



# Adopted Adolescents

## What parents need to know...

### Presented by Rachel Staff

This course will explore the challenges that are often present for adopted teenagers and their parents during adolescence, exploring the usual 'ups and downs' of adolescent development as well as the additional complexities that early trauma and loss bring and this will be a key component of the course. The day will provide a theoretical basis for understanding the challenges faced by adopted teenagers and their families with strategies for supporting them during this time.

This course will cover:

- The nature of adolescence; neurological changes and developmental tasks.
- The impact of early trauma in adolescence.
- The key emotional themes that are present for adopted teenagers during this developmental stage.
- The challenges of parenting teenagers who have experienced early loss and trauma.
- Approaches and strategies for parents.

#### **About the Trainer**

Rachel Staff is a qualified Social Worker, Trainer, Facilitator and Author. She also has extensive experience as a trainer and facilitator for support groups for adoptive parents and adopted young people.

Rachel has a particular interest in working with adopted adolescents and their families and has developed services in this area in both group support forums and individual life story work. She is the author of '*Parenting Adopted Teenagers: Advice for the Adolescent Years*' and has also written about letterbox contact for the publication '*Facilitating Meaningful Contact in Adoption and Fostering*'.

Rachel is a trained facilitator for the Nurturing Attachment Group Programme and is currently working towards accreditation as a dyadic developmental practice practitioner. She is also currently working towards an NVQ level 5 qualification in Leadership for Children and Young People's Management.

**Date:** Wednesday 20 March 2019

**Times:** 10.00am – 4.30pm

**Venue:** Adoptionplus, Moulsoe Business Centre, Moulsoe, Nr. Milton Keynes  
MK16 0FJ

**Price:** £110 + VAT (£132 inc VAT)  
Includes lunch and refreshments

**Booking:** For further information or to book please visit [www.adoptionplus.co.uk](http://www.adoptionplus.co.uk) or  
contact Alice Hollingdale on 01908 218251 or  
[alice.hollingdale@adoptionplus.co.uk](mailto:alice.hollingdale@adoptionplus.co.uk)

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