



**The Good Enough Teenager: Raising and Educating Adolescents
(Despite How Impossible They Can Be)**

Facilitator:

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Presenter:

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Contemporary adolescents and their families are experiencing unprecedented levels of stress as both generations strive to meet the unrealistic expectations that have been placed upon them. The result is that teenagers (as well as their parents) are more prone to displaying behavioral and emotional difficulties that are the inevitable result of attempting to shoulder these expectations. This session will provide a framework for understanding the psychological journey that adolescents must embark on so that parents and educators can effectively adjust their expectations and better promote the optimal development of our young adults.