

The Minnesota Psychological Association (MPA) announces a new CE program:

Lunch



Learn

Thursday, December 5, 2019

Is There an App for That? Growing Up in the Digital Age

David Walsh, Ph.D., LP

Registration:* 11:30 – 11:45 a.m.
Program: 11:45 a.m. – 12:45 p.m.
CE certificate distribution: 12:45 – 1 p.m.

Location: MPA Office (The Harrington Company)
Large Conference Room
4248 Park Glen Road
Minneapolis, MN 55416

Level: Introductory

This presentation is designed for psychologists, other mental health professionals, and students and faculty.

About the Program:

This program qualifies for 1.0 continuing education credit.

Young people today spend an average of 53 hours a week watching TV, browsing their phones, playing video games and using the computer. Students flock to Instagram and YouTube, and spend more time texting than talking on the phone. While media headlines scream that the impacts will lead to nirvana or disaster, the research evidence is more nuanced. What is clear is that the ever-changing technology is powerful. The benefit or harm depends upon how they are used. Dr. Dave Walsh will discuss the powerful role of digital technologies in shaping child and adolescent development. Combining the latest discoveries in brain science with up-to-date research and data, Dr. Walsh will pay particular attention to the impact of media on attention, mental health issues like depression and anxiety, social skills, addiction, family interaction and more. He will describe the three pillars of digital wellness and outline strategies to teach young people how to maximize the benefits while minimizing the harm technology can have in their lives. Much of the time will be spent in discussion with Lunch and Learn participants.

Participants will be able to:

1. Explain the power of technology based on the brain research on the “seeking circuits” of the brain.
2. List and explain the three pillars of digital wellness.
3. Explain how multitasking interferes with both speed and accuracy in problem solving.

About the Presenter:

David Walsh, Ph.D., is an award winning psychologist, best selling author, and international speaker. Dr. Walsh has written ten books including the national best sellers *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen* and *No: Why Kids – of All Ages – Need to Hear It and Ways Parents Can Say It*. His books have been translated into eight languages. He has also authored scores of papers for professional and general publications. He has been a frequent guest on national radio and television programs. He received his B.A. from Mt. Carmel College, his Master’s from the University of St. Thomas and his Ph.D. in psychology from the University of Minnesota.

About Lunch & Learns:

Lunch & Learns are informal programs for psychologists and other mental health professionals and are at the intermediate level.

***REGISTRATION:** There is no early bird rate for registration. The registration fees are: MPA Members = \$25, Non-members = \$30, Students = \$25. Registration fee includes box lunch and CE certificate (1 credit). We will not be duplicating program materials. **Participants are limited to the first 30 registrants. There is no on-site registration.**

CONFIRMATION/CANCELLATION: Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

ACCESSIBILITY ACCOMMODATIONS: If you need disability related accommodations to make this event accessible, please contact Katie Benson at 952-928-4657 or info@mnpsych.org.

REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

Please note: You must attend the full 1-hour program to receive continuing education credit for this event.

Lunch & Learn

Thursday, December 5, 2019

Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____ City/State/Zip: _____

Please check: Home Work

E-mail: _____ Phone: _____ Fax: _____

Please check: Home Work

Registration Fee: MPA member: **\$25** Non-member: **\$30** Student: **\$25**

Your registration fee includes a box lunch and one continuing education credit. Box lunch includes sandwich, kettle chips, baby carrots and dessert.

Please indicate your sandwich preference: Turkey Breast Honey Ham Tuna Salad Veggie

Total Amount Enclosed: \$ _____

Check (made payable to MPA) Visa MC American Express

All credit card fields are required

Card Number: _____ Exp. Date: _____ Security Code: _____

Cardholder Name (print): _____ Cardholder Signature: _____

Credit card billing address: Same as above

Address: _____ City/State/Zip: _____

Please do not email credit card information. Fax or mail your registration form to protect this information.

RETURN TO:

Minnesota Psychological Association

4248 Park Glen Road

Minneapolis, MN 55416

P: 952-928-4657 • F: 952-929-1318



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

LOCATION: Minnesota Psychological Association Office | 4248 Park Glen Road, Minneapolis, MN 55416

