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 Addiction/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 Addiction/ **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

Assessments and Observational Tools

Current tech addiction assessment tools The difference between "overuse" and "addiction"

A comparison with substance addiction assessment

Technology Addiction/Overuse Intervention

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"

Dr. K's "Dopamine Replacement Therapy" 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

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

Learning Objectives can be viewed at pesikids.com/webcast/85634

Live Webinar Schedule

8:00 Program begins

4:00 Program ends

11:50-1:00 Lunch Break

A more detailed schedule is available upon request.

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker.

(Times listed in Eastern)

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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.

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- 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. But 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.

Join him at this Certification training and get the most effective tools, strategies and techniques you need to help children, adolescents, young adults and familes hijacked by technology addiction and 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 You Tube obsessions
- Strategies to improve digital boundaries and discipline

Best of all, completion of this training **not only** 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) you will also receive \$50 off your CDHWP certification fee. To learn more about how you can apply for CDHWP certification, redeem \$50 off your CDHWP certification fee, 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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Meet Your Speaker To view the full bio, visit www.pesikids.com/webcast/85634

Nicholas Kardaras, PhD, LCSW-R, is an Ivy League educated psychologist, best-selling author, internationally renowned speaker and an expert on mental health, addiction, and the impacts 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.

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

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

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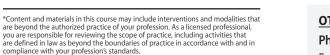
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Goali Saedi Bocci, PhD \$17.99 \$12.99*



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