



Reaching Teens

With the endorsement and support of Dr. Ken Ginsburg, author of Reaching Teens, Wellroot has developed a training series that equips youth-serving professionals to address various behavioral risks and mental health issues from a strength-based perspective. Drawing from the rich content of Reaching Teens, the training integrates a trauma-sensitive model and reflects Dr. Ginsburg's expertise in promoting positive youth development.

Session Descriptions

Session 1 - Understanding Teenagers & Trauma

Explore how life experiences and trauma shape the developing brains of adolescents. Learn how understanding the teen brain and leveraging this knowledge is a starting point to building strength-based relationships with teens.

Session 2 - Preparing Ourselves as Practitioners

Master the language of resilience and how demonstrating radical calmness can help teens manage stressful situations. Explore co-regulation and gain strategies to support self-regulation in teenagers.

Sessions 3 - Communicating Using a Strength-based Approach

Learn practical, strength-based communication skills to build resilience and independence in teens. This session also provides strategies to help teens cope with stress.

Session 4 - Sustaining Success

Learn what compassion resilience is and how to develop it to achieve professional longevity. This session gives practitioners self-care and resilience-building strategies to avoid burnout.

2024 Training Dates

August 22	Virtual
September 13	Virtual
October 24	Virtual
November 8	Virtual

Training Schedule

Session 1	9:00 am - 10:30 am
Session 2	10:45 am - 12:15 pm
Session 3	1:00 pm - 2:30 pm
Session 4	3:00 pm - 4:30 pm



Each session has been approved for 1.5 Core CE hours by the Georgia Society for Clinical Social Work.

Scan the QR Code to register
ReachingTeens@wellroot.org



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