

Workshops

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Dr. Kimberly Young is a nationally known speaker and pioneer in the field of Internet addiction. Given the newness of the disorder, therapists often feel unprepared to properly treat the problem, and in our technology-driven culture, symptoms of online abuse are easily masked. Dr. Young provides seminars and workshops designed to train mental health practitioners in diagnosis, clinical assessment, and treatment of Internet addiction. Learning objectives include:

- How to diagnosis pathological Internet use including specialized assessment tools.
- How symptoms of Internet use are often related to underlying psychiatric conditions or mood disorders.
- The relationship between chemical dependency and impulse control disorders and problematic Internet use.
- How to promote healthy strategies to increase social activities and to decrease Internet usage for clients.
- How to develop a comprehensive treatment plan that examines behavioral, cognitive, and emotional issues related to pathological Internet use for the individual.
- How to deal cyberaffairs in marriage counseling and family therapy.
- How to help clients avoid relapse.

Dr. Young has spoken at The Summit of Clinical Excellence, The Cape Cod Institute, The Institute on Addiction Studies (Canada), The European Union on Health and Medicine, The Employee Assistance Professional Association, and various schools of Social Work and Psychiatry. Audiences include addiction counselors, social workers, pastoral counselors, the clergy, marriage and family therapists, college counselors, teachers, librarians, EA Professionals, Risk Benefit Managers, and Occupational Health Professionals.