



A safe space to find your voice

“TEEN TALK” 2020

“TEEN TALK” ON TEEN WELLBEING & 13 REASONS WHY SEASON 4”
TRAINING & WORKSHOPS

Adolescent developmental domains are intertwined and strongly influenced by experiences and environments.

The developmental changes that typically occur in adolescence have been documented extensively in literature that is widely accessible. Importantly, each area of development is intertwined with the other – physical, social, emotional and cognitive development – along with sociocultural and environmental influences and experiences.

Adults working with teens should focus on helping the teen to develop ways to use their own strengths to cope with daily challenges. In order to assist our teens, the best we can, we need to train ourselves in their totality as individuals and the complexity of their development. A thorough knowledge and understanding of all dimensions of being an adolescent is essential for those working with adolescent, whether they be educators, counselors, social workers and youth leaders in churches or cultural organizations.

This training schedule for the rest of 2020, is based on research and science, as well as personal experience with my ± 20 years working with adolescents. With each session, we will focus on one specific developmental area or concern in adolescents.

Join my online group, and have an opportunity to ask questions, share your inner conversations and learn from each other. These are live talks, not available on catch up. If you miss it, we are unfortunately unable to move your talk to a different time. No recordings will be allowed, and the PowerPoints will not be shared.

PAYMENT OPTIONS

Session 1: 9h00 – 11h00 “Teen Talk”

1. Monthly : R350.00
Except for November: R175
Payable on the 1st of each month
(Work out R175 per session)
2. All 10 sessions Booked and paid in advance
R 1500
(Work out R150 per session)
3. Per session: R200.00 per session
Payable before each session

Session 2: 11h00 to 13h00 “13 Reasons Why Discussions”

4. Per session: R200.00 per session
Payable before each session
5. All 7 sessions Booked and paid in advance
R 1050
(Work out R150 per session)

Both Session 1 & 2

6. All sessions Booked and paid in advance
R 2000
7. Per session: R300.00 per session
Payable before each session

Will use Microsoft Teams or Zoom
Will confirm the link & send an invite

Kind Regards

Hanlie Boshoff

A safe space to find your voice

2020 Schedule

<p>Saturday 20 June</p> <p>9h00 – 11h00</p> <p>11h00 – 13h00</p>	<p>Physical Development</p> <p>13 Reasons Why discussion (Must have watched all 4 seasons to join this discussion)</p>	<p>Outcomes of this session:</p> <p>Outcomes of this session</p>	<ul style="list-style-type: none"> • Understand the characteristics of physical growth of adolescents • Understand the various concepts relating to the physical growth of adolescents • Understand the positive and negative effects of early and late development on adolescents • Be able to utilize this knowledge to journey with adolescents through the various stages of physical development • Be able to journey with adolescents to understand the importance of personal hygiene, nutrition, physical exercise and mental wellbeing • Be able to foster care and respect for the change learners experience during adolescence • Be able to journey with adolescents towards a positive self-concept <p>“The reflection in me”. We will apply this information on the 13 Reasons why Characters. We will specifically focus on Power, Control, Discourse, and the Social Construction of Masculinity as depicted in season 4.</p>
<p>Saturday 27 June</p> <p>9h00 – 11h00.</p> <p>11h00 – 13h00</p>	<p>Cognitive Development</p> <p>13 Reasons Why discussion (Must have watched all 4 seasons to join this discussion)</p>	<p>Outcomes of this session</p> <p>Outcomes of this session</p>	<ul style="list-style-type: none"> • Understand the factors that affect the cognitive development of adolescents • Understand the various theories on cognitive development • Understand Gardner's Theory of Multiple Intelligences • Be aware of the factors that influence intelligence • Be able to discuss creativity • Be able to discuss motivation and the differentiate between intrinsic and extrinsic motivation <p>“Hakuna Matata” We will specifically focus on the Theme of Fear and the relation between cognitive development, fear & anxiety, We will also look at the fear of death and of the future and “becoming” in these children’s life’s.</p>

<p>Saturday 4 July (This date might change)</p> <p>9h00 – 11h00</p> <p>11h00 – 13h00</p>	<p>Social Development</p> <p>13 Reasons Why discussion (Must have watched all 4 seasons to join this discussion)</p>	<p>Outcomes of this session:</p> <p>Outcomes of this session</p>	<ul style="list-style-type: none"> • Understand the aspects that affect the social development of the adolescents • Understand the various theories on social development • Understand the relation with parents, friends and peers • Understand the importance of the peer group in the adolescent's development • Understand the importance of a positive self-concept for adolescence • Be able to journey with adolescents to help enhance the development of personality • Be aware of the various identities and be able to journey with the adolescent on these <p>“The company they keep” We will apply this information on the 13 Reasons why Characters. We will focus on their relationship with family, friends and peers. We will bring in Charlie, which is a character we haven't discussed in previous conversations.</p>
<p>Saturday 25 July</p> <p>9h00 – 11h00</p> <p>11h00 – 13h00</p>	<p>Emotional Development</p> <p>13 Reasons Why discussion (Must have watched all 4 seasons to join this discussion)</p>	<p>Outcomes of this session</p> <p>Outcomes of this session</p>	<ul style="list-style-type: none"> • Understand the aspects that affect the emotional development of the adolescent • Understand concepts such as emotional lability and maturity • Have a better understanding of the emotions experienced during adolescence • Be able to journey with Adolescents on their emotional development <p>“Gain the mental edge” We will apply this information on the 13 Reasons why Characters. We will focus on all the characters, as well as the effect of unresolved trauma, feeling you do not have a voice and keeping secrets have on your emotional wellbeing</p>

