

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"

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

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.



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.

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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

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.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Kay Fiske at kfriske@pesi.com or call 715-855-6362.

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

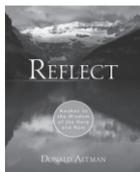
Address Shame & Mood Disturbances

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, pinging 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.

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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.

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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.



PLEASE RETURN ENTIRE REGISTRATION FORM

REGISTRATION FORM

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

SAVE TIME! Express Register Online: pesi.com/express/77854

1 Please complete entire form if sending by mail *please print legibly*



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2 Select Location (make copy for your records)

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DENVER, CO • March 6, 2020 (77854DEN)
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3 Select Tuition

TUITION including seminar manual
\$219.99 – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date
- \$249.99** standard

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

4 Select Payment Method

All registrations must be prepaid.

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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

Visit pesi.com/faq or contact us at pesi.com/info

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