

# Katie Hurley



Thursday, January 21 – 7 pm

Zoom link:

<https://us02web.zoom.us/j/4375356519?pwd=UDF MQzVmWXIFQ1pLeGRLNTBHQUFmZz09>



PARTNERSHIP FOR AWARENESS

Katie Hurley, LCSW, is a child and adolescent psychotherapist, parenting educator, public speaker, and writer. She authored award-winning book - *No More Mean Girls: The Secret to Raising Strong, Confident, and Compassionate Girls*. Hurley also covers mental health, child and adolescent development, and parenting topics for The Washington Post, PBS Parents, Psychology Today, and US News and World Report.

## Positive Psychology for Tweens and Teens

Stress, pressure, and the general busyness of growing up in the modern world can trigger negative thought patterns in tweens and teens. Research shows that body image concerns are starting earlier than ever and that heavy social media use can trigger thoughts of self-doubt and symptoms of anxiety and depression when tweens and teens spend a lot of time comparing themselves to others. The good news is that tweens and teens can learn to tap into positive psychology to work through their intrusive thoughts and focus on their strengths. This presentation by Hurley helps parents and educators learn to spot the warning signs of negative thinking and assist tweens and teens in changing their mindsets by utilizing positive thinking skills rooted in Cognitive Behavior Therapy. Hurley will also be sharing from her new book – *A Year of Positive Thinking for Teens: Daily Motivation to Beat Stress, Inspire Happiness and Achieve Your Goals*. For more information, please visit [www.partnershipforawareness.org](http://www.partnershipforawareness.org)