This presentation will provide parents with some concrete tips, techniques, and skills for building a strong, resilient relationship with their kids. This can be particularly challenging during the teen years when kids are pushing against parents in their natural developmental search for autonomy, personal values, and peer affiliations. While parents step back from the illusion that we have control of our kids, building relationship capital helps parents maintain a positive influence with their developing child into their teen years and beyond.

ABOUT BROOKS WITTER:
Brooks Witter is a counselor, Acceptance and Commitment Therapy trainer, and co-Founder of Wise Roots Parenting. He currently runs a small private practice and his online parent education program, Wise Roots Parenting. He has an extensive professional background supporting individuals, couples, families, and teams transform challenges into strength building opportunities. When he's not working with clients or studying counseling and cognitive theories, you will find him on his bike, spending time with his family, getting outside, playing improv or fiddling with saws and wood, or hiking with his two dogs on a mountain trail.