

## Outline

### Neurobiology: *The Impact of 24/7 Internet and "Information Overload"*

Is it an addiction? The role of dopamine  
Variable interval rewards: The most powerful reinforcement  
Perpetual state of "fight or flight"  
Impact of technology on the prefrontal cortex  
"Multi-tasking": Changing the landscape of learning  
The impact of screen time on rumination  
Impulse control at all ages: Instant v. delayed gratification

### Why the Increase in Anxiety?

#### *Understand the Problem to Help Clients Find Solutions*

The psychological hook of "checking in"  
Broad skills deficits for coping with normal situations  
Collective anxiety due to 24/7 news cycles  
Generational differences  
Illusions of perfection online  
New fears created/exacerbated by digital media:  
    Negative evaluation/rejection  
    Having behavior recorded or posted publicly  
    Fear of missing out (FOMO)  
    Confrontation  
    Taking on responsibilities ("Adulting")  
    Nomophobia  
Use of technology to avoid emotional experiences  
The meaning of "friend" has changed  
Cyberbullying at all ages: The power of anonymity

### Strategies that Promote Healthy Use of Technology

Key questions that uncover anxiety related to digital media use  
Techniques for providing meaningful psychoeducation  
Use "demand delays" to diminish impact of rapid screen shifting  
Tools for setting device boundaries to create more balance  
"Be still" techniques to tolerate time away from devices

### Therapy Tools to Improve Emotional Regulation, Reduce Anxiety and Build Self-Worth

#### Exposure Therapy/Coaching

Avoid avoidance!  
How to provide meaningful psychoeducation  
The 3 C's: Calm, Competent and Confident  
Accurate anticipation: The power of imagination exposure  
Techniques for teaching social skills  
5 ways to overcome fears of social situations  
Utilize FOMO (fear of missing out) as a tool for goal development  
Address "adulging" fears

#### Cognitive-Behavioral Therapy

Challenge the "comparison fallacy" of online interactions  
Identify and challenge distorted beliefs about the self  
Create new self-talk by changing the script  
Combat perfectionism and procrastination  
Ellis' ABCD approach to identify inhibiting beliefs

#### Stress Management

Eliminate the stressor – incorporate media "time outs"  
Manage time and environment  
Shifting attitudes

#### Relaxation and Mindfulness

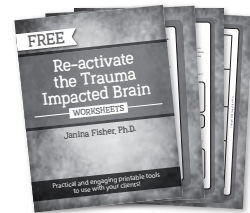
Skills for calming the persistently vigilant nervous system  
Interrupt rumination and build resilience  
Apps that promote calming breathing techniques

#### Clinical Considerations

Identify and address personal bias/countertransference issues  
Between-session recommendations that reinforce skills  
Limitations of the research and potential risks

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# The New Face of ANXIETY

*Treating Anxiety Disorders in the Age of  
Texting, Social Media and 24/7 Internet Access*

**Greenville, SC**

Wednesday, December 4, 2019

**Columbia, SC**

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Friday, December 6, 2019

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## Objectives

1. Evaluate the impact persistent "screen time" exposure can have on the neurobiological and psychological health of clients.
2. Implement strategies to effectively reduce excessive use of technology that leads to avoidance and increased anxiety.
3. Increase clients' capacity to utilize technology in a healthy manner to decrease risk of anxiety and other mental health symptoms.
4. Establish clinical practices that decrease rumination and build resilience to the stress of the digital world.
5. Teach clients five strategies for overcoming irrational fears of social interaction in order to improve clinical outcomes.
6. Implement cognitive-behavioral strategies for challenging distorted beliefs and the "comparison fallacy" as related to online interactions.

