

## Outline

### Critical Thinking – the GATEKEEPER

Why is critical thinking important in client sessions?

Assessing your client's ability to think critically

Impact of reality TV (RTV) and social media (SM) on critical thinking for our clients

Impact of decreased critical thinking in education

### Reality TV's Overall Impact & Social Media Daily Usage on:

Developing brain

Teenage attention span

Emotional centers of the brain

Increased hypervigilance from constant primitive arousal

### Impact on Anxiety, Depression, Insomnia and Addiction

Addiction to social media and reality tv

Decreased Self-Esteem and Self-Image

FOMO

Biological reasons for insomnia connected to RTV and social media

Case Study: "Steve's story, 18 y/o – excessive brain fog, vision issues"

### Help Clients through the Weeds of Real vs. Virtual

RTV and SM create reality-clients can't often decipher the real from the scripted unreal

Grounding lessons, CBT interventions

Understand the importance of perspective of clients; this is their world

Hold authority while diplomatically engaging client

Assert your professionalism without alienating client

Case Study: 21 y/o self-diagnosed BPD. She'd taken online test and had symptoms of RTV personality

## Objectives

1. Develop preventative measures to counter the impact of reality TV and social media.
2. Intervene with antidotes to declining critical thinking in an advanced society: the importance of reading and evaluation.
3. Differentiate between diagnoses and an inability to reason, deduce, induce and think sequentially.
4. Develop the ability to think critically and understand the impact on your clients and their attempt at life skills.
5. Investigate the long-term effects of years overloaded with false narratives posed by reality tv.
6. Evaluate the impact of reality TV and social media on client's well-being and implement effective critical thinking interventions.

### Prepackaged Diagnosis & Watering Down of Therapy

Eliminate harmful inaccurate depictions of mental health in pop culture

Assert your professionalism without alienating the client

How RTV and SM decrease intelligence and water down professionalism

Distorting effects and narrowing perspectives caused by RTV and SM decrease legitimacy of professionals

Case Study: "Sandra's story, 19 y/o—the client who came to the intake session with her own diagnosis because she read it online"

### Durable Interventions to Increase Critical Thinking

Psychoeducation – readiness to absorb interventions with active listening

Examining – model interventions in session – CBT, EFT, relaxation techniques

Assessing – help client make connections with past behavior and new information = internal recognition

Discernment - change thought pattern with new intervention (neuroplasticity for lasting change)

Specific skill sets to target gen y and z, who have grown up with RTV and SM

Relearn relationship with RTV, SM, and other mediums

Anxiety and depression reduction for those with compromised critical thinking

Strategies for eating disorders, body dysmorphia and other maladaptive behaviors

### Live Webinar Schedule

(Times listed in Central)


**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.

Are you looking to gain new clients or showcase your expertise?

Stand out with a **FREE listing** on  therapist.com today!

Register for FREE when you go to: **therapist.com/free**



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

**Group Training  
Solutions Made Easy!**

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



**www.pesi.com/inhouse**

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

# Social Media, Reality TV & Influencer Culture

**CBT, EFT, and More for Enhanced Treatment  
of Clients Impacted by Toxic Content**

## Live Interactive Webinar

**Friday, October 21, 2022**

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



**REGISTER NOW:**  
[pesi.com/webcast/87717](https://pesi.com/webcast/87717)



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

**REGISTER NOW:**  
[pesi.com/webcast/87717](https://pesi.com/webcast/87717)

**Join us online for this live training!**

# Social Media, Reality TV & Influencer Culture

**CBT, EFT, and More for Enhanced Treatment  
of Clients Impacted by Toxic Content**

- Build critical thinking skills and repair self image in clients
- Strengthen real connection and develop authentic belonging
- Teach clients **HOW** to think, not **WHAT** to think

## Live Interactive Webinar

**Friday, October 21, 2022**

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

# Social Media, Reality TV & Influencer Culture

CBT, EFT, and More for Enhanced Treatment of Clients Impacted by Toxic Content

Creating lasting change in therapy is hard work - especially when your client is distracted, disengaged, or lacks the necessary skills to retain therapeutic interventions...

If you're struggling to make progress with your young clients, you're not alone! Social media, reality TV, and influencer culture immersion have caused a critical thinking drought. And it's making therapy **harder**.

Understanding how social media and reality television impact your clients – **decreased self-esteem, increased anxiety, depression, suicidal ideation** – is vital for the whole picture of mental health and has a direct impact on you as the professional.

