

# Electronics and Adolescent Wellness

Adolescence is a time of social, cognitive, and emotional growth. The rapid rise of technology presents a unique challenge to teenagers and those responsible for their care. Electronics use (Online videos, texting, social media, video games, streaming TV shows/movies, etc.) creates an environment that can both enrich and hinder healthy development. Participants in this webinar will be provided with a review of the current state of knowledge, as it relates to the impact of electronics use on adolescent wellness. Topics addressed will include the relationship of electronics to academic performance, sleep, mental health, the developing brain, and safety. Throughout the webinar, feedback will be provided on ways to keep adolescents connected in a way that promotes a healthy and balanced lifestyle.

**Target Audience**  
Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

- At the end of this seminar, participants will be able to:
1. Explain the impact of electronics use on sleep.
  2. Identify at least 5 ways help teens maintain digital health.
  3. Identify at least 2 ways that brain function/development relates to problematic electronics use.
  4. Explain the current state of research on the impact of electronics on mental health.
  5. Explain how electronics can both benefit and hinder academic performance.

## Seminar Schedule

Typically begins at 4 PM and ends at 6 PM Eastern time. However, check the webinar schedule.

## Outline

Begin 4 PM ET  
Survey Data  
Pros and Cons  
Brain Development  
Cyberbullying  
Predators  
Safety Issues  
Sleep  
Academics  
Gaming  
Health  
Driving  
End 6 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 2 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

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## The Presenter

Dr. Scott Hannan received his Ph.D. from Fordham University in 2002. He completed his internship at The Institute of Living with a focus on child and adolescent psychology. He completed his postdoctoral fellowship at the Anxiety Disorders Center of The Institute of Living. Dr. Hannan treats children, adolescents, and adults. His clinical interests include obsessive-compulsive disorder, phobias, panic disorder, posttraumatic stress disorder related to motor vehicle accidents, and the treatment of children and adolescents with anxiety disorders. Dr. Hannan has developed a specialty in the treatment of school refusal behavior. Currently, Dr. Hannan is a staff psychologist and manager of the outpatient clinic at the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy at the Institute of Living. In addition to his work at the Institute of Living, Dr. Hannan works in private practice seeing individual clients and consulting with local school districts on issues related to anxiety and school refusal. Dr. Hannan has also been a featured expert on the television series Hoarders.

## General Information

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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Tzkseminars  
6030 Daybreak Circle, Suite A150/355  
Clarksville, Md. 21029