

The Times, They Are A-Changin': Transitions in Adolescents

Thursday, May 13, 2021 | 7:30-8:30 pm CDT

Guest speaker Dr. Hillary Urban, Wildflower Center for Emotional Health

Adolescence is marked by developmental transitions. Teens confront identity formation, education/career-related decisions, and growing independence. This may lead to increased anxiety which can be hard to detect because feelings show up differently in adolescents and adults. There is a new factor, too: the COVID-19 pandemic raises special concerns about adolescent mental health. In this hour-long webinar, Hillary Urban, PsyD, will discuss how teens express anxiety and depression, the impact of the pandemic on them, and the challenges they may experience during periods of transition.



Dr. Hillary Urban earned her Bachelor of Arts degree in Psychology from Michigan State University and her Master's and Doctoral degrees in Clinical Psychology from The Chicago School of Professional Psychology. Her professional training took place in both inpatient and outpatient settings with individuals across the lifespan. Dr. Urban is passionate about working with adolescents and adults with a variety of presentations, including anxiety, mood disorders, personality disorders, psychosis, and trauma.

Please register for the webinar at the link below:

<https://www.eventbrite.com/e/thrive-talk-transitions-in-adolescents-registration-150615630405>

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