<p>Saturday 1 August</p> <p>9h00 – 12h00</p>	<p>Moral Development</p>	<p>Outcomes of this session:</p>	<ul style="list-style-type: none"> • Understand the aspects that affect the moral development of the adolescent • Understand the various theories on moral development • Understand the factors that influence moral development • Be aware of adult's role in assisting the adolescent's in their moral development • Role of the peer group in moral development • Be able to journey with Adolescents on their moral development • <i>The last hour, for those interested, we will discuss power discourses in the last 3 sessions, and how this knowledge help us as Narrative therapists.</i>
<p>Saturday 22 August</p> <p>9h00 – 11h00</p> <p>11h00 – 13h00</p>	<p>Faith & Religious Development</p> <p>13 Reasons Why discussion (Must have watched all 4 seasons to join this discussion)</p>	<p>Outcomes of this session</p> <p>Outcomes of this session</p>	<ul style="list-style-type: none"> • Understand the aspects that affect the faith & religious development of the adolescent • Understand the various theories on faith & religious development • Understand the factors that influence faith & religion development • Be aware of adult's role in assisting the adolescent's in their faith & religion development • Be able to journey with Adolescents on their faith & religion development <p>“A grief observed” We will focus on the theme of death, fear and the journey with a loved one on his death bed and the trauma around that.</p>

<p>Saturday 5 September (This date may change)</p> <p>9h00 – 12h00</p>	<p>Self-harm & Cutting</p>	<p>Outcomes of this session:</p> <p>We will have an adolescent joining us to talk about her experience with cutting</p>	<ul style="list-style-type: none"> • Understand what self-harm & cutting is • Understand why the adolescent years is such a vulnerable time to start self-harm • Understand myths and discourses about self-harm • Understand the why of cutting & self-harm • Understand how does self-harm & cutting make people feel better • Be able to journey with Adolescents who self-harm & cut • <i>The last hour, for those interested, we will discuss power discourses and how this knowledge help us as Narrative therapists</i>
<p>Saturday 19 September</p> <p>9h00 – 11h00</p> <p>11h00 – 13h00 (Additional Cost of R150)</p>	<p>Sexual identity & behavior</p> <p>13 Reasons Why discussion (Must have watched all 4 seasons to join this discussion)</p>	<p>Outcomes of this session</p> <p>We will TRY to have an adolescent joining us to talk about her sexuality</p> <p>Outcomes of this session</p>	<ul style="list-style-type: none"> • Understand the sexual journey of the adolescent • Understand the dangers of sexual promiscuity and how to journey with and adolescent on this subject • Understand the impact of teenage pregnancies/abortions • Understand sexual orientation • Be aware of adult's role in assisting the adolescent's in their sexual development • Be able to journey with Adolescents on sexuality <p>“Making Sense” We will apply this information on the 13 Reasons why Characters. We will focus on all the characters, as well as on heterosexual, bisexual and homosexual</p>

<p>Saturday 3 Oktober (This date may change)</p> <p>9h00 – 11h00</p> <p>11h00 – 13h00</p>	<p>Alcahol and substance abuse</p> <p>13 Reasons Why discussion (Must have watched all 4 seasons to join this discussion)</p>	<p>Outcomes of this session:</p> <p>Outcomes of this session</p>	<ul style="list-style-type: none"> • Understand the harmful effects of alcohol and substance abuse • Understand the physical signs of drugs • Understand possible reasons why teenagers use alcohol and substance • Be able to journey with Adolescents on these effects <p>“The journey towards a preferred story and identity after rehab” We will apply this information on the 13 Reasons why Characters. We will focus especially on Justin & Zack. We will also talk about “The long-lasting effect of social construct”</p>
<p>Saturday 17 October & 6 November</p> <p>9h00 – 12h00</p>	<p>Attachment: Birth to Adulthood</p>	<p>Outcomes of these 2 sessions</p>	<ul style="list-style-type: none"> • Understand what attachment is • Understand the discourses of attachment • Understand the concept of internal working module • Understand long term effects of secure and insecure attachment • Understand what attachment parenting look like for children 1 – 10 years old • Understand what attachment parenting look like for Adolescent • Understand the importance of Attachment in Adult relationships • The last hour, for those interested, we will discuss power discourses and how this knowledge help us as Narrative therapists