

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

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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 up to three times.. Participants will earn 2 CE's for attending once they have completed these requirements.
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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.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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