



My Digital TAT2 Healthcare Partnerships Training 2023

General Overview:

Rooted in contemporary research, these interactive sessions will explore the rapidly changing digital landscape and how young people use digital devices. Participants will leave with strategies to connect with children and teens to support critical thinking and conscious technology use. We will also address issues such as technoperfection, online misinformation, device dependency, and addictive behavior. Participants will learn about the lure of popular apps, platforms and games, and gain footing to discuss healthy and mindful digital use. These trainings are essential for clinicians, counselors, healthcare providers, and support staff.

Through our youth advisory councils and school partner work, we work to understand psychological responses to social media and share strategies for safe and ethical tech use. Our workshops focus on enhancing an understanding of a child's digital world by exploring current apps, trends, and challenges.

Training 1

Building Digital Resilience: Digital Health + Wellness

We have seen an increase in research around the mental health implications of digital device use in young people. Children in elementary school through high school discuss an increase in hate speech in gaming, social media posts, and comment sections. Many children and teens have online channels where they post creative original content; some have experienced an onslaught of hateful comments and cyberbullying which has caused anxiety and depression. In this workshop we will focus on online toxicity and its impact on children and teens, the challenges and benefits of anonymity, recognizing toxic environments, and developing strategies to support and empower a targeted child.

Training 2

The Psychology of Technology: Supporting Young People

An in-depth look at the challenges and benefits regarding technology use by young people. This training will address how to engage in conversations with clients about who they see, follow, and interact with in the gaming world and social media, and a general exploration of the digital landscape. We will discuss where traps may exist for youth online, how to listen for language that gives us clues from clients about their experiences, and the ethics around client social media engagement.

Logistic Notes:

- All sessions will be held virtually, on Zoom, unless otherwise arranged.
- Workshops generally last between 2-2.5 hours, depending on the partner schedule.