

October 2022 Webinars

Social Anxiety: An Integrative-Expressive CBT Approach for Cultivation Social Efficacy & Self-Confidence (3.0 CEs)

Saturday, October 8, 2022 | 9:00AM-12:00PM EST

Social Anxiety is a significantly limiting anxiety disorder which impacts social functioning and social growth over the lifespan. For people with social anxiety disorder, daily social interactions trigger anxiety, fear, and self-consciousness. Like most anxiety disorders, persons with social anxiety disorder may be trapped in a cycle of anxiety and avoidance. Most progress over one's life requires skillful social engagement – interviewing, networking, dating, or attending college.

This unique course will offer an integrative – expressive approach in working through social fears through CBT Exposure therapy integrated with expressive techniques to help cultivate an authentic social style to engage with the world in a way that honors temperament and personal needs for solitude.

[Click here to register.](#)

Video Game Addiction and How It Interrupts Psychobiological Time (3.0 CEs)

Friday, October 28, 2022 | 9:00AM-12:00PM EST

Video games have become rampant in all sectors of society and usage usually begins now in early childhood, increasing over time. The times of quarantine and other restrictions due to COVID-19 have only augmented the presence of video games in our society, and this increase continues to this day. Since the advent of widespread use of video games has been so recent in the timeline of our evolution, we are only now just realizing the full negative potential they can convey.

The effects of video game addiction are twofold. First, one must cope with the actual effects of addiction. The mechanisms of addiction and recovery will be explored in this workshop, and a road map given for living a life free of video game addiction. The second aspect is how video games propel the player to a very high-level of engagement of physiology in all the senses. Our biology and physiology are not geared to the pace of these pursuits. After the thrill of video games, everything else is a “let down” and is boring; the pace of normal life appears much too slow, destroying everything else. Normal biological rhythms are disrupted completely. This aspect of gaming must be faced and dealt with in order for full recovery to occur.

As video game addiction parallels with social media addiction, this workshop will seek to educate practitioners on all forms of video and other internet addictions. It will explore how these addictions may be affecting clients of all ages and backgrounds, interpret the counter- transference impact this type of addiction may have on practitioners, and offer practical insights into how to address this widespread affliction. Participants can expect to be informed about all features of video game addiction and emerge with an action plan to address these problems.

[Click here to register.](#)