

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 ("Adulthood")
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

Objectives

1. Evaluate the impact persistent "screen time" exposure can have on the neurobiological and psychological health of clients.
2. Employ strategies to effectively reduce excessive use of technology that leads to avoidance and increased anxiety.
3. Propose healthy technology guidelines that increase clients' usage capacity and decrease risk of anxiety and other mental health symptoms.
4. Develop clinical practices that decrease rumination and build resilience to the stress of the digital world.
5. Determine five strategies to help clients overcome 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.

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 "adulthood" 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

Live Webinar Schedule

(Times listed in Eastern)

8:00 Program begins

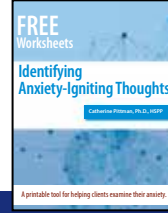
11:50-1:00 Lunch Break

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.

FREE WORKSHEETS!

Identifying Anxiety-Igniting Thoughts



Get yours today at www.pesi.com/ccatpworksheets

Group Training Solutions Made Easy!

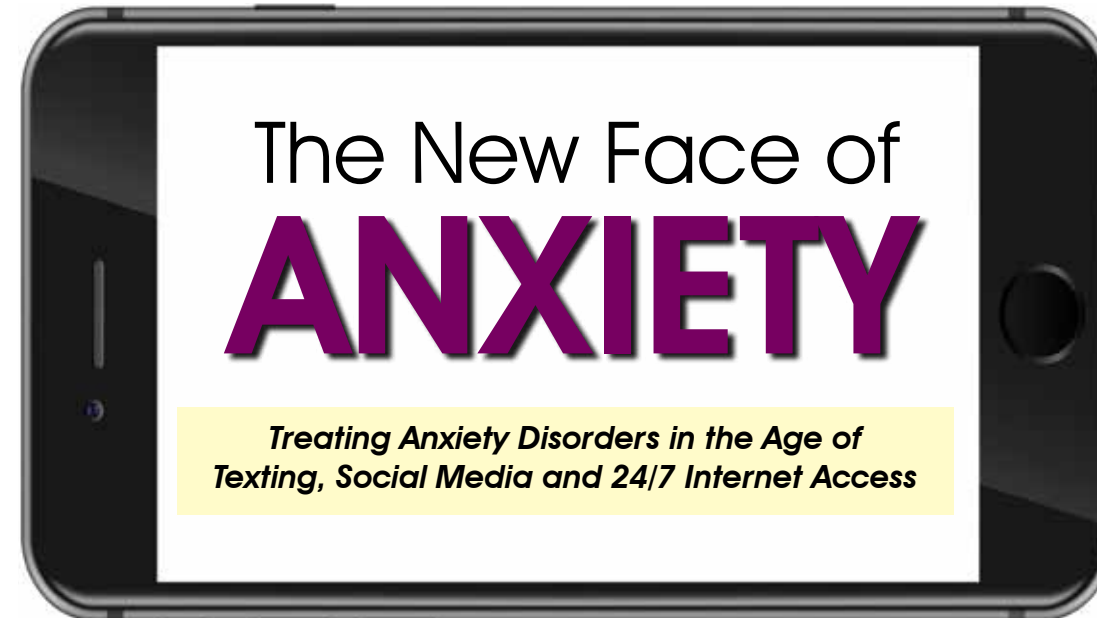
- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesi.com/inhouse

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000



LIVE Interactive Webinar Wednesday, May 12, 2021

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



REGISTER NOW:
pesi.com/webcast/84904



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW:
pesi.com/webcast/84904

Join us online, for this live training!

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, "adulthood" 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

Live Interactive Webinar Wednesday, May 12, 2021

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

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!

Target Audience:

Social Workers • Psychiatrists • Psychologists • Counselors • Marriage and Family Therapists
Case Managers • Addiction Counselors • Therapists • Nurses • Physicians
Other Mental Health Professionals



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-844-8260 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at www.pesi.com/info!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

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 **Cyndi Postlewaite** at cpostlewaite@pesi.com or call 715-855-5253.

Meet Your 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.

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.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit www.pesi.com/webcast/84904

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.



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.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.



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, 2020 - January 27, 2023. 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.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

*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.

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

Earn up to **6.25 CE Hours** for one low price!

For all credit approvals and details, visit: www.pesi.com/webcast/84904

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/84904

Live Interactive Webinar (Option 1)

May 12, 2021 [PWZ84903]

\$219.99 tuition

8am Eastern time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar

*Live CE is only available when viewed live

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 [POS054255]

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
 - Access to the program materials
 - Enjoy lifetime on-demand access
 - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability.

DVD (Option 3)

\$219.99 [RNV054255]

DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:



SAM042895

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

Understanding How Your Brain Makes You Anxious and What You Can Do to Change It

Margaret Wehrenberg, PsyD

~~\$19.95~~ **\$14.99***



PUB085005

You Can Handle It

10 Steps to Shift Stress from Problem to Possibility

Margaret Wehrenberg, PsyD

~~\$16.99~~ **\$12.99***

*Discount Included with purchase of the Webinar

OTHER WAYS TO REGISTER

Phone: 800-844-8260

Fax: 800-554-9775

Mail: PESI, Inc.
PO Box 1000

Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-844-8260

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

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

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details



©2021