



THE GLENDON  
ASSOCIATION & PSYCHALIVE

# BRAINSTORM

The Power and Purpose of the  
Teenage Brain



With Daniel Siegel, M.D.



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PSYCHALIVE



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# POLL #1

**Are you:**

A parent of an adolescent?

A professional who works with adolescents?

An adolescent (12-24 years old)?

Other?

# THE BENEFITS AND CHALLENGES OF ADOLESCENCE

1. Novelty seeking
2. Social engagement
3. Increased emotional intensity
4. Creative exploration



# ESSENCE OF ADOLESCENCE

**E**-motional  
**S**-park  
**S**-ocial  
**E**-ngagement  
**N**-ovelty  
**C**-reative  
**E**-xploration



# POLL #2

Are you familiar with mindsight?

Yes, very

Yes, somewhat

Not very familiar

Not familiar at all

# MINDSIGHT

**Insight**  
**Empathy**  
**Integration**



# SIFTING THE MIND

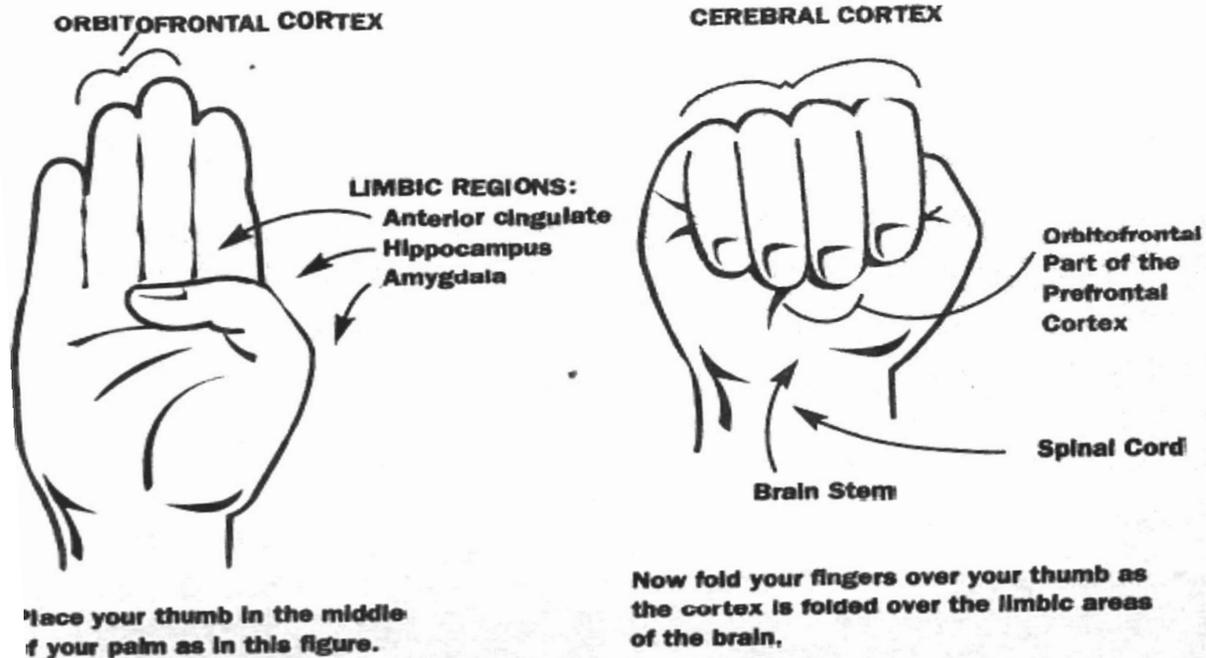
S-ensing  
I-mages  
F-eelings  
T-houghts



# THE RIVER OF INTEGRATION



# The Brain in the Palm of Your Hand



# 9 IMPORTANT FUNCTIONS OF THE PRE-FRONTAL CORTEX

1. Body Regulation
2. Attunement
3. Emotional Balance
4. Response Flexibility
5. Empathy
6. Self-Knowing Awareness (Insight)
7. Fear Modulation
8. Intuition
9. Morality



