CPA's Division of Technology, Media, and Artificial Intelligence (Division VI) presents:

Mommy, Do You Love Your Phone More Than Me?:
Parental Device Use and the Adolescent-Caregiver Attachment Bond

Presented by: Don Grant, PhD, MA, MFA, DAC, SUDCC IV and Barbara Nosal, PhD, LMFT, LADC

Description:

In this webinar, two recognized experts in attachment, healthy device management, and family systems discuss outcomes from their recently published 4-year national study examining the relationship between device centric caregiver beliefs and behaviors and adolescent attachment security. Participants will explore the potential relationship between attachment styles and digital distraction, "technoference," and "phubbing." They will gain strategies to identify and repair caregiver device related attachment ruptures while strengthening caregiver adolescent connections.

After attending this event, participants will be able to:

1. List and describe three types of attachment bonds, assess, and recognize 3 potential attachment threats.
2. Identify two examples and/or symptomatic manifestations of unhealthy or inappropriate primary caregiver device use and/or behaviors which could contribute to the development of an insecure attachment rupture or bond.
3. Address any existing attachment bond ruptures related to a caregiver's device use, and begin to reconcile, rehabilitate, and heal them.
4. List and implement three skills to help parents/caregivers avoid generating any future device-centric behavior attachment ruptures with their children.

Don Grant, PhD, MA, MFA, DAC, SUDCC IV, is an internationally award-winning media psychologist, author, researcher, Doctoral Addictions Counselor, and practitioner specializing in technology's impact on mental health. He serves as *National Advisor of Healthy Device Management* for Newport Healthcare and is a *Fellow* of the American Psychological Association. He is Past President of APA Division 46 and currently serves on its Executive Board, chairs the *Device Management and Intelligence* committee, co-chairs the *Digital Harm Reduction* committee, and serves as an APA Advocacy Division Partner Liaison, Division Science Partner, and Treasurer of the California Psychological Association Division VI.

Dr. Grant designs and facilitates "Healthy Device Management" treatment strategies and educational trainings for clinicians, practitioners, educators, parents, and academic communities. He is a highly sought-after keynote speaker, webinar and podcast guest, and media contributor whose work has appeared in *The Wall Street Journal, L.A. Times, Washington Post, New York Times, The Times of London, Le Figuero (France), El Nuevo Herald (Spain), Time magazine, Forbes, The Hill, Vanity Fair, Business Insider, CNN, ABC, CBS, NBC, Fox,* and a two-page *People Magazine* feature story about him.

Recent and current projects include serving on the "Expert Advisory Panel" on behalf of five APA scientific reports, an international publisher commissioned "Healthy Device Management"

treatment curriculum workbook, and serving as Chapter Leader, Co-Editor, and contributing author in collaboration with a cohort of global experts on several chapters in a special handbook (in partnership with *Children and Screens: Institute of Digital Media and Child Development*) for Springer Publishing's media psychology handbook.

Barbara Nosal, PhD, LMFT, LADC, has worked with teens, young adults, and families in the field of mental health and addiction treatment for more than three decades. She held supervisory and leadership positions and served on the faculty of National University and University of Phoenix. As Founding Clinical Director of Newport Academy, she developed their clinical and family treatment model. As Chief Clinical Officer of Newport Healthcare she currently oversees clinical operations and services at their residential and outpatient programs. Dr. Nosal holds a Doctorate in Transpersonal Psychology and Masters' degrees in Counseling Psychology and Human Services. She is a Licensed Marriage and Family Therapist and Licensed Alcohol and Drug Counselor. Specializing in attachment and relational trauma, Dr. Nosal integrates family systems concepts with attachment-based practices to heal childhood trauma and deepen relationships amongst family members.