# The New Face of ANXIETY

*Treating Anxiety Disorders in the Age of  
Texting, Social Media and 24/7 Internet Access*

Help clients overcome the psychological hook of "checking in" with their device

Address new fears including Facebook shaming, "adulging" and FoMO (fear of missing out)

Build self-worth in clients by challenging the "comparison fallacy" of online interactions

Work with all generations – iGen, Millennial, Gen X and Baby Boomers

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Details Inside

# The New Face of Anxiety

*Treating Anxiety Disorders in the Age of Texting, Social Media and 24/7 Internet Access*

Texting rather than talking. Gathering “likes” and followers. Making friends via a gaming console. Unrelenting 24/7 news cycles. Ready or not, the rise of social media and 24/7 Internet access has changed the way we relate to one another (and ourselves), leaving in its wake a whole new set of challenges for those who use it.

As therapists, you see people of all ages with these issues:

The girl who can’t put her phone away during session. The boy who isn’t sleeping after reading messages on social media. “Friends” of all ages who shame each other for life choices and argue by text. The socially anxious young adult who struggles to meet people in person because all of his “friends” are online. The parent who has to contend with “Facebook shaming” for every parenting decision. The older adult who feels out of touch and disconnected. **The impact is rampant and pervasive – as a result, treatment of anxiety doesn’t look the same anymore.**

Attend this unique and engaging seminar to learn innovative ways to treat this new facet of anxiety with today’s client. You’ll discover:

- Key questions to ask at assessment to uncover problematic use of technology
- How excessive screen time effects mood, anxiety and self-worth in clients of all ages
- Tools to help clients regulate their emotions and make wise decisions (on and offline)
- Innovative techniques for promoting healthy use of technology with clients
- Deliberate strategies for managing time, device use and “information overload”

Sign up today!

## Speaker

**Margaret Wehrenberg, Psy.D.**, a licensed clinical psychologist, is the author of 6 books on the treatment of anxiety and depression, including her most recent book for the general public, *The 10 Best Anxiety Busters*. An expert on the treatment of anxiety and depression, she has extensive training and expertise in the neurobiology of psychological disorders. She earned her M.A. specializing in psychodrama and play therapy with children. Dr. Wehrenberg has years of experience as a drug and alcoholism counselor, working with the U.S. Army in Germany and Lutheran Social Services in Illinois. She also has training in trauma treatment, EMDR and Thought Field Therapy. She has a private psychotherapy practice in Naperville, IL, specializing in treating anxiety. In addition to clinical work, she coaches business professionals on managing anxiety, she frequently contributes articles for the *Psychotherapy Networker* magazine, and she has produced *Relaxation for Tension and Worry*, a CD for breathing, muscle relaxation and imagery to use with anxious clients. Her book *The 10 Best-Ever Anxiety Management Techniques*, published by W.W. Norton, is a consistent top seller for anxiety management. You can find her on the web at [www.margaretwehrenberg.com](http://www.margaretwehrenberg.com).

Speaker Disclosure:

Financial: Margaret Wehrenberg maintains a private practice. She is an author with W.W. Norton publishing and receives royalties. She receives a speaking honorarium from PESI, Inc.

Non-financial: Margaret Wehrenberg is a member of the American Psychological Association and the Anxiety Disorder Association of America.



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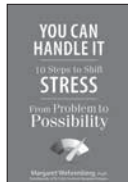
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### The 10 Best-Ever Anxiety Management Techniques, 2nd Edition

By Margaret Wehrenberg, Psy. D., *Your Presenter*

Drawing on fresh insights into the anatomy of the anxious brain, Dr. Wehrenberg gets to the biologically based heart of the problem and offers readers practical, effective tips to manage their anxiety on a day-to-day basis. From diaphragmatic breathing and self-talk, to mindfulness, muscle relaxation, and “plan to panic” strategies, you can learn to train your brain, conquer your stress and anxiety, and regain control of your life.



### You Can Handle It

10 Steps to Shift Stress from Problem to Possibility

By Margaret Wehrenberg, PsyD, *Your Presenter*

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In *You Can Handle It*, Dr. Wehrenberg offers realistic, simple and highly satisfying how-to’s to eliminate bad stress from your life, and how to use the good stress for leverage in all arenas of your life.



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