

Fall Program **Sunday, October 25, 2020—Zoom Webinar**

Raising a Family in the Digital Age

Presenters: Julie Stewart, Psy.D., Michael Osit, Ed.D., & Christopher Leonard, MSW, M.Ed.

PROGRAM:

We are living in the digital age – electronics have permeated most aspects of our daily life, whether in the form of cell phone use, texting, social media, gaming, online shopping, reading memes or streaming videos. Young people have never known a life without immediate and global accessibility through electronic platforms, which can often alter their moral and social judgment. This 3-hour presentation will consider the impact of electronic usage on the cognitive, emotional, and social development of our children and adolescents. The presenters will discuss recent research on the topic and introduce strategies and clinical approaches that individuals, parents, therapists and community agents such as schools can take to garner more control over how the use of technology is affecting our lives and the lives of our children.

PRESENTERS:

Dr. Julie Stewart is a clinical neuropsychologist with more than 20 years experience in providing neuropsychological consultations and evaluations, as well as offering psychodynamic psychotherapy, cognitive/academic remediation and family therapy. She works with children, adolescents, and adults. Her areas of expertise include the diagnosis and treatment of anxiety and mood disorders, ADHD, autism spectrum disorders, and learning disabilities. She has worked extensively with individuals with brain injury, spinal cord injury, complex medical, and other neurological conditions.

Dr. Michael Osit has over 40 years of experience in providing consultation, assessment, and psychotherapy for children, adolescents, families, couples and adults. Dr. Osit is a frequent presenter both locally and nationally on a wide variety of topics for professionals, parents, schools, and agencies. In addition to his clinical work, Dr. Osit is the author of *“Generation Text: Raising Well-Adjusted Kids In An Age Of Instant Everything,”* (Amazon, 2008), awarded “Best Book of the Year” by *Instructor Magazine*, June 2008 and *“The Train Keeps Leaving Without Me: A Practical Guide to Happiness, Freedom, and Self-Fulfillment,”* (Creative Publishing, 2016).

Christopher J. Leonard, LCSW, M.Ed., is the Director of Operations at Sage Day Schools. As a social worker, Mr. Leonard gained experience working with children, adolescents and families at the Division of Family Guidance, at Alternatives to Domestic Violence, as a member of the Hohokus Child Study Team and his private psychotherapy practice which he has maintained in Ridgewood, NJ since 1995. Mr. Leonard has shaped the collaborative community culture and educational programs that are intrinsic to the Sage Day Schools.

Learning Objectives: This workshop is designed to help participants:

1. Assess how the digital age has affected child and adolescent personal, behavioral, and social development.
2. Analyze reports about the impact of heavy screen usage on brain development.
3. Discuss the impact of digital media usage on cognitive development.
4. Predict the cultural impact on child and adolescent development
5. Analyze how parenting styles have changed in the millennium.
6. Discuss the impact of digital media on the school environment.
7. Identify unique strategies and clinical approaches in working with children and adolescents in clinical practice.
8. Identify specific strategies and clinical approaches in working with today’s parents.
9. Provide specific recommendations for child/adolescent and parent patients regarding the appropriate use of screens and devices.

ZOOM WEBINAR: *instructions for joining the Zoom webinar will be emailed to registrants closer to the program date.*

10:45 — 11:00 AM Welcome and orientation

11:00 — 2:00 PM Program

NCAP Members and Students – No Charge • Guests/Non-NCAP members \$30

3 CE credits available for psychologists (add’l. charge): Payment for CE is to be made online only, to NJPA after the program. NJPA members \$15; sustaining members N/C. NJPA non-members \$25. After the program, you can remit payment to NJPA online using a link to be distributed at the program, after which you will receive a confirmation email with a link to the CE evaluation form.

NCAP Members and Students RSVP to: Joan Fiorello, Ph.D. – joangf@hotmail.com or 201-784-0312.

Guests/Non-NCAP members: payment can be made through Zelle to NCAP and cell #201-218-0430, or by check made out to NCAP and mailed to: NCAP, 8 Cricket Lane, Woodcliff Lake, NJ 07677.

RSVP by October 9th. Refund available only if cancellation received by October 16th.

This program is co-sponsored by NJPA and NCAP. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NJPA maintains responsibility for the program and its content. This program qualifies for 3 C.E. credit hours for psychologists.

*Intended audience: Psychologists, psychiatrists, social workers, mental health counselors, marriage and family therapists, educators, graduate and undergraduate students. *Please note that due to issues of confidentiality, the presentation is open only to people in the field.*

Program sophistication: Introductory: no prior knowledge of the specific topic is required.

The presenter has no commercial support or conflict of interest for this program.

NJPA does not endorse the presented material as the only approach to a given area of study or therapeutic approach.

NJPA ensures that permission to use proprietary information, and steps to safeguard such information, are discussed with presenters at NJPA co-sponsored programs. No materials (physical or electronic) provided to attendees at such programs may be shared.

Location is ADA accessible. For further accommodations contact Joan Fiorello, joangf@hotmail.com or 201-784-0312. Requests must be made at least 14 days prior to the event.

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