

# “Parenting Teenagers Today in an Anxious World”

Parenting has become an incredibly complex business. Whilst some teenagers are a dream to rear and give no bother at all, others are always pushing the boundaries as parents become concerned about their attitude and immature behaviour. However, an increasingly common presentation is anxiety. We have reached almost epidemic proportions of teenagers crippled with anxiety. These young people are struggling to attend school and navigate peer friendships. They exhibit all manner of anxiety symptoms including panic attacks, OCD, rigid eating and exercise patterns, overthinking and dreading the future. They sometimes place unbelievably high expectations on themselves and, as a result, live with tremendous pressure. The stress creates a body response as many also endure such symptoms as GI tract issues, skin disorders, stress headaches etc. It is not unusual for self-harming behaviours and suicidal thoughts to emerge.

Intuitive parenting skills and breathing techniques may help momentarily, however, they typically don't resolve the underlying problem of how to address the negativity, self-doubt and feelings of not being good enough.

Join Bronagh Starrs, renowned adolescent psychotherapist, for this evening talk for parents. Participants will gain an in-depth understanding of the dynamics of anxious presentation in adolescence, illuminating the mindset of the anxious teenager. A trove of effective parenting strategies will be presented.

**Date: 20 March 2024**

**Time: 7-8pm**

**Venue: Nenagh College**

## **About The Presenter:**

Bronagh Starrs maintains a private practice in Omagh, Northern Ireland as a consultant psychotherapist, clinical supervisor, writer and trainer. She is Creator and Programme Director of the MSc Adolescent Psychotherapy in Dublin Counselling & Therapy Centre in partnership with University of Northampton. A recognised expert in the field of adolescent psychotherapy, Bronagh teaches and presents internationally on the developmental phenomena and therapeutic dynamics of contemporary adolescence. Bronagh's first book *Adolescent Psychotherapy - A Radical Relational Approach* (Routledge, 2019) has received international acclaim. She has also authored various articles on the subject and has contributed to the collected volume, *Relational Child, Relational Brain* (Gestalt Press/Routledge, 2017). Her most recent publication is *Adolescent Configuration Styles, Parenting and Psychotherapy A Relational Perspective* (Routledge 2023).