Join Janine Oliver, PhD, LCSW, clinician and researcher of reality tv and social media as she demonstrates the connection to critical thinking decline and shares ways to improve your efforts as a therapist to **make your interventions more effective, efficient, and durable. You'll get:**

- Strategies to sustain lasting critical thinking skills
- Confidence grounded in new skills and research to navigate social media and reality tv
- Proven strategies to enhance engagement and problem-solving to help your client come up with their own solutions
- Exercises and assessment tools to build resilience and grit to enhance clients critical thinking

Register now and walk away confident and grounded in new skills and research to navigate social media, virtual reality and external influences impacting people today!

While the virtual landscape may change - you'll utilize these interventions today and throughout your career!

Target Audience:

Counselors • Social Workers • Psychologists • Marriage & Family Therapists  
Educators • Education Administration

 **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](http://www.pesi.com/info) or 800-726-3888 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at [pesi.com/info](http://pesi.com/info)!

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://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 **Meg Graf** at [mgraf@pesi.com](mailto:mgraf@pesi.com) or call **715-855-8199**.

# Meet Your Speaker

**Janine Oliver, PhD, MSW, LCSW, RYI200, CH, CCATP**, is a psychologist and licensed clinical social worker with over 20 years' experience counseling in the mental health field. Dr. Oliver is trained in cognitive psychology and uses cognitive behavioral therapy, dialectical behavioral therapy and logotherapy as primary interventions in treatment to help with grief, loss, anxiety and depression. Dr. Oliver is a certified yoga instructor, acknowledging the connection between body, mind and spirit as a holistic approach to overall health and well-being. Dr. Oliver is also a certified hypnotherapist, meditation instructor and EFT practitioner; using these modalities to focus on the subconscious and emotion centers as a means of treating a variety of issues, such as habits, phobias, inner child work, pain and regression. In addition, Dr. Oliver is a certified clinical anxiety treatment professional, using the most current interventions to treat anxiety and enhance the lives of those suffering with crippling anxiety to lead healthy active lives. Dr. Oliver is a psychology professor and Presenter for Continuing Education credits for mental health professionals.

Dr. Oliver worked in therapeutic foster care to aid foster families with mental health services and reunification efforts. She conducted trainings for the foster parents to keep their licensure and is skilled with parenting interventions of children and teens. She is experienced with trauma, abuse and neglect issues, as well as the cumulative effects of displacement in early life. Dr. Oliver worked as an outpatient mental health therapist providing treatment to a wide range of individuals of all ages, couples, children and teens, as well as parents seeking assistance with effective parenting practices. Dr. Oliver is a psychology professor teaching a variety of psychology, counseling and social work classes, using data and research as primary informers to her practice.

Dr. Oliver has researched social media and reality television impact on critical thinking for over 10 years, and has been studying generational changes for two decades. Her specific area of research focused on how these mediums, RTV & social media, have impacted critical thinking ability in America.


Speaker Disclosure:  
Financial: Janine Oliver has an employment relationship with Psychology and Counseling Associates and Delaware County Community College. She receives compensation as a yoga instructor. Ms. Oliver receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.  
Non-financial: Janine Oliver is a member of the Pennsylvania Chapter of the National Association of Social Workers.

## 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 & Family Therapists, and Physicians.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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


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

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.com) or call 800-726-3888 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.

For all credit approvals and details, visit: [www.pesi.com/webcast/87717](http://www.pesi.com/webcast/87717)

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

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 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.

# SIGN UP-TODAY!

## Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: [pesi.com/webcast/87717](http://pesi.com/webcast/87717)

## Live Interactive Webinar (Option 1)

**October 21, 2022** PWZ87716  
**\$219.99** tuition  
8am Central 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](http://pesi.com/info) to save for groups of 5 or more

## On-Demand Digital Seminar (Option 2)

**\$219.99** POS059015  
**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](http://www.pesi.com) or call 800-726-3888 to check for availability.


## DVD (Option 3)

**\$219.99** RNV059015  
**DVD Experience:**

- Self-study CE certificate available

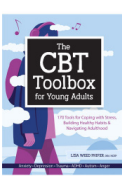
CE hours, approvals and cost of CE Certificates may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability and pricing

## Recommended Reading:



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

PUB086030



**The CBT Toolbox for Young Adults**  
*170 Tools for Coping with Stress, Building Healthy Habits & Navigating Adulthood*  
Dr. Lisa Weed Phifer, DEd, NCSP  
~~\$29.99~~ **\$22.99\***

PUB087245

\* Discount Included with purchase of the Webinar

**OTHER WAYS TO REGISTER**  
**Phone: 800-726-3888**  
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](http://www.pesi.com/form) or call 800-726-3888

**ADA NEEDS**  
We would be happy to accommodate your ADA needs; Please notify us at time of registration.  
**QUESTIONS**  
Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)  
**TAXES AND SHIPPING**  
Taxes and shipping apply where applicable, see website for details

