

The Biofeedback Society of Florida presents

# Excessive and Uncomplementary Screen Use; Effects on Health, Wellness, and Development



EEG assessment, diagnostic  
markers, and successful  
therapeutic interventions

Presented by

**Mari Swingle, PhD**

Clinical researcher and therapist  
Private practice  
Vancouver, Canada

**October 12 - 13, 2019**

The Florida Hotel & Conference Center  
Orlando, Florida

This intermediate level workshop awards **12 APA approved CE credits** and is intended for psychologists and other mental health professionals, biofeedback/neurofeedback practitioners, and clinicians and researchers in the health-related professions with an interest in the effects of excessive screen use on the brain, and related clinical interventions.

# Program Schedule

## Saturday, October 12, 2019

8:00 - 8:30	Sign-in, continental breakfast
8:30 - 8:45	Welcome, introductions, and announcements Aubrey Ewing, PhD - BSF Managing Director
8:45 - 10:30	<b>Mari Swingle, PhD</b> The effects of excessive, uncomplementary usage of technologies on the adult and developing brain. Introduction and overview of current issues:  World stats, facts, and first signs of problems in clinical populations • Emergence of problems in niche populations • Discovery of EEG patterns of Internet Addiction; connections with anxiety, depression and OCD • First treatment applications; solving clinical mysteries; clinical profiling; screening for explicit and subtle signs • Summary of decline in social, emotional, cognitive wellness, physical and mental health in the digital age
10:30 - 10:45	Break
10:45 - 12:00	Increases in prevalence and normalization of the issues: Moving from effect in clinical populations to universal impact  Interference versus Integration: Social, emotional and cognitive development of the Four Ages  Age 1: iPad in the cradle: impact on early development
12:00 - 1:15	Lunch - on your own at hotel restaurants or one of the many alternatives nearby
1:15 - 2:30	Age 2: Impact on middle childhood: Too much, too early • Social learning, vestibular development and regulation • Gamification 'rewiring' of development • Lost lessons of unbound learning
2:30 - 2:45	Break
2:45 - 4:00	Age 3: Impact on adolescence: Addition versus override • Alternate development of critical systems • Hijacking of biological process – ERP and Alpha • EEG pattern variations; cluster and liability patterns • Case presentations, treatment protocols and review • Q&A - Adjourn

# Program Schedule

## Sunday, October 13, 2019

8:00 - 8:30	Sign-in, continental breakfast
8:30 - 8:45	Welcome, introductions, and announcements
8:45 - 10:30	<b>Mari Swingle, PhD</b> Review of Saturday's content  Impact on Adolescence continued: Thwarted communication and sexual development • Crossover to Age 3 Adulthood: New markets and the normalization of sexual pathology for profit.
10:30 - 10:45	Break
10:45 - 12:00	Age 4: The forgotten generation; elders and I-tech; enter politics • Impact and influences • Digital immigrants vs natives • Chronological vs age of Introduction • Levels and context of exposure • Process vs content • Process vs exposure • Epigenetics • Hurdles and obstacles • Addiction by design: how to talk to your clients • Applications; expected success and failure rates
12:00 - 1:15	Lunch - on your own
1:15 - 3:00	Case histories: Further discussion on assessments and treatment protocols • Need for individualized assessment and treatment • Presentation of cases • Review and analysis of cases (data) brought by participants
3:00 - 3:30	General discussion - Wrap-up and Q&A

## Course Description

In this in-depth workshop Dr. Mari Swingle will present her groundbreaking research mapping the effects of excessive or otherwise inappropriate usage of technologies on the adult brain and the developing person. She will explore active clinical data as well as 30+ years of archival data. Participants will look at universal alterations in biological priming and the rewiring or hijacking of biological systems, as well as specifics in the socio-emotional and cognitive development of infants, children, adolescents, youth, and adults. She will also discuss individual liabilities and epigenetic vulnerabilities that are client/person specific. To this end she will discuss variations by exposure patterns relative to chronological age, and the age and nature of exposure. Cases will be presented, and diagnostic flags and treatment protocols reviewed. Participants are encouraged to bring client data (preferably

Clinical Q) for review and exploration by the group. All screen addictions including those involving gaming, social media, pornography, scholastic perfectionism, and screen workaholism tend to be culturally/environmentally accepted or supported, and are often co-occurrent with other expressed pathology or subclinical illness. Thus, Dr. Swingle will also explore attitudinal hurdles and environmental/cultural obstacles that must be crossed to ensure successful treatment outcomes. **Learning objectives:** A detailed listing of the learning objectives for Dr. Swingle's presentation can be found on the BSF website, [www.FloridaBiofeedback.org](http://www.FloridaBiofeedback.org)

## Workshop Faculty

**Mari Swingle, Ph.D.** is a practicing therapist, clinical researcher, public speaker, and author of *i-Minds: How Cell Phones, Computers, Gaming and Social Media are Changing Our Brains, Our Behavior, and the Evolution of Our Species*, and *i-Minds 2.0:*



*How and Why Constant Connectivity is Rewiring Our brains and What to Do About It.* She is a winner of a 2015 Federation of Associations in Brain and Behavioral Sciences Foundation (FABBS) Early Career Impact Award 'for her major research contributions to the sciences of mind, brain, and behavior and for increasing awareness of research through media and public outreach.

