

Outline

The Origins of Screen Culture

The origins of “Indoor Children”
Difference between passive TV viewing and immersive/ interactive modern screen experiences

Neurological Impacts of Technology Overuse

The role of dopamine in addiction
The dopaminergic effects of screens on the brain
A view of screens as “digital drugs”
Brain imaging research and the effects on the frontal cortex
Hormonal impacts of tech overuse

Clinical Research: Technology Overuse Impact On

Depression and social media
ADHD and screen-time
Anxiety and screen-time
Thought disorders and video games as well as Internet “sensory overload”
Increased aggression and video games
Limitations of the research and potential risks

Assessments and Observational Tools

Assessment tools
The difference between “overuse” and “addiction”
A comparison with substance addiction assessment

Treatment Interventions for Tech Overuse

Not all tech addiction is the same
Specific digital usage problem, stressors, triggers
Underlying and co-morbid issues
Residential vs. outpatient treatment: Pros and cons
How to implement a “Digital Detox”
Importance of nature, meditation and exercise

Technology in the Classroom: Pedagogical Impacts of Screen Time

Research on educational outcomes of classroom technology
Phones in the classroom and standardized test scores
Screens in the classroom and impact on reading and comprehension

Objectives

1. Formulate the neurological, dopaminergic, and hormonal/adrenal impact of screen time on children, adolescents and young adults.
2. Analyze the emerging research related to behavioral interventions for technology overuse.
3. Designate how tech overuse can impact pre-existing mental health disorders
4. Assess for problem screen usage, stressors and triggers and help client/student develop healthy regulation skills.
5. Debate the pedagogical impact of “Education Technology” and use of screens in the classroom.
6. Utilize strategies for parents/caregivers to work with problem screen usage within the home including boundaries, discipline and communication.
7. Integrate interventions rooted in mindfulness, narrative and archetype work, experiential therapy and immersive nature therapy to help clients/students better regulate screen use.

Live Webinar Schedule

(Times listed in Eastern)

8:00 Program begins

11:50-1:00 Lunch Break

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.

Comparison of “Low Tech” schools and one-to-one screen schools
Ed Tech: a \$60 billion annual industry
The Los Angeles “iPad Fiasco” and the Amplify initiative by Rupert Murdoch

Working with Families and the Family Dynamic

Validate that the issues harming families are indeed real
Address dysfunction contributing to the problem
Family psychoeducation
“Family Intervention Plan”: The solution needs to be a collective one

“Mindful Digital Usage”: How to Reintegrate Back into Healthy Tech Usage

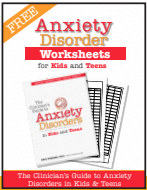
Individualized digital “re-entry” plan: Hands-on activity
Help the child to identify healthier “Digital Vegetables” vs. “Digital Candy”
Measure progress and what to do if there is a setback

Case Study Review

Learn interventions and strategies to handle:
Mood-dysregulated 13 year old male, Dx Intermittent Explosive Disorder (IED)
Violent adolescent male, Dx ADHD and conduct disorder, video gamer, school refusal, assaults parents
Suicidal adolescent female, DX depression, disordered eating and self-injurious behavior, social media platforms 8-10 hrs a day
Twenty-five-year-old graduate student, very politically-interested, stays up all night “hyper-link” surfing, hears voices, paranoid
Social-media obsessed mom, neglects young children, marriage is suffering, children acting out

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Tech Addiction and Digital Health in Children, Adolescents & Young Adults

Level 1 Certification for Clinicians & Educators

LIVE Interactive Webinar
Thursday, February 4, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.

Online Certification Training

Tech Addiction and Digital Health in Children, Adolescents & Young Adults

Level 1 Certification for Clinicians & Educators



Nicholas Kardaras, PhD, LCSW-R, international expert and author of the best-selling book, *Glow Kids*. Featured in *TIME* magazine, *Psychology Today*, *Salon*, ABC’s *20/20*, *Good Morning America*, NPR, *New York* magazine, *Vanity Fair* and *Esquire*, and 2019 A&E TV series *Digital Addiction*.

BECOME A CERTIFIED DIGITAL HEALTH AND WELLNESS LEVEL 1 PROFESSIONAL!

- Build your expertise, skills and reputation as the go-to resource on this rapidly growing issue
- Safe and effective strategies to help kids thrive in our digital age
- Clinical and school-based interventions for problem screen time usage
- Teach families concrete, practical ways to work with problem screen usage within the home

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Tech Addiction & Digital Health in Children, Adolescents & Young Adults:

Level 1 Certification for Clinicians & Educators

We are on the verge of a global public health crisis—and the kids, teens and young adults you work with are at the greatest risk.

