

Mental Health 2.0

Clinical Strategies to Moderate Technology Use, Restore Self-Regulation, Build Coping Skills & Ease Mood Disturbances

The modern digital world has presented a daunting therapeutic challenge. Technology is in your clients' hands, and they're using it daily to interact with the world. What about the negative side of technology use? Regardless of diagnosis, you're seeing this in your office—and it's affecting your clients' progress in therapy.

Excessive and negative technology use has exacerbated symptoms of many clinical diagnoses like never before, especially worsening clients' mood, concentration, social isolation, emotional dysregulation and sleep disturbance.

The average American spends over 10 hours per day with screens. If you aren't asking your clients about their technology use, you're missing out on a huge portion of their lives.

Attend and discover how to immediately enhance your practice with:

- Step-by-step assessments for excessive and harmful technology use
- Strategies for psychoeducation and introducing digital moderation to your clients
- Tools to combat the negative effects of technology overuse in your clients' lives
- Practical, versatile ways to increase client engagement in "real-life"

FREE Materials for Your Clinical Toolbox!

- ✓ Technology use assessment chart
- ✓ Technology use intake questionnaire
- ✓ Multiple intelligences embodied activity chart
- ✓ Client self-reflection questions
- ✓ Concrete digital interventions handouts

Register today!

Objectives

1. Appraise the neurological, interpersonal, and intra-personal costs and benefits of technology use in clients.
2. Perform a clinical assessment of technology use and dependence at intake to inform the clinician's choice of treatment interventions.
3. Create a technology use and assessment plan to monitor and reduce technology overuse symptoms, as well as improve client neurological, interpersonal, and intrapersonal level of functioning.
4. Integrate self-soothing techniques and mindfulness meditation as an approach to managing symptoms and improving client emotional regulation.
5. Assess the negative effects of client technology engagement with violent, sexualized, monetized, and political content and provide alternative activities to improve treatment outcomes.
6. Modify technology use and assessment plans for use with special clinical populations such as children and clients with anxiety or depression.

Target Audience: Counselors, Social Workers, Psychologists, Psychiatrists, Marriage & Family Therapists, Addiction Counselors, Other mental health professionals, School Counselors, School Psychologists, School Social Workers, Nurses, Case Managers



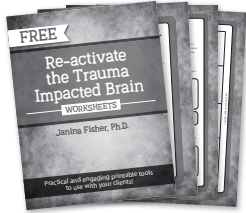
PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Limited seats available; advance online registration required.

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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Mental Health 2.0

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Colorado Springs, CO
Wednesday, March 4, 2020

Fort Collins, CO
Thursday, March 5, 2020

Denver, CO
Friday, March 6, 2020



Register now! pesi.com/express/77854

Mental Health 2.0

Clinical Strategies to Moderate Technology Use, Restore Self-Regulation, Build Coping Skills & Ease Mood Disturbances

Clients are now spending most of their lives online. Are you asking about their digital lives?

Based on the book *Devised! Balancing Life and Technology in a Digital World*



Featuring:
Doreen Dodgen-Magee, Psy.D.
Author, International Speaker & Expert on Technology & Health

- Spot & address excessive & troublesome technology use
- Improve mood, coping skills & emotional regulation in clients
- Increase engagement in 'real-life' for clients who are plugged in & checked out

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Outline

Client Tech Use in Clinical Practice

Neurological & personal costs of tech use

How tech has led to social isolation

It's more than Facebook--know the platforms

Qualities of the least harmful games & apps

Assessment of Technology Engagement & Effects

5 must-ask intake questions

ABCDT assessment model

How much is too much?

