

## Taming Your Teen Love, Limits & Laughter

Do you feel like your household is being run by hormones rather than reason? Are you struggling with setting effective limits and rules? Join other parents for refreshments, empowerment and laughter!

## “Something Happened Last Year” Original Play, by Elizabeth Jorgensen *Theater with the power to change.*

This play depicts a true story of teens that are close friends and share the same dreams and conflicts as young people everywhere. The names have been changed to protect their confidentiality. The eight characters in the production have their lives changed forever when three are in a fatal car crash involving alcohol and marijuana. The play then depicts the year following the accident in which each character must rebuild his/her life. Copyright FREE for Nonprofit organizations.

## Elizabeth Jorgensen, CADC Therapist, Consultant

Elizabeth Jorgensen has 26 years of experience as a psychotherapist and specializes in adolescent psychotherapy and substance abuse counseling. She is a nationally recognized expert in substance abuse counseling and in engaging resistant teens and motivating them to change. Elizabeth has presented nationally including Harvard and Dartmouth Universities and is the recipient of a Congressional Award for her work as an educator and community prevention activist. In addition to the programs listed in this brochure, Elizabeth is also able to provide custom presentations suited to your needs and budgets.

## Booking Information

To book Elizabeth for your school, organization, place of worship, or even a small group within your home, please contact Kimberly Wilson, Office Manager directly at, 203-431-9726, ext. 0



*Things do not change. We do.*  
—Thoreau

*Elizabeth Driscoll  
Jorgensen, CADC*

## Workshops & Presentations



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## Delay Your Gray: How To Keep Your Teenager Safe and Yourself Sane

Has your darling son/daughter been replaced by a SCOWLING STRANGER who questions your every action? This is a fun and informative program for parents of teens and soon to be teens.

### Parents will learn how to:

**Understand** adolescent development, “What is normal?”

**Set** effective limits with preteens & teens (technology, socializing, sexuality & more)

**Keep** your teen safe from alcohol and other drugs.

**Have** a sense of humor and “walk away” from your teenager’s intense moods.

**Increase** the partnership with your spouse (or ex-spouse) to create team parenting strategies.

**Create** and increase your network of like-minded parents.

**Enjoy** your teenager and laugh with them more!

## This Is Your Teenage Brain on Drugs

This is a comprehensive, interactive and fun program that combines neuroscience research and science based substance abuse prevention education for middle and high school students.

### Students will learn:

**Short and Long term effects** of alcohol, marijuana, ecstasy, opiates, LSD, inhalants & other drugs of abuse.

**Basic brain neuroscience** through a PowerPoint presentation, handouts, a pre and post knowledge test and teachers guide.

### The Program:

**Provides** information that can easily be reinforced in Health, Physical Education and Science classes.

**Includes** a Student Manual that can be distributed for reinforcement and to encourage teen dialogue with peers and parents.

## Is Your Home Missing Technology Balance?

Gaming, texting, blogging, Facebooking, cell phones, social games, Skype, Amazon, Formspring, Zenga, Twitter, Foursquare, Tumblr, etc. How Much Technology is TOO MUCH?

### Parents will learn:

To set and maintain reasonable and healthy limits to keep your teen safe and balanced in a technology driven world.

To regain control over excessive media use & reestablish access as a “privilege”.

Why digital technology is so addictive and the internet so powerful.

When media and digital technology are becoming a problem.

### Teens will learn:

How excessive media use has impacted their functioning at home, school, with friends, and family relationships.

How to better manage time and how to use other coping skills to reduce anxiety and boredom.