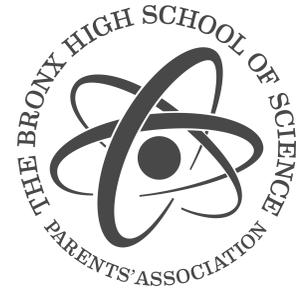


MEET THE SPEAKER



WHO: SEAN GROVER

WHEN: Tuesday 10/18/2016 he will speak at our PA meeting

WHAT: Developing Healthy Habits in Teens

If your household is an emotional battle ground filled with arguments around homework, chores, curfews, etc. it's time to hit the pause button and explore why your parenting isn't getting better results. This workshop teaches parents to stop lecturing and start leading their children to healthier habits.

We asked him five questions that will help you get to know him:

1. Please tell us who you are and about your qualifications and experience.

My name is Sean Grover. I'm an author and psychotherapist, I've worked with parents, children and teenagers for 25 years. Before working privately, I designed, coordinated and managed school-based programs for struggling youth in elementary schools, middle schools, and high schools. Today I have one of the largest private group therapy practices in the United States.

2. What do you do? How do you work?

When parents contact me, it's safe to assume something's gone wrong. Their kid isn't doing well in school, maybe it's academics, maybe it's socially, maybe there's been some sort of family disruption or trauma. After meeting with parents and assessing the situation, I may recommend individual therapy, family therapy, or group therapy. Teenagers tend to respond much more positively to group therapy, even after initial resistance.

3. Please tell us about your book: WHEN KIDS CALL THE SHOTS: How to Seize Control from Your Darling Bully--and Enjoy Parenting Again .

My book helps parents strengthen their leadership. When a parent begins to surrender to a bullying child, it throws the entire dynamics of the family out of whack. Children need parents to be parents -- no matter what age. When kids are given too much power, they ultimately wind up destroying themselves. I used to think this was strictly an American phenomenon, but so far the book has been translated into Russian, Korean, and Chinese, with other languages pending.

4. What do you hope parents will take away from your presentation at BxSci?

My goal is for parents to leave my workshop feeling strengthened and encouraged. Parenting can be a very lonely business. It stirs up all kinds of feelings and insecurities. It can fill you with self-doubt, plunge you into despair, or make you act in ways you regret. Make no mistake, it's hard work, but when you do it right the rewards last a lifetime. Nothing is more rewarding than having a healthy relationship with your kid.

5. What do you wish parents knew about interacting with their teens?

The least effective ways of influencing children are advice, criticism, and comparison. Anytime parents engage in these, expect defeat. You may win an argument, but you'll do damage to your relationship. When considering your child's struggles, it's much simpler to ask "what's missing?" If you can focus on filling those gaps, kids mature and relate better.

WANT MORE?

There is an article Sean Grover did for psych central that is very popular. Here's the link:

<http://psychcentral.com/lib/5-things-every-teen-needs/>

WE HOPE TO SEE YOU ON 10/18 at 7:00PM