



# Virtual Training

With the endorsement and support of Dr. Ken Ginsburg, author of the *Reaching Teens* tool kit, Wellroot has developed a training series that equips youth-serving professionals to address various behavioral risks and mental health issues from a strength-based perspective. Reflecting Dr. Ginsburg's expertise in promoting positive youth development, these foundational trainings offer practical tools to begin supporting adolescents in healthy, impactful ways.

## Foundation Session Descriptions

### Session 1 - Understanding Teenagers and Trauma

Explore how life experiences and trauma shape the developing brains of adolescents. Learn how understanding the teen brain and leveraging this knowledge is a starting point to building strength-based relationships with teens.

### Session 2 - Preparing To Care

Learn what compassion resilience is and how to develop it to achieve professional longevity. This session gives practitioners self-care and resilience-building strategies to avoid burnout.

### Session 3 - Reframing & Radical Calmness

Master the language of resilience and how demonstrating radical calmness can help teens manage stressful situations. Explore co-regulation and gain strategies to support self-regulation in teenagers.

### Session 4 - Strength-based Approach

Learn practical, strength-based communication skills to build resilience and independence in teens. This session also provides strategies to help teens cope with stress.

## 2026 Virtual Training Dates

May 6	Foundation 1 & 2	9:00 - 12:15
May 7	Foundation 3 & 4	9:00 - 12:15
May 12	Deep Dive	Noon - 1:30
May 28	Connect & Reflect	Noon - 1:00
June 3	Foundation 1 & 2	9:00 - 12:15
June 4	Foundation 3 & 4	9:00 - 12:15
June 9	Deep Dive	Noon - 1:30
June 25	Connect & Reflect	Noon - 1:00
Aug 5	Foundation 1 & 2	9:00 - 12:15
Aug 6	Foundation 3 & 4	9:00 - 12:15
Aug 18	Deep Dive	Noon - 1:30
Aug 27	Connect & Reflect	Noon - 1:00

Participants should complete the Reaching Teens Foundational Training first to build a shared understanding and common language. Deep Dive sessions then provide opportunities to strengthen practical skills. Connect & Reflect offers a supportive space to ask questions, share experiences, and build community with others doing this work.



Scan the QR Code to register. Foundation and Deep Dive sessions are approved for 1.5 Core CE hours by the Georgia Society for Clinical Social Work.

**For additional questions, please contact us at [ReachingTeens@wellroot.org](mailto:ReachingTeens@wellroot.org).**

