



# Oregon Psychological Association Webinar Series

## Navigating The Upsides And Downsides Of Social Media And Video Games

PRESENTED BY  
Dr. Kim Burgess, PhD



Attend online or in person.  
Register at [www.opa.org](http://www.opa.org)

**3 HOURS OF CEU**

Friday  
JANUARY

27

9:00 am – 12:00 pm

### Workshop Description

The public increasingly needs help when it comes to managing the upsides and downsides of social media and video games. These activities are becoming even more popular, more pervasive, and beginning earlier in childhood than ever before, especially during covid-19. Therefore, psychologists should keep pace with this burgeoning circumstance so that we can provide the most informed cutting-edge clinical guidance, practical advice, and strategies for handling it all. Although empirical studies are scarce on such technologies' numerous positive and negative effects on our child/adolescent populations, this workshop is research-based and the content itself has attained significant results in improving social media

knowledge, as reported by kids themselves (APA, 2020). Participants will gain information about popular social media platforms, interactive exercises for dealing with common situations, advice for overcoming common mistakes, as well as privacy and security settings. Further, help families assess the advantages and disadvantages of video games use, as well as manage real-life gaming scenarios. The types of questions posed by families will be discussed, along with options to answer them. Lastly, whether sessions are in-person or by telehealth, professionals may incorporate technology into their practices by integrating platforms and apps in order to enhance and broaden the clinical experience.

### Speakers

#### Dr. Kim Burgess, PhD



Dr. Kim Burgess is a Board-Certified Psychologist who specializes in the evaluation and treatment of children, adolescents and families, as well as provides consultations, seminars and workshops. Dr. Burgess is former faculty supervisor at Children's National Hospital and Adjunct Associate Professor of Psychiatry and Behavioral Sciences and of Pediatrics at The George Washington University School of Medicine and Health Sciences, and former Research Associate Professor at the University of Maryland, College Park. Dr. Burgess has many publications in top-tier scientific journals and served on the National Institutes of Health Scientific Review Committee and the Editorial Board of the Child Development Journal. She has given numerous presentations at national and international conferences, as well as television and radio interviews. Dr. Burgess is the creator and developer of the BHIP (Biopsychosocial Health Intervention and Prevention) Programs that have shown effectiveness via scientific research.

### Workshop Objectives

By the end of this presentation, attendees will be able to

- Discuss social media with your clients/patients and answer questions on positives versus pitfalls of commonly used platforms (cell phone texting; Instagram; Snapchat; TikTok).
- Explain to your clients some common mistakes and recommend ways to avoid them.
- Impart advice to parents on the dangers of each platform and ways for their kids to be more secure and private on these platforms.
- Advise your families on video game use with regard to advantages and disadvantages, so that they can make an informed decision regarding issues, such as time spent and type of games.

**OPA has a new registration option. If you are unable to attend in person or virtually the day of the webinar, you can now register to receive a link to the recording of the webinar which will be emailed to you approximately one week after the webinar concludes.**