

# THE TRANSFORMATION OF THE ADOLESCENT

GUIDE FOR PARENTS AND PROFESSIONALS



## Seminar

Help them grow in a healthy and constructive way

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|--------|--|
| Jan 30 | <b>What Is Adolescence?</b>                          |
| Feb 6  | <b>The Adolescent and the Family</b>                 |
| Feb 13 | <b>The Adolescent's Social Development</b>           |
| Feb 20 | <b>The Adolescent, Social Media and Technology</b>   |
| Feb 27 | <b>Risk Behaviors in Adolescence</b>                 |
| Mar 6  | <b>Mental Disorders in Adolescence</b>               |
| Mar 13 | <b>The Positive Transformation of the Adolescent</b> |

### Spanish / Free Entrance Simultaneous Translation

Oswego East High School (OEHS)  
Community Room  
1525 Harvey Rd, Oswego, IL 60543

Use Main Entrance (Door No. 1)  
From 6:00 - 8:00 p.m

Light refreshments and child care for kids  
three years and older will be provided.

### Dr. Mario Guzmán

Clinical Psychologist and Cognitive  
Behavioral Therapist

More  
than

**16**

years of  
experience



PRESENTED BY



[www.seedsfamilyservices.com](http://www.seedsfamilyservices.com)

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## **SOMEONE CHANGED MY CHILD**

By Dr. Mario Guzman

On one occasion a mother of three children consulted my practice. She told me: "Mario, someone has changed my son! Baffled I asked her; "What do you mean? How is that possible?" She replied; "I used to have a son who obeyed me, who saw me as someone he admired, and above all, a son with whom I could spend whole days with and we did not have any major problems. But now everything changed, he has grown up and become a teenager! He does not want to spend time with me and when he does it is common that we end up in an argument. Tell me Mario, what happened to my son? Who changed him for me? "

For those who still do not have children in their teen years this may sound exaggerated, or at least incomprehensible. But for those who have children in this stage the feelings of that mother may resonate closer to home.

Adolescence is a stage of physiological, psychological, social and spiritual changes. Some children show signs of such a change from as young as 9 or 10 when puberty begins, and some parents may still notice their signs until they are 23 or 25 years old.

Adolescence brings challenges for both parents and children, and presents risks that tend not to manifest in childhood. It is common to see an increase in conflicts with parents, teachers, friends and society in general. Even so, it is necessary to point out that the great majority of adolescents enjoy good mental health and a good relationship with their environment, so we should not confuse conflict with pathology or disorder.

Sex, drugs, independence, philosophical and spiritual beliefs, as well as a search for flexibility in the rules is part of what parents with teenagers will have to learn to cope with.

Therefore, it is essential that parents of adolescents (as well as professionals who work with them) can have the knowledge and strategies to guide and relate appropriately with them, while helping the teens to navigate through this stage safely and without losing the capacity to see themselves in the future.

With what has been said so far, I would like to invite you to the seminar on the Transformation of the Adolescent that we will have at Oswego East High School on January 30, February 6, 13, 20, 27, March 6, and 13, 2019. From 6:00 a.m. 8:00 p.m. This seminar is free of charge. Attendees will be given study material and a certificate at the end of the seminar.

This seminar will help you to see that no one has changed your child but both you and him/her are called to enter a new stage. A stage of challenges, growth and joys. A stage that helps parents and children, to develop in a comprehensive, satisfactory and constructive way.

I will be very happy to count on your presence. Best wishes.

Dr. Mario Guzman.