

Sample Schedule for Empowered Parent Class Ages 12 & Up (Teen Class)

Week 1- The Essence of Adolescence

- What is Happening in the Brain
- Drive to Leave Home
- Special Challenges for Adopted Teens

Week 2 How Do Teens Think?

- Risk Taking
- Hyperrational thinking
- Impact of Trauma and Attachment

Week 3 Discipline with Teens

- Shame
- Connection, Consequences and Limit Setting

Week 4 Technology and Social Media

- Relational Needs
- Safety

Week 5 Communication

- Active Listening
- Validation

Week 6 Crisis

- Emotional Dysregulation
- De-escalation Techniques
- Safety Plans