

SDSCA & SDMHCA PRECONFERENCE WORKSHOP

FEATURING

Penijeau Gracefire



Thursday, May 2nd, 2019

8:00am-8:30am Registration

Workshop- 9am-4pm (one hour lunch on your own)

6 CEs

"When I Was a Kid We Played With Sticks": How Mobile Technology Has Changed Childhood

We know children and adolescents face different challenges today than those encountered by previous generations, but do we genuinely understand what that means and how it should affect the ways we evaluate behavior and provide services?

This session will take you on a counselor-friendly journey through the latest research on the neuroscience of modern child development and the profound impact technology and social media has on kids today.

We'll discuss the neurobiology of early complex trauma, how chronic stress creates physical changes in children that affect central nervous system regulation, and the critical role reward circuitry plays in the way kids engage digital technology.

Our interventions are only as powerful as our grasp of the problems we are trying to address. Everyone who attends this session will walk away with a deeper understanding of why our kids are struggling and how we can more effectively support their physical and mental health.