Young people are living their lives in front of a screen with disastrous results. ADHD, depression, suicidality, anxiety, sleep irregularities, thought disorders, and stunted social skills are rising dramatically. Whether you're a mental health professional or school-based professional the resources available have lacked the concrete strategies and real-life interventions you need to effectively intervene in this growing epidemic.

Dr. Nicholas Kardaras is an internationally renowned expert on tech addiction, author of the best-selling book *Glow Kids*, and founder and chief clinical officer of Maui Recovery in Hawaii, Omega Recovery in Austin and the Launch House in New York. He is an active advocate for screen addiction to be included as a clinical disorder.

Join him at this Certification training and get the most effective tools, strategies and techniques you need to help children, adolescents, young adults and families hijacked by technology overuse.

Attend and discover:

- Clinical and school-based interventions for problem screen usage
- Safe and effective strategies to work with kids hijacked by tech addiction
- How family dynamics relate to problematic digital behaviors – and what you can do about it
- Proven interventions to reduce video gaming, social media, and YouTube obsessions
- Strategies to improve digital boundaries and discipline

Best of all, completion of this training meets the educational requirements should you choose to apply to become a **Certified Digital Health and Wellness Level 1 Professional (CDHWP)** through the **National Institute for Digital Health and Wellness (NIDHW)**. To learn more about how you can apply for **CDHWP** certification and distinguish yourself from other professionals, visit www.nidhw.org.

Sign up today and leave feeling prepared and confident in your ability to lead young people hijacked by tech overuse on the path to a better life!

Target Audience:

Counselors • Social Workers • Psychologists • Marriage and Family Therapists
Addiction Professionals • Case Managers • Occupational Therapists
Occupational Therapy Assistants • Speech-Language Pathologists • Teachers
School Counselors • School Psychologists • School Social Workers
Educational Paraprofessionals • School Administrators
Other Helping Professionals who Work with Children



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BECOME CERTIFIED!

2 Easy Steps to Certification

1. Attend this **Certified Digital Health and Wellness Level 1 Professional (CDHWP)** event with tech addiction expert **Nicholas Kardaras, PhD, LCSW-R**
2. For full certification details and to apply for **CDHWP** certification with **National Institute for Digital Health and Wellness (NIDHW)**, visit www.nidhw.org.

Meet Your Speaker

Nicholas Kardaras, PhD, LCSW-R, is a psychologist, best-selling author, internationally renowned speaker and expert on mental health, addiction, and the impact of our digital age. He has developed clinical treatment programs all over the country and is the founder and chief clinical officer of Maui Recovery in Hawaii, Omega Recovery in Austin, and the Launch House in New York.

Dr. Kardaras is a former clinical professor at Stony Brook Medicine where he specialized in teaching the neurophysiology and treatment of addiction. He has also taught neuropsychology at the doctoral-level and has worked closely in developing clinical protocols with Dr. Howard Shaffer, associate professor at Harvard Medical School and the director of their Division of Addiction.

Dr. Kardaras has written for *TIME* magazine, *Scientific American*, *Psychology Today*, *Salon*, the *NY Daily News*, and *FOX News*, and has appeared on ABC's *20/20*, *Good Morning America*, the *CBS Evening News*, *FOX & Friends*, NPR, *Good Day New York* and in *Esquire*, *New York* magazine and *Vanity Fair*. He was featured on the 2019 A&E TV series *Digital Addiction* and his 2016 NY Post Op Ed "Digital Heroin" went viral with over six million views and shares.

Dr. Kardaras is the author of the best-selling *Glow Kids* (St. Martin's Press, 2016, now translated into 10 languages), the seminal book on the clinical, neurological and sociological aspects of technology addiction. He is the author of *How Plato and Pythagoras Can Save Your Life* (Conari, 2011) and often uses philosophy to help work with and treat young people who are struggling with an existential crisis.

Speaker Disclosure:

Financial: Nicholas Kardaras maintains a private practice. He is the CEO/Chief Clinical Officer for Omega Healthcare Group. Dr. Kardaras receives a speaking honorarium from PESI, Inc.

Non-financial: Nicholas Kardaras sits as a board member for the National Institute of Digital Health.

To view the full bio, visit www.pesikids.com/webcast/84391

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Psychologists, Social Workers**

For specific credit approvals and details, visit pesikids.com/webcast/84391

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

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This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.



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PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/84391>.

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*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

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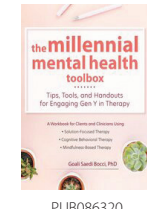
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Recommended Reading:



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56 Practices to Help You Detox,
De-Stress, Distract and Discover
Goali Saedi Bocci, PhD
~~\$17.99~~ **\$12.99***



The Millennial Mental Health Toolbox
Tips, Tools, and Handouts for
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~~\$29.99~~ **\$19.99***

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