



CASEL CARES INITIATIVE
Connecting the SEL Community

Brainstorm: How We Can Best Support the Power and Purpose of the Teenage Brain

Featuring Dr. Dan Siegel



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THE MYTHS, BENEFITS AND CHALLENGES OF ADOLESCENCE

1. Increased emotional intensity
2. Social engagement
3. Novelty seeking
4. Creative exploration



ESSENCE OF ADOLESCENCE

E-motional
S-park
S-ocial
E-ngagement
N-ovelty
C-reative
E-xploration

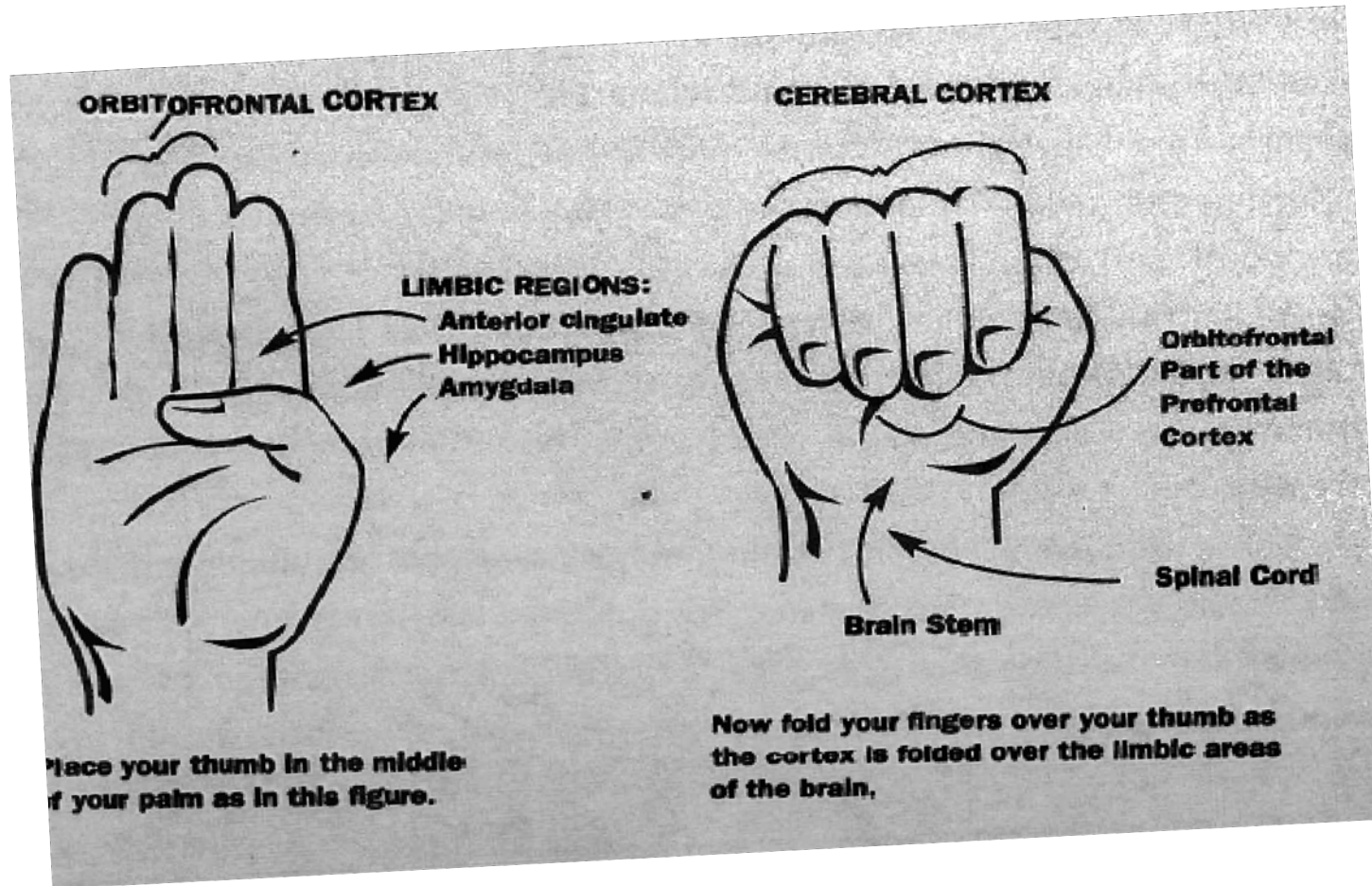


MINDSIGHT

Insight
Empathy
Integration



THE BRAIN IN THE PALM OF YOUR HAND



SIFTING THE MIND

S-ensing
I-mages
F-eelings
T-houghts



“NAME IT TO TAME IT”



I feel
pressured.



THE RIVER OF INTEGRATION



THE RIVER OF INTEGRATION

- **F-LEXIBLE**
- **A-DAPTIVE**
- **C-OHERENT (RESILIENT OVER TIME)**
- **E-NERGIZED**
- **S-TABLE (RELIABLE)**



THE WAYS WE ATTACH

Safe

Seen

Soothed



Secure



Interpersonal Neurobiology

C urious

O pen

A ccepting

L oving

