TRAINING EVENT

22nd October 2025



Supporting Those Who Support Others

**Regulating The Teenage Brain**

**Led by Clare Sullivan — Psychotherapeutic Counsellor, Trainer & Therapeutic Team Manager**

**Wednesday 22nd October 2025 5.30-6.30pm**

**Online**

This twilight micro training session provides practitioners with an opportunity to explore the unique phase of re-development of the teenage brain and how to respond to teenagers so that they feel heard, understood and respected. By connecting with teenagers in a way that provides them with a sense of connection and validity, we are better able to help their regulation of emotions and behaviours.

**This training is for you if you want to …**

* Understand the unique phase of brain development that young people experience as they reach adolescence and how to support a smooth transition through this tricky developmental stage.
* Gain awareness and confidence in responding to teenagers with coregulation and respect for where they are now.
* Consider the role of emotional regulation in soothing and dampening alerted states and how to scaffold opportunities for the development of resilience and confidence.

**£35.00 per delegate**

**To book a place please contact**

[**thebungalowpartnership@gmail.com**](about:blank)

Did you know that every time you attend one of our training workshops, you are directly supporting our work with local children, young people and families?

A logo with people and a house

Description automatically generated

TRAINING EVENTS

BOOKING FORM

**CONTACT DETAILS**

School/Organisation:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Position in School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Authorised by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TRAINING EVENT £35.00 per delegate Regulating the Teenage Brain**

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|  | **Online**  **22nd October 2025**  **5.30-6.30pm** |

**DELEGATES**

**Name Email:**

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**TOTAL COST £ \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please return completed booking form and accompanying Purchase Order (if required) to:**

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| The Bungalow Partnership  Rose Wood Academy  The Garth  Coulby Newham  Middlesbrough  TS8 0UG  Tel: 01642 595363  Email: [thebungalowpartnership@gmail.com](about:blank) |  |