cardinal Sins)
- What To Do

3:30 – 4:00

Take Care of Yourself

- Midlife Parent
- How to Take Care of Yourself
- Relax and Enjoy the Movie
- Boomerang Kids
- The Future

4:00 – 5:00

Optional Question and Answer