



Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education and Training Center



Unfriended: Impacts of Social Media

Presented by Stephanie Larsen, Psy.D.

Wednesday, May 27, 2020

9:30 am - 11:30 am

Location: Zoom Remote Video Conference

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

2 CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/99DLRQG>

Registration closes at 3:00 pm on May 26, 2020

Description:

Social media is an integral part of our youth's lives and it's here to stay; this presentation will provide a quick guide to understand current trends of social media, how it affects our youth, and how you can help circumvent negative effects. There will be an overview of popular social media uses and its effects on mental health. Attention will be brought to how social media plays a role in adolescent development and its potential correlation with anxiety and depressive symptoms. Cyberbullying and the fight against cyberbullying will be outlined. Lastly, tips and suggestions for parents and providers will be discussed.

Learning Objectives:

- 1) Identify popular forms and positive aspects of social media.
- 2) Explain how social media affects mental health.
- 3) Describe the prevalence of cyberbullying on social media.
- 4) List potential prevention measures to decrease negative effects on mental health.

Presenter:



Dr. Stephanie Larsen is a Florida Licensed Psychologist at Palm Beach Behavioral Health and Wellness. She has prided herself on being able to provide effective services to children, adolescents, and adults in the community over the last six years. Dr. Larsen is currently the director of the anxiety treatment clinic within PBBHW and secondarily specializes in work with adolescents, treating self-injury, and providing psycho-educational testing. Dr. Larsen provides a warm and supportive environment to help individuals feel comfortable enough to make changes that they want to see in themselves. Due to her diverse background, Dr. Larsen has been able to hone the ability to integrate a warm, compassionate, accepting environment with evidence-based treatments such as cognitive behavioral therapy. Because each individual presents with a diverse set of needs and challenges, Dr. Larsen finds it important to tailor her approach to effectively address each individual's specific needs.

Dr. Larsen obtained her Bachelor's Degree in Psychology at Drake University in Des Moines, Iowa and graduated from Nova Southeastern University with her doctorate degree in Clinical Psychology. She has completed a wide range of rotations and practicum experiences which has shaped her clinical attitudes and practices. Some experiences that have played a crucial role in her professional development include: providing behavioral interventions in HeadStart and preschool classrooms, engaging in non-directive play therapy, working in a specialized Anxiety

Clinic providing treatment of anxiety based disorders (i.e. Generalized Anxiety, Phobias, Social Phobia, OCD, performance/sport anxiety), providing supportive therapy and discussions of death and dying at a children's inpatient hospital/ group homes, and finally completed her pre-doctoral internship at The Center for Group Counseling providing individual and group therapy to a diverse population as well as completing psycho-educational testing. Dr. Larsen completed her postdoctoral residency at Palm Beach Behavioral Health and Wellness where she honed skills related to psycho-educational testing, treatment of anxiety, depression, and family therapy. It was also during this experience where she decided that she would like to continue to pursue a career in private practice and in helping clients improve their lives. Dr. Larsen specifically created the anxiety clinic to provide specialized care for those individuals whose lives were being uprooted due to the consequences of anxiety, OCD symptoms, and panic attacks. Dr. Larsen identifies the most rewarding aspect of her job being related to watching individuals improve, take charge, and learn to enjoy their lives again.

Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Continuing Education Information:

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2021).

Youth Services Department, Palm Beach County is approved to provide continuing education to RN's, ARNP's, LPN's and CNA's by the Florida Board of Nursing (Provider # 50-533, expires October 21, 2020).

In order to receive Continuing Education credits, you must complete an electronic evaluation form. A link to the form will be provided to you at the conclusion of the training. You must include your name and license number. Certificates will be emailed once receipt of your evaluation form has been confirmed.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact [Cristal Montepeque](#) at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

For information about other Education & Training Center trainings/workshops and clinical services please visit our website at

www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460

Zoom Instructions

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

How to Ask Questions During Zoom:

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
 - **Everyone** – All participants will see the message in their Chat pane.
 - **Organizer(s) only** – All organizers will see the message in their Chat pane.
 - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send**.

Please click the link below for more help:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>