



**!nspired**  
IVEF Speaker Series

**February 18, 2021 at 7:00 p.m.**  
**Presents:**

## A Pandemic within a Pandemic: Supporting Overwhelmed Teens with Love, Laughter, and the Science of Resilience

**Over the past five decades confirmed levels of anxiety and depression among adolescents have increased 400%.**

**Join us for this dynamic 90-minute program from Dr. Michael J. Bradley as he:**

- Explains the neurology of the teen brain, focusing upon its decision-making deficits, resilience challenges and unprecedented vulnerability to anxiety and depression.
- Compares today's adolescent world with that of its parents, revealing critical parenting factors that have contributed to this risk-laden trend.
- Reviews the latest teen risk behaviors of sex, drugs, and violence, which relate to their excessive stress levels.
- Shares research proving that an appropriate "dose" of stress *protects* against the diseases of anxiety and depression.
- Offers a set of specific resilience-building parenting strategies, or "what to do when."
- Allows for extensive audience Q&A.



Michael J. Bradley, a licensed clinical psychologist with a doctoral degree in psychology from Temple University, has over 30 years of experience working with adolescents. In addition, he is the award-winning author of four books including the bestselling *Yes, Your Teen Is Crazy! – Loving Your Kid Without Losing Your Mind*. A fifth book, *Crazy-Stressed: Saving Today's Overwhelmed Teens with Love, Laughter, and the Science of Resilience*, is slated for release in 2021. Professional memberships include American Psychological Association; Pennsylvania Psychological Association; and American College of Forensic Examiners. He is also certified by the American Psychological Association College of Professional Psychology for the Treatment of Psychoactive Substance Use Disorders (APA-CPP). His own on-going training qualifies him to offer continuing education units (CEU's) at the seminars he conducts for professionals.

### **ADVANCE REGISTRATION IS REQUIRED.**

Please sign up here: <https://dsnpr.co/Brh2LN>

This program is free of charge, but space is limited. Please be sure to register ASAP. The link to the program will be emailed directly to you prior to the event.

**\*\*Parents are asked to attend without their children. This will spare adolescents the discomfort of the sometimes-graphic content and provide a forum where parents can freely ask specific questions regarding their kids' behaviors.**