



The Incredible Teenage Brain Webinar

Tuesday 23rd September 09:30 – 12:30

A free webinar for foster carers in Wales

The webinar will be hosted online via Zoom. We will send further details once bookings are confirmed.

This session will be delivered by Martina Wolter, Systemic Family & Psychotherapist

A free webinar for foster carers where you will get a better understanding of the development of the human brain with a focus on the adolescent brain and the 'pruning' processes it goes through. The webinar will also look at the effects of the changing brain on different aspects of a teenager's life, such as behaviour, learning, social connections, and drive into independence. We look at the effects of trauma on the developing brain and explore how carers can support their teenagers best.

Learning Outcomes

- **Understanding Brain Development** – Gain a deeper insight into how the human brain develops, with a focus on adolescence and the significant 'pruning' processes that occur.
- **Recognising Behavioural Changes** – Explore the effects of the changing adolescent brain on behaviour, decision-making, emotional regulation, and impulsivity.
- **Navigating Social Connections** – Examine the neurological changes affecting social interactions, peer relationships, and the drive toward independence.
- **Understanding Trauma's Impact** – Learn about the effects of trauma on the developing brain, recognising signs and understanding long-term consequences.
- **Providing Support as a Carer** – Identify best practices for carers in supporting teenagers through this developmental stage, fostering resilience, emotional well-being, and healthy decision-making

Booking your free place: We expect the webinar to be popular, so please book early to secure your place. Please note that this webinar is for foster carers in Wales only. To book and confirm your place, please use the Eventbrite link below:

BOOK HERE: <https://www.eventbrite.co.uk/e/the-incredible-teenage-brain-webinar-tickets-1482987097329?aff=oddtcreator>

Gweminar Ymennydd Anhygoel Person yn ei Ardddegau

Dydd Mawrth, y 23^{ain} o Fedi 09:30 – 12:30

Gweminar am ddim i ofalwyr maeth yng Nghymru

Cynhelir y weminar ar-lein trwy Zoom. Anfonwn ragor o fanylion unwaith y bydd trefniadau neilltuo lle wedi'u cadarnhau.

Traddodir y sesiwn hon gan Martina Wolter, Therapydd Teulu Systemig a Seicotherapydd

Gweminar am ddim i ofalwyr maeth lle y cewch well dealltwriaeth o ddatblygiad yr ymennydd dynol, sy'n pwysleisio ar yr ymennydd llencynnaidd a'r prosesau o 'docio' y mae'n mynd drwyddynt. Bydd y weminar hefyd yn ystyried effeithiau'r ymennydd sy'n newid ar wahanol agweddau o fywyd arddegolyn, megis ymddygiad, dysgu, cysylltiadau cymdeithasol, a symudiad i annibyniaeth. Edrychwn ar effeithiau trawma ar yr ymennydd sy'n datblygu ac archwiliwn sut y gall gofalwyr gynorthwyo'u harddegion orau.

Deilliannau Dysgu

- **Deall Datblygiad Ymennydd** – Enillwch ddirnadaeth ddyfnach o sut mae'r ymennydd dynol yn datblygu, gan ganolbwyntio ar lencyndod a'r prosesau 'tocio' sylweddol sy'n digwydd.
- **Adnabod Newidiadau mewn Ymddygiad** – Archwiliwch effeithiau'r ymennydd llencynnaidd sy'n newid ar ymddygiad, llunio penderfyniadau, rheoleiddio emosiynol, a byrbwylltra.
- **Llywio trwy Gysylltiadau Cymdeithasol** - Archwiliwch y newidiadau niwrolegol sy'n effeithio ar ryngweithio cymdeithasol, perthnasod rhwng cymheiriaid, a'r symudiad tuag at annibyniaeth.
- **Deall Effaith Trawma** – Dysgwch am effeithiau trawma ar yr ymennydd sy'n datblygu, gan adnabod arwyddion a deall canlyniadau cyfnod hir.
- **Darparu Cymorth fel Gofalwr** – Nodwch arferion gorau i ofalwyr wrth gynorthwyo arddegion trwy'r cyfnod datblygol hwn, gan faethu cydnerthedd, lles emosiynol, a llunio penderfynu iach.

Neilltuo'ch lle am ddim: Disgwyliwn i'r weminar fod yn boblogaidd, ac felly bwciwch yn gynnar i sicrhau'ch lle, os gwelwch yn dda. Nodwch, os gwelwch yn dda, fod y weminar hon i ofalwyr maeth yng Nghymru yn unig. I neilltuo ac i gadarnhau'ch lle, cofiwch ddefnyddio dolen Eventbrite sydd isod:

BWCIWCH YMA: <https://www.eventbrite.co.uk/e/the-incredible-teenage-brain-webinar-tickets-1482987097329?aff=oddtcreator>