

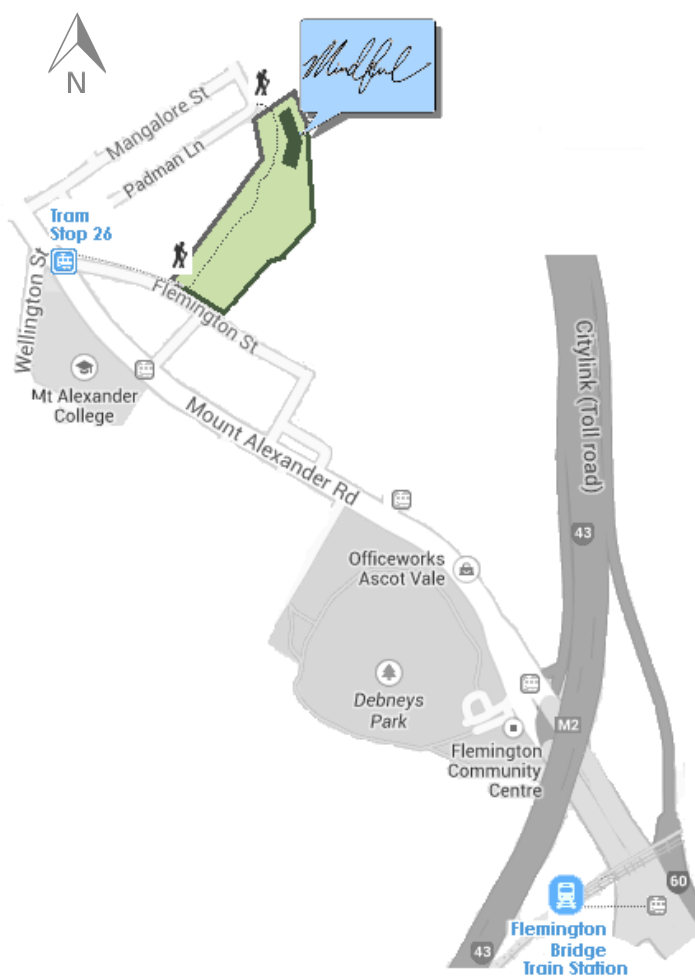
# Tuning in to Teens



## MELBOURNE November 2015

**TUNING IN TO TEENS™**  
Emotionally Intelligent Parenting

**Thursday 19 November 2015  
to Friday 20 November 2015**



**Tuning in to Teens** is an extension of the Tuning in to Kids parenting program focusing on adolescence. Tuning in to Teens also targets specific skills of emotion awareness, acceptance and coaching and incorporates self-care and mindfulness. It presents parents with additional material on adolescent development and the changes and challenges that this age and stage bring to family life. The program meets a significant gap in available interventions for parents/carers of teens. In the efficacy trial, parents reported improvements in their emotion awareness and regulation, including depression and anxiety. Improvements in parenting and reductions in family conflict and youth externalising and internalising difficulties, were also reported by both parents and youth. Facilitator certificates for Tuning in to Kids and Tuning in to Teens will be presented at the conclusion of each training.

**Mindful Centre, Building C, 50 Flemington Street, Travancore VIC 3032**



For more information please see our website  
**[www.tuningintokids.org.au](http://www.tuningintokids.org.au)**

# Tuning in to Teens

Emotionally Intelligent Parenting

Register online at: [www.tuningintokids.org.au](http://www.tuningintokids.org.au)

## Tuning in to Teens

Two days of training

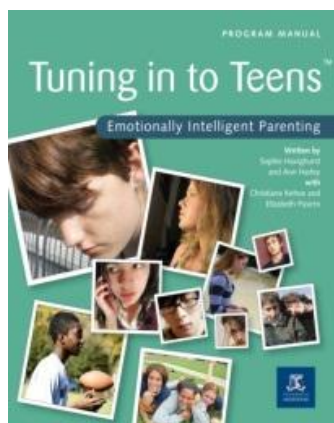
19<sup>th</sup> and 20<sup>th</sup> November 2015

Registration

AUD \$ 695

Price is for a training bundle which includes the program manual.

## Program Manual



## WHAT IS INCLUDED IN THE PROGRAM MANUAL?

**Tuning in to Teens** is formatted as a six-session weekly program with a structured manual for group facilitators to follow. The manual includes a range of resources including comprehensive background information, session plans, session notes, printed and electronic versions of parent handouts and a DVD demonstrating the parenting skills with families from a range of cultural backgrounds. Tuning in to Teens covers key skills using direct teaching, demonstration, small group exercises, role plays and group discussion. The manual is a complete kit for use in both clinical and community settings.

## Cheque or Money Order

ONE FORM PER TRAINEE

First name

Surname

Please list any tertiary qualifications

Organisation

Street

Suburb

State Post Code

Phone

Email

**SPECIAL DIETARY NEEDS**

I would like to register for [MANDATORY]:

☐ 2-day **Tuning in to Teens** workshop @ \$695 (GST incl.)  
- *Tuning in to Teens program manual is included.*

☐ I would like to purchase an additional program manual for @ \$190 (GST incl.) [OPTIONAL].

☐ I enclose a cheque/money order payable to The University of Melbourne [MANDATORY]

DD / MM / YEAR

SIGNATURE



CATERING IS PROVIDED EVERY DAY OF TRAINING – PLEASE REMEMBER TO COMPLETE THE DIET SECTION

To register and pay using this printable form, please print, fill out the above details and **post this entire form** with your cheque or money order to:

Mindful Centre, **University of Melbourne**, Building C, 50 Flemington Street, Travancore VIC 3032.

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