

The Ties that Bind Us

Ways to Emotionally Reconnect with Your Tween or Teen.

Wednesday 14 December 2022

6:30-7:30pm - online

Have you ever had a moment where you wished your teen would just grow up already? Ever felt perplexed by their choices when you are sure they know the “right thing to do”? You are not alone! Come join us for this gentle chat about realigning family boundaries during the teen years.

Dr. Scarlett Mattoli, a renowned and well learned Clinical psychologist in Hong Kong and globally, with years of rich experience working with adolescents, will be sharing her knowledge with us to help make parenting an enriching experience.

During this talk, we hope to:

- Refresh your memory about the basics of what happens in teenage years
- Put this into context with what is happening in your life
- Hopefully leave with a few new ideas about how to connect or re-connect with your teen.
- Establish or re-establish boundaries in the family/home
- Lower your stress levels
- Elevate levels of communications and positivity in the home and at school.

This informative, interactive, and imperative talk can help you as a mini-guide to navigate your way through a time of exuberant development for your teen – be brave and learn with us.

Please [register here](#) if you wish to attend.

It would be great if you could send any questions you have in advance to the KGV Counsellor - Ms Rashmi Srinivas at srinir5@kgv.hk.

Please remember to add the details of your child’s age and year level along with your question.

About the Speaker



Dr Scarlett Mattoli

BPS-CPsychol, MAPPS, HKPS AssocFellow/RegCP, MACA4, BACP RegCoun, SAC, BPS-RQTU, BPS-RAPPS PsyD (ClinPsych)(Hons)(HK/US) MA Couns (HD)(HK/AUS) MSc CoachingPsych (Merit)(HK/UK), MSc Psychology (CogNeuro) (UK), PGDip Coaching Supervision (HK/UK), PGDip SPED (UK), PGDip SpLD (UK), PGDip SocSci (UK) PGCert SocSci (UK) BA Psych (Hons) (UK/US)

Dr Scarlett Mattoli is a 25+ year-veteran mental health practitioner who is passionate about ensuring everyone has access to the care they need. Through working with various populations in the UK, US, Europe and Asia, she has acquired a humbling wealth of experience and knowledge about the lived needs of others, from all walks of life and cultures. Dr Scarlett works in private practice supporting individuals from the age of five and upwards across the lifespan, as well as couples and families.

She specialises in assessing, diagnosing, supporting, and researching all aspects of neuropsychological differences, such as ASD, ADHD, SpLD's, and similar, as well as in healthy family and parenting, chemical and behavioural addictions, and positive psychology interventions. She works in private practice, universities, and consults for a wide range of organisations in the Asia Pacific region and in Europe in her capacities as clinical psychologist, neuropsychologist, clinical supervisor, psychometrist, author, public speaker, researcher, university lecturer/supervisor, and mother of three neurodiverse individuals.

She has earned her multiple degrees in psychology and related disciplines and has trained in multiple psychotherapeutic support modalities, assessment protocols, and supervision methods, as well as attaining full membership, registration, and/or accreditation with a wide range of professional psychology, counselling, coaching psychology, and supervision bodies in Hong Kong, in Australia, in the UK, and in the USA.

Dr Scarlett volunteers her time on pro bono projects and in office bearing roles in her communities. She and her family have made Hong Kong their home in early 2005 and she is proud to serve the wellbeing needs of everyone with whose care she is entrusted.