

## **Transformational Wellness Teenage Superior Program Session:**

Transformational Wellness Teenage Superior Session has been developed to enable Teenagers to regain their confidence, self esteem, pride, values, attitudes, respect, self love and self worth.

Many teenagers struggle to perform at the academic level of excellence which is required to gain access to a higher education and the wide range of career options. This is because the brain of a teenager is not fully developed to process all of the information from environmental stresses, including peer pressures and associated emotional development until the age 21.

To understand why children and teenagers today are becoming emotionally stressed, depressed, angry and addicted to technology such as computer games, simulated games, internet, and social media, is for you need to gain a greater insight into how the brain functions and interprets reality.

A child becomes consciously aware of themselves in relationship to the external world anywhere between 7 – 9 years of age. It is during this period that a child formulates belief systems, inadequacies, and experiences feelings of significance and insignificance, adequacy and inadequacy, and those negative feelings such as frustrations that leads to anger, hate and resentment.

Children of the 21<sup>st</sup> Century are less equipped to handle rules and boundaries because their ability to understand their position within the family structure is based on their ability to interpret their rights often without the concept of responsibility. This ability is being developed right from the time when a child first starts demanding their authority which nowadays, can be as young as 3 years of age.

Once a child has been successfully assertive within the family structure, the Thalamus (A part of the limbic system that interprets sensory information) then communicates to the Hypothalamus and Pituitary Gland (A part of the brain that controls many vital processes, including thirst, hunger, temperature, and sex drive. See also pituitary gland) to release emotional chemical messengers that create a feeling of dominance and position.

This feeling when expressed more than 10 times becomes a neurological pattern of behaviour. It is this behaviour that then forms the basis for attitudes, resentment, defiance, anger, aggression, outbursts, emotional manipulation and verbal abuse.

When a child then becomes more dominant in the family structure, the Sub Conscious is then instructed to create emotional programs that support a hierarchy of social positioning. This explains why it is difficult to reason with a

child who has been programmed for insubordination to all people who are below their level of emotional dominance.

A child's brain was never designed to be in a dominance hierarchy system until they\_reaching the age of 18 years. This is because a child or teenager is not emotionally equipped to understand the mechanics of life until they reach the age of adulthood which in most cultures is 18 years old.

The constant challenge for parents, teachers, youth workers and the authorities has with teenagers is this constant challenge with that our youth needing to be more independent and with that comes more dominate which can result in them being more aggressive about their in nature. You only have to watch or read the news to get a greater understanding about how adolescent behaviour has become a serious problem. And sadly enough, we are now witnessing teenage girls becoming as violent as teenage boys regardless of their social background.

In publication, in 2008, (the UK annual statistics of the Youth Justice Board), the number of violent offences committed by girls aged 10 to 17 has nearly doubled in three years. In 2002/3, there were 8,702 girls convicted of violence against another person, a figure that rose to 15,525 in 2005/6.

This social problem has escalated since the introduction of computer games, simulated games, and social media.

A large percentage of computer games are based on being aggressive, violent and display dominant behaviour. The underdeveloped brain of children and teenagers interprets the interaction with computer and simulated games as a physical experience. The Thalamus (a part of the limbic system that interprets sensory information) interprets the child or teenagers' responses to the computer or simulated games as being real and threatening. The emotions that are experienced when a child or teenager interacts with these games become a biological and neurological pattern for emotional development.

Scary thought isn't it? Once you understand that something as seemingly harmless as a computer or interactive game is going to program your child or teenager's for their emotional and psychological development for rest of their life you can support them with different choices.

This era of interactive media has seen the increase in young adults becoming disconnected from social interaction, more aggressive, more reactive, more defiant, more socially unacceptable and more disrespectful. And now at time when social media is growing in popularity, children and teenager's critical emotional development (from the age of 11 to 21) is being replaced by technology rather than human contact, human emotions, human feelings and human expression.

Social media has created a platform that enables people to connect without

physical contact. This may seem like a giant step in the advancement of human development and in a sense it is, however when you understand how the brain interprets the interaction of digital media, you would question why you would let your child or teenager spend quality emotional development time, time that can never be replicated once your child or teenager is over the age of 21, being programmed for life skills by a computer.

Children and teenagers being programmed by computers sounds like something out of a Sci Fi movie and if you are like 99% of the population thinking this is far too obscure to be true then please let me explain. The brain instead of filtering the information that is being processed by all environmental stimulus, is interpreting the environmental stimulus as being physical in nature and real in character.

Media that requires interaction in the form of emotional connection is processed by the brain as being human. This process isn't a problem to a mature and developed brain for example, over the age of 21 however, the brain development of a child or teenage under the age of 21 is fragile when it comes to environmental influences.

The underdeveloped brain of a child or teenager deciphers emotions as being part of the natural occurrence of physical bonding to another human being. This explains why children and teenagers succumb to the seduction of adults, either in physical or non physical (internet) sense, with immoral thinking and behaviour.

The brain of a child or teenager will bond rapidly to anything that creates an emotional experience of love, joy or happiness. Once a child or teenager has experienced a feeling, in this example let's say love (outside of the family structure), the brain then instructs the Sub Conscious to create a biological response to support the feeling. This biological response is then communicated to the heart. Once this has happened the Sub Conscious then creates a program for emotional connection that is the foundation for adult intimacy.

