

Parent Education Series

DR. DAN SIEGEL

The Teen Brain

Don't miss this extraordinary opportunity to meet the world-renowned neurophysicist and learn about current brain research related to adolescents and teens.

**Wednesday
November 7
6:30 - 8:00 pm
Eurythmy Hall**



WALDORF SCHOOL
ORANGE COUNTY

Between the ages of 12 and 24, the brain changes in important, and oftentimes maddening, ways. It's no wonder that many parents approach their child's adolescence with fear and trepidation. According to renowned neuropsychiatrist Daniel Siegel, however, if parents and teens can work together to form a deeper understanding of the brain science behind all the tumult, they will be able to turn conflict into connection and form a deeper understanding of one another.

DR. DAN SIEGEL

Dr. Siegel's unique ability to make complicated scientific concepts exciting and accessible has led him to be invited to address diverse local, national and international groups. He has lectured for the King of Thailand, Pope John Paul II, His Holiness the Dalai Lama, Google University, and London's Royal Society of the Arts.

At a recent conference in Big Sur, after meeting Dr. Siegel, an attendee, who overheard Sumter and I discussing parenting and the developing brain, chimed in and said, "Have you read 'Brainstorm'? That book was a game-changer for my teens and me!" I walked straight into a bookshop and bought the book. On the long drive home, I searched every Dan Siegel lecture I could find. Listening, I had the feeling that somebody had just handed me a pair of corrective eyeglasses, enabling a bright clarity in seeing my teenagers, while also providing a huge sense of relief." I am forever grateful for having met him.

Chi-Lin Pendergrast, WSOC Parent of 4

Dr. Siegel received his medical degree from Harvard University and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent and adult psychiatry. He served as a National Institute of Mental Health Research Fellow at UCLA, studying family interactions with an emphasis on how attachment experiences influence emotions, behavior, autobiographical memory and narrative.

Dr. Siegel is a clinical professor of psychiatry at the UCLA School of Medicine and the founding co-director of the Mindful Awareness Research Center at UCLA. An award-winning educator, he is a Distinguished Fellow of the American Psychiatric Association. Dr. Siegel is also the Executive Director of the Mindsight Institute, an educational organization, which focuses on how the development of mindsight in individuals, families and communities can be enhanced by examining the interface of human relationships and basic biological processes.



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