

Taming the Adolescent Mind©



A mindfulness-based training workshop for professionals working with adolescents

Lucy Tan, PhD is a Clinical Psychologist, researcher and lecturer. She trained and worked in Scotland, Singapore and New Zealand, before moving to Australia.

She returned to complete a PhD after more than 2 decades as a senior clinician.

She has published* in peer-reviewed journals and presented at international conferences.

She is also the recipient of The Australia Prime Minister's Endeavour Asia Award (2013) for her cutting edge research in adolescent mental health.



7th April 2015, 9.00 – 5.00pm

Rydgges-Tradewinds, Cairns, AUSTRALIA
137 Esplanade, Cairns, Qld 4870

The Taming the Adolescent Mind© (TAM) program has proven to be effective with adolescents. TAM was developed for adolescents, piloted and further subjected to randomize-controlled trials. It was designed specifically to suit adolescents.

Participants at the completion of this one-day workshop will be introduced to:

- mindfulness-based therapies
- empirical evidence on efficacy of mindfulness-based therapies in children and adolescents
- mindfulness measurements for children and adolescents, and
- step-by-step guide on how lead a mindfulness-based adolescent group intervention

Program fee is in Australian Dollars (AUD) includes am and pm teas.

Limited places: 35 (Confirmation of place once registered)

Early Bird fee: \$300 register by 8/3/2015

After 8/3/15: \$350

Register securely online:

<http://www.tanpsychologist.com.au/workshop-resources/>

*http://www.researchgate.net/profile/Lucy_Tan2