

## Outline

### When 25 Looks More Like 18, Origins of Extended Adolescence

- Psychosocial implications of a “Check-listed Childhood”
- Plugged-in but disconnected: “The Loneliest Generation”
- Short-term gratification for the dopamine dependent brain
- Gender, race, privilege and other “identity influencers”
- Interplay of technology, society and educational stressors
- “Virtual Reality IS Their Reality”

### Reaching Adolescents and Their Families

- Tips for rapport building with Generation Z
- Mindfully managing parental involvement
- Build working alliances without alignments
- Cultivate cooperation and bypass resistance

### Modifying the Clinical Interview – What’s Changed

- Model openness and flexibility with Gen Z culture
- Distinguish between pathology and generational differences
- Precursors to other disorders – are you seeing these traits clearly
- Navigate more complex Identity exploration and confusion
- Differentiate oppositional behavior from healthy identity expression

### Clinical Strategies for Clients Struggling with:

#### Anxiety - Social, OCD, Panic

- Promote “real” interaction in a virtual world
- Facilitate flexibility by reducing device dependent behavior
- Neutralize perfectionistic worry to combat outcome certainty
- Reduce fears around healthy risk taking

#### Depression

- Dealing with fallout of social media and cyber harassment
- Reframe devaluing self-talk from negative online comparison
- Mood-management and preventing isolation
- Reduce desensitized views of self-harming thoughts/behaviors

#### ADHD

- Social media boundaries to reduce impulsivity and negative consequences
- Device management to reduce distraction
- Self-structuring for time blindness
- “Appointment-Making” for better follow through

#### Autism Spectrum Disorders and Neurodiversity

- Social coaching to reduce “passing as neurotypical” stress
- Brain-based, self-regulation strategies to manage overstimulation
- Foster flexible self-view around gender identity and sexuality
- Healthy routines to promote friendship, productivity and fun

#### Cultivating a Growth Mindset for Life

- Teach tools for long-term resilience and self-advocacy
- Determine need for other professional services
- Advance healthy development in future generations
- Research findings and limitations

## Objectives

1. Evaluate relevant research on extended adolescence and emerging adulthood.
2. Determine factors which promote normative vs complicated adolescent identity development.
3. Evaluate the interplay of technological, societal, and educational stressors on the transition from adolescence to young adulthood.
4. Distinguish how DSM-5™ disorders develop in adolescents hinder the “adulting” process.
5. Choose therapeutic strategies for reducing symptom severity in young adults and for reducing systemic conflict.
6. Design clinical interventions for common disorders of the Gen Z population.
7. Employ therapeutic techniques for cultivating a growth mindset and resilience in young adults.

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# Extended Adolescence

## *When 25 Looks More Like 18*

## Clinical Strategies for Clients Struggling to Meet the Demands of Adulthood

- Why mental health in a dopamine-driven population requires a paradigm shift
- Evidence-based interventions to address paralyzing anxiety and depression
- Delve into the technological, socio-cultural, educational stressors unique to Gen Z
- Is it pathology or a generational difference?
- Explore the impact of a “check-listed childhood” and “identity influencers”
- Special considerations for clients with ASD, ADHD, and more
- Explore why more young adults are living at home, not driving, & afraid of dating

## Live Interactive Webinar

### Friday, May 20, 2022

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## Extended Adolescence: *When 25 Looks More Like 18*

### Clinical Strategies for Clients Struggling to Meet the Demands of Adulthood

The interplay of new technologies, socio-cultural shifts, and educational stressors have created obstacles for young people like never before.

Research suggests that while today's youth enter adolescence much sooner, they actually reach adulthood much later...resulting in an "extended adolescence." Our traditional therapeutic tools now fall short, as we endeavor to help clients meet the demands of adulthood.

Join award-winning author and international speaker Sharon Saline, PsyD, and national trainer and child/family consultant Steve O'Brien, PsyD, for an enlightening experience designed to redefine and redesign your treatment approach to help young people forge a path to adulthood.