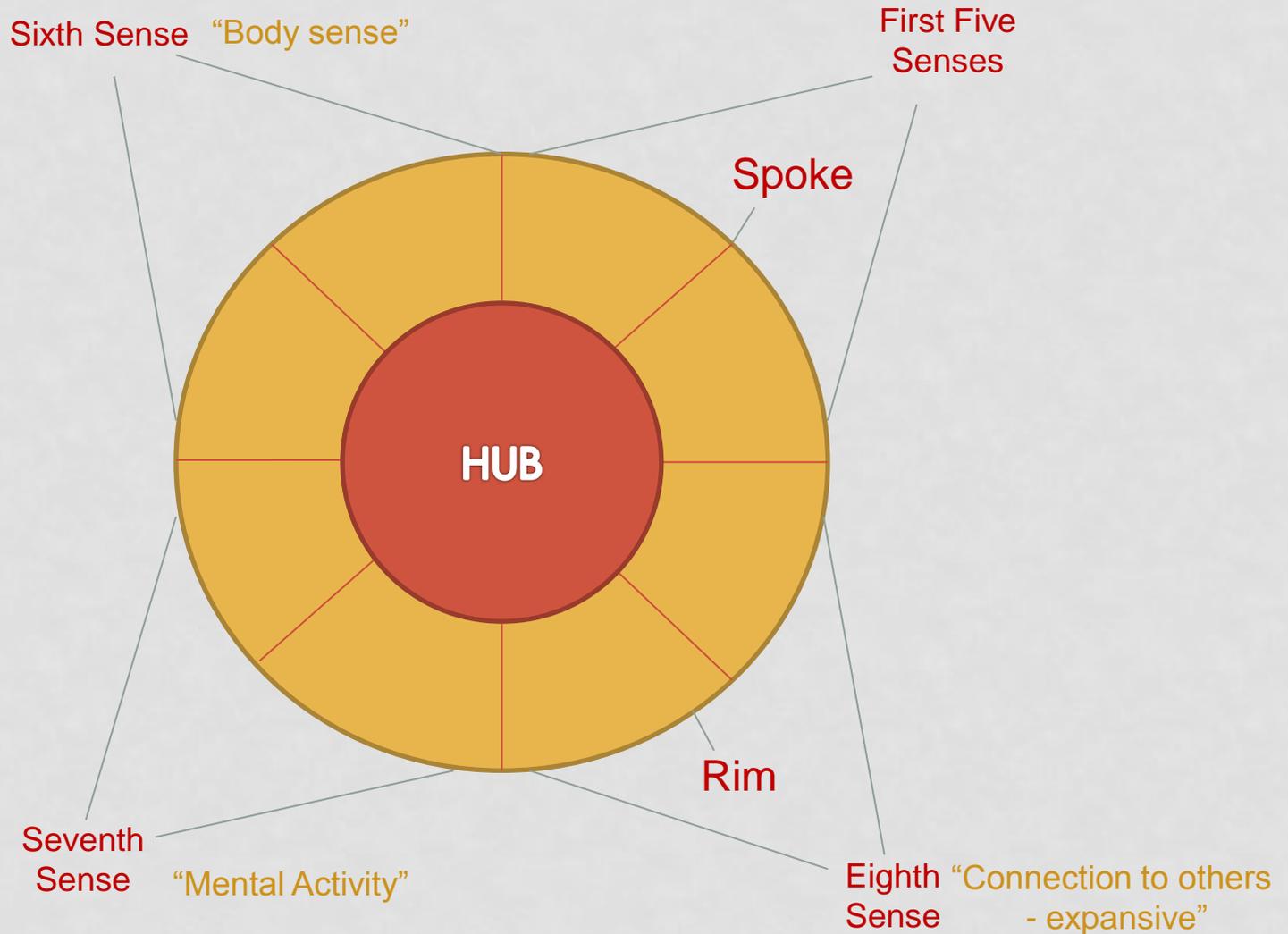
# “NAME IT TO TAME IT”



I feel  
pressured.



# THE ELABORATED WHEEL OF AWARENESS



# POLL #3

Are you familiar with  
attachment theory?

Yes, very

Yes, somewhat

Not very familiar

Not familiar at all

# THE WAYS WE ATTACH

Secure model  
Avoidant model  
Ambivalent model  
Disorganized model



# QUESTIONS FOR REFLECTION ON ATTACHMENT

## BACKGROUND

- What is (was) it like growing up in your family?
- Who is (was) in your family?

## RELATIONSHIPS

- Do (did) you get along well with your parents and others in your family?
- How have your relationships in your family changed over time?

## SEPARATION

- Can you remember your first time being separated from your parents?

# QUESTIONS FOR REFLECTION ON ATTACHMENT

## DISCIPLINE

- What ways do (did) your parents respond to your behaviors to teach you how to behave?

## FEAR AND THREAT

- Have you ever felt threatened by your parents?

## LOSS

- Has anyone significant in your life died?

## EMOTIONAL COMMUNICATION

- How do (did ) your parents communicate with you when you are (were) happy and excited?

# QUESTIONS FOR REFLECTION ON ATTACHMENT

## SAFE HARBOR

- Are (were) there relationships you can (could) turn to or places you can (could) rely on to help you feel comforted at difficult times ?

## LAUNCHING PAD

- How do (did) your parents support your explorations away from them or outside your home?

# QUESTIONS FOR REFLECTION ON ATTACHMENT

## NOW

- What does your relationship look like now with your parents?

## FUTURE

- What would you wish for yourself in your future relationships?

