

This is Your Brain Online: The Impact of Digital Technology on Mental Health

A growing body of research from a variety of disciplines indicates that the widespread use of digital technology—including computers, the internet, video games, and smart phones—has a measurable, negative impact on the human brain, resulting in significant changes in our sleep, mood, concentration, empathy, identity and relationships, and our memory and learning, as well as behaviors such as risk-taking and aggression. This effect appears to be more pronounced for the younger generation of so-called “digital natives”: those who have been over-using digital technology and social media during critical stages of brain development. This workshop will review some of the pertinent research on this topic and explore the implications of this trend for clinical and public-health intervention strategies.



Scott Becker, PhD, is a Licensed Psychologist in private practice in Okemos, Michigan. He received his doctorate in clinical psychology from Miami University in Oxford, Ohio. Over the past 24 years, he has worked at several universities as a staff psychologist, faculty member, Director of Training, and most recently as the Director of the Michigan State University Counseling Center. Over the past several years, Dr. Becker has developed an integrative model that addresses the negative impact of digital technology on psychological and neurological development. He has presented this work at MSU, in regional and national webinars and workshops, television programs, and in lectures and publications at the Dallas Institute of Humanities and Culture. His current focus is on consultation, programming, and research in collaboration with primary and secondary school districts, as well as training and consultation with medical and mental health professionals. Dr. Becker is also active in the field of archetypal psychology, and he contributed the psychological commentary to the biography, *The Life and Ideas of James Hillman*. He is the editor of the upcoming book, *Inhuman Relations*, Volume 7 of the Uniform Edition of Hillman's writings, and he is currently writing a book on the psychological impact of globalization, climate change, digital technology, and political propaganda, entitled *Facing Monsters*.

Date: Friday, October 11, 2019

Time: 8:45 a.m. - 3:30 p.m.

Location: GVSU Bicycle Factory, Grand Rapids

Presented By: Scott Becker

Cost: \$99

Register at www.gvsu.edu/swce

Recommended for LBSW and LMSW beginning and intermediate skill levels; for learning objectives and additional program information, please go to our web site.

Grand Valley State University School of Social Work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award 6.0 Michigan social work continuing education contact hours for this program.