**Definition of Intimacy.** - familiarity: close or warm friendship.

If you are a parent reading this, I hope by now, that a light switch has turned on inside your mind and this information has had profound affect on how you think about your child or teenager's development.

Children or teenagers who spend more than 10% of their informative years interacting with multi level media, develop sensory perception (definition of sensory perception is the process of attaining awareness) that inhibits the Sub Conscious from instructing the Thalamus (part of the brain that interprets environmental information) to block all emotional signaling from the optic nerve (transmits visual information from the retina to the brain) and the cochlea (The cochlea is the auditory portion of the inner ear ) that is connected to interactive media such as computer games, simulated games and social media.

Because of this the brain then develops a two dimensional relationship to everything in physical form. This may not seem important as it doesn't impair a child's or teenager's I.Q. or physical development. However what it does do is alter the connection between the left and right hemisphere of the brain.

It is important when as you read this to understand this distinction because the left and right hemisphere's of the brain is also responsible for processing all communication from the Sub Conscious to the brain stem. When a child or teenager interacts with technology for more than 10% of their waking hours such as computer, mobile phone or simulated games (T.V is not included) the Corpus Callosum (A bundle of nerve cells which connect one hemisphere with another) is reprogrammed by the Sub Conscious to communicate to the left hemisphere all sensory information once it is processed by the Thalamus. This information includes, touch, smell, taste, sound and sight.

The challenge with this situation is, the Sub Conscious cannot distinguish between what is real and what isn't; therefore, when all of the sensory (5 senses) communication is signaled to the left hemisphere of the brain the Corpus Callosum creates biological programs to support the interpretation on behalf of the Sub Conscious. It is this biological function that creates what we perceive today as a child or teenager's addiction to games or social media.

A child or teenager's compulsive nature to interact with social media, computer games or simulated games comes from the brain being neurologically over stimulated. Once the brain becomes stimulated by objects such as computer games etc, the brain then communicates to the Hypothalamus and the Pituitary Gland (A small organ at the base of the brain that secretes many hormones) to release neural peptides that create feelings of excitement, joy, anger, aggression and frustration to name a few. Over time, these feelings then become more enjoyable to the brain than most other environmental stimuli, and this is where we lose our children or teenagers to technology.

Although this may seem like an addiction, the brain in it's true nature was never designed for emotional addiction but rather it was designed to be compelling, creative, logical, intelligent and rational.

Once a child or teenager's brain becomes programmed to feel more alive and energised by computer games, simulated games or social media, the Sub Conscious is then instructed to support brain compulsion. This then leads to a reluctance to interact with people outside of the child or teenager's social network.

**Definition of Compulsion** - Compulsive behavior is behavior which a person does compulsively—in other words, not because they want to behave that way, but because they feel they have to do so.

Children and teenagers who experience school and peer pressure find mediums

like games and social media comforting and safer than having to mix socially with other people. This contraction from social interaction doesn't enable the Sub Conscious to create the necessary emotional and psychological programs that are required for an adult to cope with the responsibility and challenges of life.

When a child or teenager withdraws inwardly from the family structure, this indicates that the Thalamus has instructed the Sub Conscious to create biological programs to support a socially inhibited personality. Once this has occurred the child or teenager's personality alters and becomes more reactive, more defensive, more moody and in many cases more secretive.

It is at this time when a parent feels an emotional disconnection from their child.

Historically this social acceptance of this child or teenage behaviour is put down to becoming an adolescent, peer emotional development or puberty, however what is really happening from a Sub Conscious perspective is, the Thalamus is now able to become more controlling over the biological, emotional and psychological programming of the Sub Conscious.

This may not seem important however from a parenting point of view the change in Sub Conscious Programming over the past decades has seen the rise in Depression, Suicide, Anxiety, Obsession, ADD, ADHD, Crime, Violence, Envy, Drugs, Drinking, Smoking, Sexual Promiscuity, Pregnancies and a total disregard toward adults in authority.

Transformational Wellness has taken all of these factors into consideration and has developed a Teenage Superior Program that changes the way the Thalamus instructs the Sub Conscious and Brain.

### **Transformational Wellness Superior Teenage Program Session resolves;**

- **Depression**
- **Suicidal thoughts**
- **Anxiety**
- **Obsessive behaviour**
- **Negative emotions**

- **Negative thoughts**
- **Negative attitudes**
- **Self Esteem challenges**
- **Lack of confidence**
- **Anger**
- **Hate**
- **Aggression**
- **Resentment**
- **Stress**
- **Mental fatigue**
- **Mental confusion**
- **Moods**
- **Tension**
- **Worry**
  
- **Forgiveness**
- **Lack of Concentration**
- **Emotional reactions**
- **Tension**
  
- **Self harm**

**Transformational Wellness Superior Teenage Program Session helps with;**

- **Social reluctance**

- **Respect with authority**
- **Academic intelligence**
- **Emotional intelligence.**

**Transformational Wellness Superior Program Session Investment is \$350.00**

**To qualify for Transformational Wellness teenagers must be between 13 and 18 years of age.**