# PRACTICES BASED ON DIFFERENT ATTACHMENT PATTERNS...





**“There is a fear that keeps us alive...  
and a fear that keeps us from living.”**

# The Healthy Mind Platter



*The Healthy Mind Platter, for Optimal Brain Matter*

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# Interpersonal Neurobiology

C urious

O pen

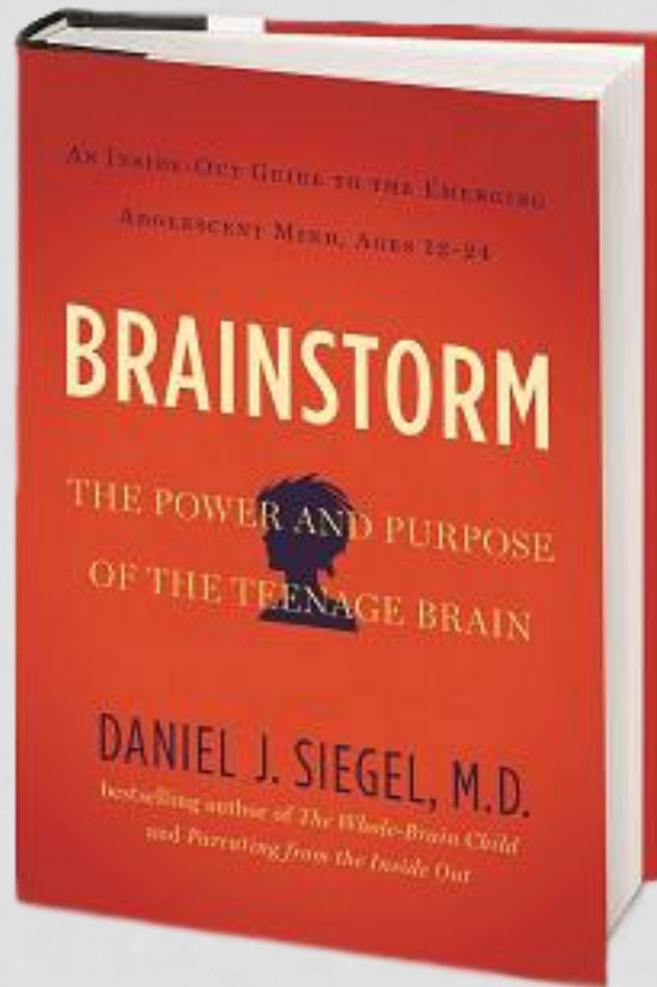
A ccepting

L oving



# BRAINSTORM

## The Power and Purpose of the Teenage Brain

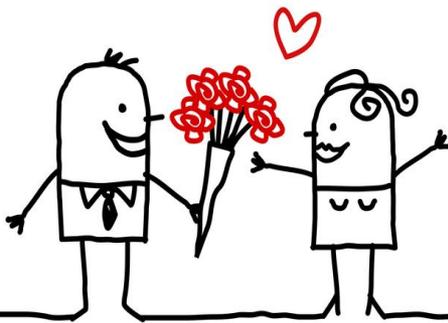


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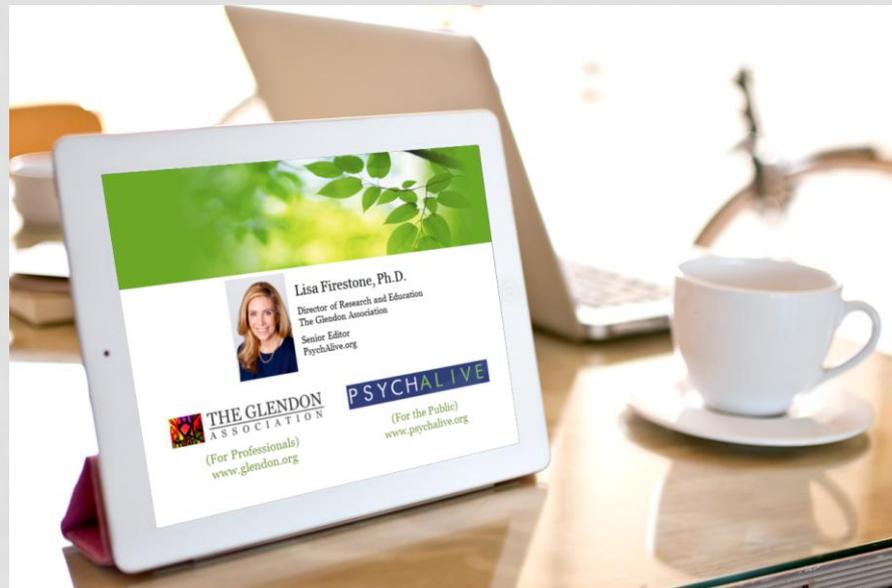
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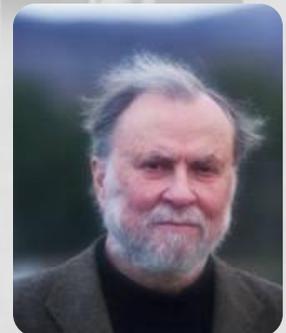
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Dr. Lisa Firestone

Dr. Sheldon Solomon

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