

## Outline

### Critical Thinking – the GATEKEEPER

Why is critical thinking important in client sessions?

Assessing your client's ability to think critically

Impact of reality TV (RTV) and social media (SM) on critical thinking for our clients

Impact of decreased critical thinking in education

### Reality TV's Overall Impact & Social Media Daily Usage on:

Developing brain

Teenage attention span

Emotional centers of the brain

Increased hypervigilance from constant primitive arousal

### Impact on Anxiety, Depression, Insomnia and Addiction

Addiction to social media and reality tv

Decreased Self-Esteem and Self-Image

FOMO

Biological reasons for insomnia connected to RTV and social media

*Case Study: "Steve's story, 18 y/o – excessive brain fog, vision issues"*

### Help Clients through the Weeds of Real vs. Virtual

RTV and SM create reality-clients can't often decipher the real from the scripted unreal

Grounding lessons, CBT interventions

Understand the importance of perspective of clients; this is their world

Hold authority while diplomatically engaging client

Assert your professionalism without alienating client

*Case Study: 21 y/o self-diagnosed BPD. She'd taken online test and had symptoms of RTV personality*

## Objectives

1. Develop preventative measures to counter the impact of reality TV and social media.
2. Intervene with antidotes to declining critical thinking in an advanced society: the importance of reading and evaluation.
3. Differentiate between diagnoses and an inability to reason, deduce, induce and think sequentially.
4. Develop the ability to think critically and understand the impact on your clients and their attempt at life skills.
5. Investigate the long-term effects of years overloaded with false narratives posed by reality tv.
6. Evaluate the impact of reality TV and social media on client's well-being and implement effective critical thinking interventions.

### Prepackaged Diagnosis & Watering Down of Therapy

Eliminate harmful inaccurate depictions of mental health in pop culture

Assert your professionalism without alienating the client

How RTV and SM decrease intelligence and water down professionalism

Distorting effects and narrowing perspectives caused by RTV and SM decrease legitimacy of professionals

*Case Study: "Sandra's story, 19 y/o—the client who came to the intake session with her own diagnosis because she read it online"*

### Durable Interventions to Increase Critical Thinking

Psychoeducation – readiness to absorb interventions with active listening

Examining – model interventions in session – CBT, EFT, relaxation techniques

Assessing – help client make connections with past behavior and new information = internal recognition

Discernment - change thought pattern with new intervention (neuroplasticity for lasting change)

Specific skill sets to target gen y and z, who have grown up with RTV and SM

Relearn relationship with RTV, SM, and other mediums

Anxiety and depression reduction for those with compromised critical thinking

Strategies for eating disorders, body dysmorphia and other maladaptive behaviors

### Live Webinar Schedule

(Times listed in Eastern)


**8:00** Program begins

**11:50-1:00** Lunch Break


**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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# Social Media, Reality TV & Influencer Culture

CBT, EFT, and More for Enhanced Treatment of Clients Impacted by Toxic Content

**Live Interactive Webinar**

**Friday, April 28, 2023**

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# Social Media, Reality TV & Influencer Culture

CBT, EFT, and More for Enhanced Treatment of Clients Impacted by Toxic Content

- Build critical thinking skills and repair self image in clients
- Strengthen real connection and develop authentic belonging
- Teach clients HOW to think, not WHAT to think

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# Social Media, Reality TV & Influencer Culture

CBT, EFT, and More for Enhanced Treatment of Clients Impacted by Toxic Content

Creating lasting change in therapy is hard work - especially when your client is distracted, disengaged, or lacks the necessary skills to retain therapeutic interventions...

If you're struggling to make progress with your young clients, you're not alone! Social media, reality TV, and influencer culture immersion have caused a critical thinking drought. And it's making therapy **harder**.

Understanding how social media and reality television impact your clients – **decreased self-esteem, increased anxiety, depression, suicidal ideation** – is vital for the whole picture of mental health and has a direct impact on you as the professional.

Join Janine Oliver, PhD, LCSW, clinician and researcher of reality tv and social media as she demonstrates the connection to critical thinking decline and shares ways to improve your efforts as a therapist to **make your interventions more effective, efficient, and durable. You'll get:**

- Strategies to sustain lasting critical thinking skills
- Confidence grounded in new skills and research to navigate social media and reality tv
- Proven strategies to enhance engagement and problem-solving to help your client come up with their own solutions
- Exercises and assessment tools to build resilience and grit to enhance clients critical thinking

Register now and walk away confident and grounded in new skills and research to navigate social media, virtual reality and external influences impacting people today!

**While the virtual landscape may change - you'll utilize these interventions today and throughout your career!**

## Target Audience:

Counselors • Social Workers • Psychologists • Marriage & Family Therapists  
Educators • Education Administration



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# Meet Your Speaker

**Janine Oliver, PhD, MSW, LCSW, RYI200, CH, CCATP**, is a psychologist and licensed clinical social worker with over 20 years' experience counseling in the mental health field. Dr. Oliver is trained in cognitive psychology and uses cognitive behavioral therapy, dialectical behavioral therapy and logotherapy as primary interventions in treatment to help with grief, loss, anxiety and depression. Dr. Oliver is a certified yoga instructor, acknowledging the connection between body, mind and spirit as a holistic approach to overall health and well-being. Dr. Oliver is also a certified hypnotherapist, meditation instructor and EFT practitioner; using these modalities to focus on the subconscious and emotion centers as a means of treating a variety of issues, such as habits, phobias, inner child work, pain and regression. In addition, Dr. Oliver is a certified clinical anxiety treatment professional, using the most current interventions to treat anxiety and enhance the lives of those suffering with crippling anxiety to lead healthy active lives. Dr. Oliver is a psychology professor and Presenter for Continuing Education credits for mental health professionals.

Dr. Oliver worked in therapeutic foster care to aid foster families with mental health services and reunification efforts. She conducted trainings for the foster parents to keep their licensure and is skilled with parenting interventions of children and teens. She is experienced with trauma, abuse and neglect issues, as well as the cumulative effects of displacement in early life. Dr. Oliver worked as an outpatient mental health therapist providing treatment to a wide range of individuals of all ages, couples, children and teens, as well as parents seeking assistance with effective parenting practices. Dr. Oliver is a psychology professor teaching a variety of psychology, counseling and social work classes, using data and research as primary informers to her practice.

Dr. Oliver has researched social media and reality television impact on critical thinking for over 10 years, and has been studying generational changes for two decades. Her specific area of research focused on how these mediums, RTV & social media, have impacted critical thinking ability in America.

### Speaker Disclosure:

Financial: Dr. Janine Oliver has employment relationships with Estadt Psychological and Delaware County Community College. She receives compensation as a yoga and certified meditation/hypnosis/EFT instructor. Dr. Oliver receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Janine Oliver has no relevant non-financial relationships.

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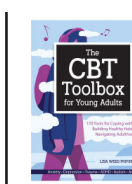
This program is Approved by the National Association of Social Workers (Approval # 886759332-3026) for 6.0 Social Work continuing education contact hours.

## Recommended Reading:



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Goali Saedi Bocci, PhD  
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**The CBT Toolbox for Young Adults**  
170 Tools for Coping with Stress, Building Healthy Habits & Navigating Adulthood  
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