

**IAAH CONGRESS 2017: PRE-CONGRESS SKILLS BUILDING WORKSHOP 18**  
**Thursday October 26<sup>th</sup>**

<b>WORKSHOP TITLE</b>	<b>Adolescent Brain Development and Substance Use: An Evidence-Based Approach Utilizing Motivational Interviewing Counselling Techniques</b>
<b>RATIONALE</b>	<p>The adolescent and young adult years are a dynamic time of biological, psychosocial and cognitive development. The complex processes that evolve during this time have immediate as well as life-long consequences. Current research demonstrates that tobacco, alcohol, marijuana, and other drug use can adversely affect development.</p> <p>Problem substance use is a major issue globally for adolescents, influencing morbidity and mortality.</p> <p>By exploring the latest research in these areas, this workshop will create a forum for discussion regarding care, while focusing on principles of motivational interviewing and practical interventions within the office setting.</p> <p>By gaining knowledge of risk factors, clinicians will be able to identify, refer, and more comprehensively work with adolescents and their families.</p>
<b>Facilitator:</b>	Seth Ammerman, M.D. Pediatrician, Stanford USA seth.ammerman@stanford.edu
<b>Co Facilitator:</b>	Shelley Aggarwal, M.D., Pediatrician, Stanford, USA (New Delhi)
<b>Taking place:</b>	<b>Afternoon</b>
<b>Training objectives</b>	<ol style="list-style-type: none"> <li>1. Identify key research findings related to adolescent bio-psycho-social development, including brain development</li> <li>2. Describe global trends in adolescent substance use</li> <li>3. Recognize and discuss the implications of alcohol, tobacco, and marijuana use on adolescent development</li> <li>4. Define the general principles of motivational interviewing and apply basic motivational interviewing techniques with adolescents</li> </ol>
<b>Facilitation techniques</b>	<p>Interactive presentations (e.g. latest research and epidemiology, etc.) with powerpoint slides</p> <p>Small group break-out sessions to practice motivational interviewing techniques</p> <p>Case-based discussions both planned by the presenters and proposed by the participants</p>