She speaks locally and internationally on the topics of the brain, technology, societal shifts, and mental health. Dr. Swingle is known for her extensive practical knowledge and her unique ability to clearly communicate otherwise esoteric scientific information. She holds a Ph.D. and M.A. in Psychology, M.A. in Education, and B.A. in Visual Arts and maintains a clinical practice in Vancouver, Canada.

In her research Dr. Swingle examines how we have embraced and assimilated technologies into all aspects of our lives without fully understanding their effects on our culture and our persons. She explores screen-based technology's effects on attention, creativity and innovative process, personality alteration, mental and physical health, and development. In the realm of mental health she explores associations of excessive or inappropriate screen usage with hyperarousal, altered attachment, anxiety, depression, insomnia, emotional deregulation, sexual dysfunction, addiction, and the obsessive-compulsive spectrum. A particular emphasis of her work is exploring the effects of technology on children, the developing brain, and how technology is eclipsing our relationships with both the physical world and each other.

# Registration Form

## Effects of excessive and uncomplementary screen use

October 12 - 13, 2019 - The Florida Hotel, Orlando

To register online, go to [www.FloridaBiofeedback.org](http://www.FloridaBiofeedback.org)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

CONTACT TELEPHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

LICENSE NO: \_\_\_\_\_ BSF MEMBER: \_\_\_\_\_ AAPB MEMBER: \_\_\_\_\_

### WORKSHOP TUITION - 12 CE credits

BSF Members registering by 9/21.....	\$239
BSF Members registering after 9/21.....	\$259
With new membership or renewal by 9/21.....	\$269
With new membership or renewal after 9/21.....	\$289
Non-members by 9/21.....	\$289
Non-members after 9/21.....	\$299
Students (degree-seeking, ID required) by 9/21.....	\$125
Students after 9/21.....	\$135

Credit Card Number (VISA or MC): \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Amount authorized: \$ \_\_\_\_\_

Cardholder signature: \_\_\_\_\_

(I authorize BSF to charge the amount specified above to my credit card account)

Credit card billing address: \_\_\_\_\_

(if different from above)

CVV2 number (3 digit security number on back of card): \_\_\_\_\_

Or Mail check payable to: The Biofeedback Society of Florida, Inc., 1230 S. Federal Hwy.,  
Boynton Beach, FL 33435 • (561) 742-7122

**Meeting location and lodging:** The workshop will be held at The Florida Hotel & Conference Center at the Florida Mall, 1500 Sand Lake Road, Orlando, FL 32809 (GPS address: 8001 S. Orange Blossom Trail, Orlando, FL 32809). The hotel is offering BSF conference attendees discounted room rates of \$125./night plus tax and other fees for reservations made by September 28, 2019 (refer to Group: **BSF**). For reservations, call toll-free **800-588-4656** or 407-859-1500. More information about the hotel can be found at [www.thefloridahotelorlando.com](http://www.thefloridahotelorlando.com).

**Continuing education credit:** This program, when attended in its entirety, is available for 12 APA approved continuing education credits. The program is co-sponsored by Two-Point, LLC. Two Point, LLC is approved by the American Psychological Association to sponsor continuing education for psychologists. Two-Point, LLC maintains responsibility for this program and its content. Note: All licensed health care professionals should verify that their respective licensing boards accept APA approved CE program credits toward fulfillment of their CE requirements.

**Accessibility and non-discrimination policy:** BSF is committed to accessibility and non-discrimination in its continuing education activities and to conducting them in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be sensitive to privacy and confidentiality needs throughout the program and are encouraged to express any feelings of discomfort related to program content during discussion periods. BSF will attempt to accommodate participants' special needs and asks that such needs, questions, or concerns be addressed to the onsite program coordinator. **ADA accommodations** will be made in accordance with the law. If you require ADA accommodations, please indicate what your needs are at the time of registration. The availability of appropriate accommodations cannot be assured without prior notification. For more information about this program, contact BSF via email at [info@FloridaBiofeedback.org](mailto:info@FloridaBiofeedback.org) or by phone at 561-742-7122.

**Commercial and financial interest declaration:** The speaker has no financial interest to declare related to this presentation.

The Biofeedback Society of Florida, Inc.  
1230 S. Federal Hwy.  
Boynton Beach, FL 33435

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**Students! Apply for the Michael Rothburd  
Scholarship at [FloridaBiofeedback.org](http://FloridaBiofeedback.org) -  
win free registration for this workshop**

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