Signs of addictive technology engagement

Take-home assessment forms & tools

Ongoing assessment considerations

Treatment Planning & Buy-In

Create technology use plans

Determine healthy use norms

How to introduce digital moderation

Strategies to address resistance

Foundational Principles for Every Client

Develop critical thinking skills

Foster the ability to delay gratification

Alternatives to violent or sexualized content

Strategies to Curb Overuse & Increase Engagement in Embodied Life

Strategies to break technology addiction

Match digital platforms to learning type

Constructive embodied engagement strategies

Practical kinesthetic offerings

Emotional Regulation Strategies

Mindfulness meditation

The ABCs of mindfulness

Boredom tolerance exercises

Self-soothing techniques

Interventions to Reduce Social Isolation

Develop & maintain interpersonal skills

Interventions for relational aggression

Exercises to boost communication skills

Address cyberbullying

Build in-person relationships

Tools for Stress Management & Rumination

Social media & the fear of missing out

Soothing vs. stimulating digital content

Address & replace panic-triggering content

Take on nomophobia

Develop screen-free coping skills

Address Shame & Mood Disturbances

Guidelines to reduce impact on sleep

In-session exercises to develop ability to focus

Address content-related shame

Strategies to reduce negative self-talk

Embodied exercises for self-compassion

Strategies for Use with Children

Teach digital safety

Establish screen-free zones

Discuss filters with parents

What to do when kids get around the filters

INCLUDE THESE GREAT PRODUCTS WITH YOUR REGISTRATION AND SAVE!

Reflect

Awaken to the Wisdom of the Here and Now

By Donald Altman, M.A., LPC

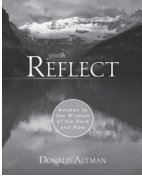
If you feel like you've been stuck repeating the same problems over and over or lost in endless distraction, don't worry. That may just be a signal that it's time for you to embark on an exciting new path of self-evolution. Reflect taps into your unique human capacity for accessing meaning, presence and wisdom in 108 inspiring, affirming, and illuminating reflections. You'll journal, reflect, and practice, to discover the wonder and stillness of presence that exist for you, not tomorrow, but in this next awakening moment.

Digital Detox Card Deck

56 Practices to Help You Detox, De-Stress, Distract and Discover

By Goali Saedi Bocci, PhD

Buzzing, ping-pong and grasping for our attention, our phones and screens can cause significant distress, as we lose touch with reality and the importance of self-care and emotional well-being. Take advantage of the 56 practices inside to detox from your devices, feel rejuvenated, find healthier coping skills, and embrace the present moment.



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS:

PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.



PSYCHOLOGISTS: This live activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

COLORADO SOCIAL WORKERS: PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 6.3 continuing education hours.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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MENTAL HEALTH 2.0: CLINICAL STRATEGIES TO MODERATE TECHNOLOGY USE, RESTORE SELF-REGULATION, BUILD COPING SKILLS & EASE MOOD DISTURBANCES

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3	Select Tuition
TUITION including seminar manual \$219.99 – choose one of the options below: <input type="checkbox"/> per person for 2 or more preregistering together —OR— <input type="checkbox"/> single registration postmarked 3 weeks prior to seminar date	
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ADD-ON PRODUCTS — Save on Shipping! — Products Distributed at Seminar

- ☐ **\$15.00*** *Reflect: Awaken to the Wisdom of the Here and Now* book (PUB085980)
☐ **\$17.99*** *Digital Detox Card Deck* (PUB086030)

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, first come, first serve.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students for details.

QUESTIONS

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Excessive & Harmful Technology Use: Improve Treatment Outcomes with New Evidence-Based Strategies for the Digital Era

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Speaker



Doreen Dodgen-Magee, Psy.D., is a psychologist from Portland, Oregon with 25 years of experience working with individuals and groups. In addition to her private practice, she maintains an international speaking docket and is the author of the book *Devised! Balancing Life and Technology in a Digital Age* (Rowman & Littlefield Publishers; 2018), which won the 2018 Nautilus Gold Medal for Psychology. Doreen is an expert in the area of technology and health. She spends, on average, 15 hours per week culling both scholarly research and pop culture sources to maintain her expertise on how technology is shaping the neurological, interpersonal, and intra-personal lives of individuals today.

Doreen's work has been featured in the *Washington Post*, the *New York Times*, *Utne Reader* and *Time* magazine, as well as on numerous podcasts and NPR. She has carried out anecdotal research circles with thousands of college students across the U.S. and Ireland over the last three years. Her unique, fast-paced speaking style incorporates technological, interpersonal, and interactive elements, which makes her uniquely poised to capture the minds and attention of a diverse range of people. Her approach is far from technology-averse, offering instead a balanced perspective and full-spectrum look at the issues of the day.

Speaker Disclosures:

Financial: Doreen Magee-Dodgen maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Doreen Magee-Dodgen has no relevant non-financial relationship to disclose.

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