

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

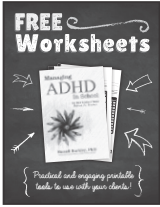
- Teach tools for long-term resilience and self-advocacy
- Determine need for other professional services
- Advance healthy development in future generations
- Research findings and limitations

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

Portland, ME  
Friday, April 28, 2023

Live Interactive Webinar  
Friday, April 28, 2023



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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

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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:

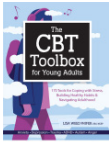
- Navigate ADHD, anxiety, autism and other obstacles to develop life skills
- Reprogram the dopamine dependent brain
- Cultivate openness and flexibility with Gen Z culture
- Collaborate with well-intended but over-involved parents
- Instill motivation to advance real-world engagement
- Promote “connected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

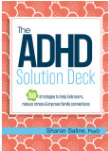


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**Recommended Reading:**



**The CBT Toolbox for Young Adults**  
170 Tools for Coping with Stress, Building Healthy Habits & Navigating Adulthood  
**\$29.99 \$22.99**



**The ADHD Solution Deck**  
50 Strategies to Help Kids Learn, Reduce Stress & Improve Family Connections  
**\$19.99 \$14.99\***

**Purchase this training for these exclusive savings!**

**Questions?** Visit our FAQ page at [www.pesikids.com/faq](http://www.pesikids.com/faq) or contact us at [www.pesikids.com/info](http://www.pesikids.com/info).

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# Meet Your Speaker

**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 maintains a private practice and has an employment relationship with Smith College School for Social Work. She is the founder and co-facilitator of Workshops at Northampton Area Pediatrics and is a consultant with the Greenwood School. Dr. Saline receives royalties as a published author. She receives a speaking honorarium, recording, and book royalties from Psychotherapy Networker and PESI, Inc. She has no relevant financial relationships with ineligible organizations.  
Non-financial: Dr. Sharon Saline is a member of the American Psychological Association, the Massachusetts Psychological Association, the Children and Adults with ADHD, and the Attention Deficit Disorder Association.

**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.**

## Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Please see "live seminar schedule" for full attendance start and end times. For the in-person event, after attendance has been verified, pre-registered attendees will need to log into their online account to access the online evaluation and certificate of completion. For those in partial attendance (arrived late or left early), a letter of attendance will be available in the attendee online account after completion of the evaluation. An adjusted certificate of completion reflecting partial credit will be sent within 30 days (if your board allows). The CE certificate for the live webinar can be downloaded after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards. For planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, PESI UK, PESI AU, and Psychotherapy Networker.

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**Educators/Teachers:** This activity qualifies for 380 minutes of instructional content as required by many national and state licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

**Marriage & Family Therapists:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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Psychologists

The following state psychology boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

**Maine Psychologists:** CE credit is available. This course consists of 6.25 continuing education credit hours for Maine Psychologists. Pursuant to Board Rules Chapter 8 Section 3 (2), PESI courses directly relating to the practice of psychology are approved by the Maine Board of Examiners of Psychologists because PESI has been approved to offer continuing education for Psychologists by a state regulatory board having legal jurisdiction over the practice of psychology. PESI, Inc. is an approved provider with the Florida Board of Psychology. Provider Number 50-399.

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this live course receive 6.25 Clinical continuing education credits.

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# Extended Adolescence: When 25 Looks More Like 18


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☐ **\$29.99 \$22.99\*\*** *The CBT Toolbox for Young Adults* book PUB087245

☐ **\$19.99 \$14.99\*\*** *The ADHD Solution Deck* PUB086395

\*\*Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

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