

## MILL VALLEY



PTSA | MVMS | TAM HIGH

## Info

Saturday, October 22, 2011

9:00am - 12:30pm

FREE ADMISSION

## Tam High Student Center

Tam High | 700 Miller Avenue  
 (The Student Center is adjacent to the rear parking lot  
 on Almonte Blvd)

9:00am | Coffee and pastry

9:15 | Introductions

9:30 | Dr. Hinshaw: The Paradox of Adolescence and  
 Today's Risks

10:30 | Break

10:45 | Dr. Hinshaw: Parenting Solutions

11:45 | Q &amp; A

Parent Education Coordinators:

## Tam High

## Daphne de Marneffe

dmarneffe@comcast.net

## Joyce Feeney

Joycefeeney@comcast.net

## MVMS

## Michael Webb

mikpatjo@pacbell.net

## Sarah Mc Neil

sarmcneil@gmail.com

Mill Valley (Tam High and MVMS) PTSA present our 2011 Parent Education Conference

## Teens, Mental Health, and Resilience: Today's Risks and the Role of Active Listening and Responding

## Speaker

## Stephen P. Hinshaw, PhD

Professor, Department of Psychology

University of California Berkeley

## Overview



Adolescence is a time of peak physical and mental abilities throughout one's entire life, yet it is also a time of serious risk for accidental injury, risk taking, substance abuse, and a host of debilitating mental disorders. Why this paradox? What are the unique pressures and vulnerabilities at this time of life? And what can parents, in particular, do to respond and communicate with their teens, in the face of messages communicating "back off, I'm independent now"?

The October 22 Parent Education Conference will be a provocative exploration of these issues with international expert in clinical and developmental psychology, **Professor Stephen Hinshaw** of UC Berkeley. He is author of 225 articles and chapters and 7 books, including *The Triple Bind: Saving Our Teenage Girls from Today's Pressures*. Dr. Hinshaw is a Fellow of the American Association for the Advancement of Science and the Editor in Chief of *Psychological Bulletin*, the most cited journal in general psychology.

Dr. Hinshaw will present in two parts. The first session will emphasize the paradox of adolescence, the grave mental health risks facing today's teens and the roles of biology and culture in shaping such risk along with the possibility of resilience. The second session will emphasize solutions, especially the role of active listening in

creating settings in which teens can feel safe to explore their journeys into independence, sexuality, pressure to achieve and relationships. Dealing with one's own issues as a parent is an essential part of being able to stay connected to your teen; this essential aspect of listening will be explored.

Biography[The Triple Bind: Saving Our Teenage Girls from Today's Pressures](#)[Video](#)

