The Neuroscience of Adolescent Brain Changes

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When you were 8-12yrs old, how many hours did you spend out and about, with friends and siblings, with NO adult in close proximity?

RED / GREEN BRAIN
- Over-ride Impulses
- Plan
- Sequence
- Time Management
- Abstract
- Empathy

lower/red brain

UPPER/GREEN BRAIN
- Survival Tasks
- Impulsive
- Irrational
- ‘Two years old’
- Selfish

Neuroception
“AM I SAFE?”

INCREASED CHANCE GOING TO DIE

ACTIVATING THE STRESS RESPONSE

When it starts & why....
Dopamine Sensitivity
- risk taking
- other youth/tribe formation
- boredom
- addiction

Some Potential Glitches...
- Facial Recognition
- Perspective Taking

NB: Upgrades create glitches, but upgrades require data input
(i.e., we need to stay involved with our youth – even when it feels difficult...)

Another Challenge...
Separation from Parent

Social Grouping Influence
- Status Increase
- Creating ‘cliques’

DDSIH

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