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/88711

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

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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.

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- 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 • Physicians
Addiction Professionals • Case Managers • Occupational Therapists • Occupational Therapy Assistants
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Meet Your Speaker

To view the full bio, visit www.pesikids.com/webcast/88711

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 is the best-selling author of *Glow Kids* (St. Martin's Press, 2016), 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: Dr. Nicholas Kardaras is the CEO and Chief Clinical Officer of Omega Healthcare Group, and he is the founder of The National Institute for Digital Health and Wellness. He maintains a private practice and is a published author with St. Martin's Press. Dr. Kardaras receives a speaking honorarium and recording royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.
Non-financial: Dr. Nicholas Kardaras has no relevant non-financial relationships.

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