**PhD Program in Psychology**

**Seminar “Parenting in Adolescence: Understanding Change and Stability across Time and Development”**

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**Abstract**

During adolescence, parents and children have to renegotiate their relationships to adjust to the developmental changes of adolescents. Adolescents have to achieve autonomy and psychological independence from their parents, and at the same time maintain close relationships with their parents. These changes result in changes in parenting behaviors and a temporary decline in parent-adolescent relationship quality. Using observational data of parent-adolescent interactions, we will focus on the role of conflicts in the development of parent-adolescent relationships. We will also focus on historical changes in the parent-adolescent relationship and explore whether parents become too overcontrolling nowadays.

Together, we will address the following questions:

* What do we know about the development of the parent-adolescent relationship?
* What role does conflict play in this development?
* How do differences in parenting affect youth development?

The seminar combines expert input with interactive elements. The goal is to provide participants with a deeper understanding of the topic and practical approaches that can be drawn from recent empirical findings.

Suggested reading:

Branje, S. (2018). Development of parent–adolescent relationships: Conflict interactions as a mechanism of change. *Child Development Perspectives*, *12*(3), 171-176. <https://doi.org/10.1111/cdep.12278>