



NEURO-DEVELOPMENTAL THEORY TO PRACTICE

**Brain-based Approaches to Whole-child Development
from Infancy to Adolescence**

Neuroscience is transforming our understanding of being human, from infancy through adolescence and into parenthood, leading to improved practice across all areas of child development and family support. As the need for neuro-scientific knowledge amongst practitioners increases, its convergence with key approaches to attachment, trauma, and learning have seen watershed changes in how we understand and support optimal development, behaviour and social emotional wellbeing.

This dynamic new workshop from the best selling author of Hey Warrior, shows how modern practitioners can synthesise the latest (often complex) neurodevelopment research into practical brain based approaches to treatment, education and parenting/ carer support. Compelling research is supporting the need for practitioners and organisations to shift from older more inflexible behavioural and cognitive approaches to more integrated relational approaches that neuro-nurture young brains to dramatically influence the growth and healing of the developing brain to provide the foundations for a happy, successful life. Practitioners and organisations embracing neuro-nurturing practice see significant shifts in engagement as they begin to understand why correction without connection rarely works and how identifying individual neuro-developmental needs informs how and when to intervene no matter what the age.

Translating science and jargon into understanding and practical strategies this workshop is suitable for all early childhood workers, principals and educators (P-12), health professionals, GPs, paediatricians, family support workers, residential carers, MH day-program staff, and parents/ carers.



Karen Young founded the popular website, Hey Sigmund, attracting millions of readers each year worldwide and is author of the best selling Hey Warrior book for young people with anxiety. She can often be heard on Australian radio and TV programs such as The Project and the ABC. She is a sought-after international speaker to sold out events from New York to Newcastle. She has authored three books for kids and parents to help them understand anxiety and find their 'brave'. Experience has taught her that people can do amazing things with the right information, psychology has something for everyone, jargon doesn't, everyone has a story to tell, short bios are the longest to write, nobody has it all figured out and the best people to be around are the ones who already know this. Karen translates the neuroscience of anxiety and every day life into meaningful advice for all ages.