



Archdiocese
of Vancouver

Making Sense of Adolescence: A Video Course & Facilitated Discussion
facilitated by Kevin Bredeman

Course Outline

Session 1 - Crossing the bridge: adolescence in perspective

Session 2 - Two paths diverge: conformity versus individuality

Session 3 - Walking through aloneness and sadness: the necessary road to individuation

Session 4 - Taking a wrong turn: when peers replace adults

Session 5 - The counterwill storm: how to survive teen resistance

Session 6 - Why adolescents need to feel more than ever

Session 7 - Becoming tempered: the key to adolescent balance and stability

Session 8 - Why adolescents need to play more than ever

Session 9 - Reclaiming our youth: how to hold, or win back, their hearts

Session 10 - Becoming a sexual being: the pursuit of proximity in another dimension