

IAAH CONGRESS 2017: PRE-CONGRESS SKILLS BUILDING WORKSHOP 18
Thursday October 26th

WORKSHOP TITLE	Adolescent Brain Development and Substance Use: An Evidence-Based Approach Utilizing Motivational Interviewing Counselling Techniques
RATIONALE	<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>
Facilitator:	Seth Ammerman, M.D. Pediatrician, Stanford USA seth.ammerman@stanford.edu
Co Facilitator:	Shelley Aggarwal, M.D., Pediatrician, Stanford, USA (New Delhi)
Taking place:	Afternoon
Training objectives	<ol style="list-style-type: none"> 1. Identify key research findings related to adolescent bio-psycho-social development, including brain development 2. Describe global trends in adolescent substance use 3. Recognize and discuss the implications of alcohol, tobacco, and marijuana use on adolescent development 4. Define the general principles of motivational interviewing and apply basic motivational interviewing techniques with adolescents
Facilitation techniques	<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>