



SHAPE
www.ShapeTheSky.org

the *Sky*

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Creating Responsible Kids on Smartphones

Understanding and Assessment of Youth Social Media and Mental Health Trends for Licensed Counselors

When: July 23rd, 2018 from 9am-4pm

Where: [WCSI Greensburg Conference Center](#) - 770 East Pittsburgh Street, Greensburg, PA 15601

Cost: \$75.00 (Payment, cash or check at the door)

CEU's (NBCC, Social Worker, LPC, Marriage and Family Counselors): 6 hours additional \$10*.

*Inquire when sending email registration

Contact for registration: ryank@shapethesky.org

Description:

Life for a teenager is vastly different than it was ten years ago. Teens and Tweens today have an unlimited access to information, apps and websites that can be wonderfully helpful, but also lead to concerning exposure and behaviors if parents, providers and educators don't have the knowledge to teach young people how to behave responsibly in this new cyber-playground.

Awareness is the key to learning and learning leads to knowledge and knowledge is power. Einstein once said, "If you can't explain it to a six year old, you don't understand it yourself." **There are many six year olds out there explaining cyber-devices and cyber-practices to adults.**

Let me help flip the equation for you.

Course Outline:

This training defines categories of social media that therapists/counselors and parents should have knowledge of with their children. The presentation will review image boards, untraceable texting sexting, internet predators, gossip/rumor spreading sites, video chatting, blogs, eating disorders, self-harm and suicide. The most current social media sites such as Instagram, Tumblr, Kik, Snapchat and others will be defined and youth culture and mental health practices on these sites/apps will be discussed.

Attendees will learn how to ask relevant questions related to social media behaviors and the potential impact they have upon the counseling process. The training will allow the therapist to better navigate the digital world that youth interact with on a daily basis. You will be able to identify problematic areas related to social media and mental health and how to engage the youth in a relevant discussion about the digital world. Mental Health Professionals will learn to assess and identify potential problematic behaviors with social media use and how to connect with the client in the therapeutic process.

Licensed counselors that complete the training will be listed on the Shape the Sky [website](#) as a certified counselor with a specialty in social media and mental health.

Learning Goals:

Therapists/counselors will:

1. Use an assessment [tool](#) to identify social media and technology issues in counseling
2. Learn to develop treatment plan goals and objectives related to the social media assessment indicators.
3. Identify therapy techniques to assist clients and families to develop insight into healthy and safe social media behaviors/practices
4. Review adolescent brain development and its impact on executive functioning as it related to social media.
5. Understand the impact of social media with traumatized youth.

Training provided by [Ryan Klingensmith](#), MA, LPC, NCC & [Sherri Klingensmith](#), MA, LPC, NCC
Using curriculum by Shape the Sky, LLC.