

Embracing Neurodiversity: A Guide for Families in the Teen Years



This workshop series is tailored for families with neurodiverse teenagers, including those with Autism or ADHD diagnoses. The teenage years bring new challenges as the teen brain goes through its final 'upgrade' before adulthood. Teens have specific needs that require a different parenting approach. Neurodiversity adds an extra layer of complexity to teenage development and the family dynamics. It's not easy and parents need support.

Each of the four sessions focuses on a distinct topic, progressively building a comprehensive toolkit for effective parenting. While each workshop offers standalone value, attending the full series provides the most comprehensive support. Whether you attend one session or all four, you'll come away with valuable knowledge and techniques to enhance your parenting journey.



SESSION 1

The Age Of Diagnosis: Exploring Neurodiversity and how labels entrap or liberate us



SESSION 3

Change happens through relationships: Other and self-reflection to connect



SESSION 2

Changing the brain and building skills: A developmental and skills based understanding



SESSION 4

Skill building: Barriers, strategies and scaffolding for real change

Join to gain insights, strategies, and a supportive community to help your family thrive. **Help your neurodiverse family thrive.**



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What you will get

Insight into Your Child's Unique Strengths: Discover your child's individual skill profile—and your own—to better support their growth.

Brain Science Basics: Learn about how the brain develops and functions, giving you a deeper understanding of behavior.

Effective Communication Tools: Master intentional communication strategies that actually work with your teen.

A New Language for Challenges: Develop a shared language to navigate tough moments with clarity and empathy.

Problem-Solving Framework: Build a reliable approach to tackle difficult issues, giving you confidence when challenges arise.

A Calmer Home: Create a more peaceful environment where family time feels connected and enjoyable.

Less Parental Guilt: Let go of the guilt and focus on building a positive, supportive relationship with your teen.

Life Skills for Your Teen: Equip your child with the tools they need to confidently navigate life's ups and downs.

A Lifelong Bond: Strengthen your relationship with your teen in a way that will last well into their adulthood.



Run by
DR BETTINA HOHNEN
Clinical Psychologist

Executive Functions

In these workshops you will gain a deep understanding of Executive Functions—the essential skills rooted in the brain's frontal lobes. These functions help us plan, regulate, and monitor our behavior, and when they're underdeveloped, they often show up as what we label “poor behavior.” This can lead to frustration, misunderstandings, and strained relationships.

By the end of this course, you'll have the tools to recognize and support these critical skills, turning challenges into opportunities for growth and stronger connections.

THURSDAY 15TH
January 12.00–1.30pm

THURSDAY 5TH
February 12.00–1.30pm

THURSDAY 26TH
February 12.00–1.30pm

THURSDAY 12TH
March 12.00–1.30pm



Cost £50 each or £150 for all 4 workshops

Sessions take place online.

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