

# 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](https://www.pesikids.com/webcast/85634)

## 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.

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# Tech Addiction and Digital Health in

## Children, Adolescents & Young Adults

Level 1 Certification for Clinicians & Educators

## Live Interactive Webinar Thursday, September 23, 2021

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## Live 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*.

## CERTIFIED DIGITAL HEALTH AND WELLNESS LEVEL 1 PROFESSIONAL (CDHWP)

- 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



## Live Interactive Webinar Thursday, September 23, 2021

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

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 families 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](http://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  
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- For full certification details, apply for **CDHWP certification with National Institute for Digital Health and Wellness (NIDHW)**, and redeem **\$50 off your CDHWP certification fee**, visit [www.nidhw.org](http://www.nidhw.org)

**Meet Your Speaker** To view the full bio, visit [www.pesikids.com/webcast/85634](http://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.**

For specific credit approvals and details, visit [pesikids.com/webcast/85634](http://pesikids.com/webcast/85634)

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

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**The Millennial Mental Health Toolbox**  
*Tips, Tools, and Handouts for Engaging Gen Y in Therapy*  
Goali Saedi Bocci, PhD  
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