You will learn strategies to:

- Navigate ADHD, anxiety, autism and other obstacles to develop life skills
- Reprogram the dopamine dependent brain
- Cultivate openness and flexibility with Gen Z culture
- Collaborate with well-intended but over-involved parents
- Instill motivation to advance real-world engagement
- Promote "connected independence" in young adults

This timely and engaging training will shed new light on Generation Z youth and equip you with practical, contemporary tools for empowering these young people to shift gears and move toward a rewarding and meaningful adulthood.

#### Live Webinar Schedule

(Times listed in Eastern)

**8:00** Program begins

**11:50-1:00** Lunch Break

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

#### Target Audience:

Counselors • Social Workers • Psychologists • School Psychologists • Physicians  
Marriage and Family Therapists • Educators • Addiction Counselors

This workshop is intended for professionals working with clients 15-25.



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## Meet Your Speakers

**Sharon Saline, PsyD, ADHD-CCSP**, licensed clinical psychologist in private practice, is a top expert in how ADHD, learning disabilities, and mental health issues affect children, teens, and families. Dr. Saline has worked extensively with schools on mental health issues in the classroom, interpreting psychological evaluations and improving teacher/parent communication. Her unique perspective, a sibling of a child who wrestled with untreated ADHD, combined with decades of academic excellence and clinical experience, assists her in guiding families as they navigate from the confusing maze of diagnoses and conflict to successful interventions and connections.

Dr. Saline funnels her expertise into her book, *What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life*. Heralded as an invaluable resource, her book is the recipient of two awards: Best Book Awards winner by American Book Fest and the Gold Medal from Moms' Choice Awards. She recently published *The ADHD Solution Deck* (PESI, 2020).

Speaker Disclosure:

Financial: Dr. Sharon Saline is a lecturer at the Smith College School for Social Work and maintains a private practice. She receives a speaking honorarium from PESI, Inc. and is a presenter for Northampton Area Pediatrics. She receives royalties from PESI Publishing. She has no relevant financial relationships with ineligible companies.

Non-financial: Dr. Sharon Saline is a member of the American Psychological Association, the Massachusetts Psychological Association, Children and Adults with ADHD (CHADD), and the Attention Deficit Disorder Association (ADDA).

**Steve O'Brien, PsyD**, is a clinical psychologist with nearly 30 years of experience treating children, adolescents, families and young adults in his Clearwater, Florida practice. His specialty areas include child-adolescent anxiety/depression, ADHD, Autism Spectrum disorders, and divorced/blended family adjustment. Dr. O'Brien utilizes an integrative-systems model which tailors treatment to the developmental needs of youth and families. Intensive parent consultation and youth-focused family interventions are critical components of his therapeutic approach.

Dr. O'Brien has worked in numerous healthcare environments, including community mental health, psychiatric, inpatient/residential, substance abuse, and medical facilities. He also served as associate professor of child-adolescent studies at the Florida School of Professional Psychology. In addition to his clinical work, Dr. O'Brien is an app developer (Life@Home by Psychtouch.com) and a media consultant for both Tampa Bay and national news outlets. Visit [obrienpsychology.com](http://obrienpsychology.com) for more information.

Speaker Disclosure:

Financial: Dr. Steven O'Brien maintains a private practice. He receives a speaking honorarium and recording royalties from PESI, Inc. Dr. O'Brien has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Steven O'Brien is a member of the American Psychological Association and the Florida Psychological Association.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Educators, Marriage and Family Therapists, Psychologists, Social Workers, and Physicians.**

For specific credit approvals and details, visit [pesikids.com/webcast/87050](http://pesikids.com/webcast/87050)

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This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.



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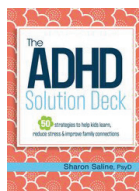
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#### The ADHD Solution Deck

50 Strategies to Help Kids Learn, Reduce Stress & Improve Family Connections

Sharon Saline, PsyD, ADHD-CCSP

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*\* Discount Included with purchase of the Webinar*

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