

Doctors and Allied Health Professionals are the front line. They are the **trusted professionals** our kids have contact with for a variety of general health needs.

When parents are struggling to manage screen and gaming use at home, it's often Doctors and Allied Health staff they turn to for help. But how can we be expected to be experts in **EVERYTHING?**

#### SESSION OVERVIEW:

In this fast paced and fun presentation audiences will discover:

- The “**Psych Science**” or psychological underpinnings that drive the addictive nature of gaming, social media and online gambling delivered in plain English, **NOT** research jargon.
- A comprehensive review of the model Brad employs when answering the question on everyone's mind: **What's normal and when should I be concerned?**
- A closer look at the **developmental domains** that are impacted when screens and gaming take over.
- Introduction to the **7 UNPLUGGED STEPS** for Doctors and Allied Health Professionals as a guide to help advise parents of strategies to manage screen and gaming addiction in children and teenagers at home.

Duration: 60-minute key-note or extended half-day program

You will leave this session armed with a concrete plan to help stressed parents manage more effectively at home.

# THE TECH DIET FOR HEALTH PROFESSIONALS

For more information or  
to book, please contact  
[admin@unpluggedpsychologist.com.au](mailto:admin@unpluggedpsychologist.com.au)

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Lots of practical suggestions for the time-poor, but device-rich, modern family struggling to achieve a healthy digital balance.  
-Dr Philip GE Tam  
(Child and Adolescent Psychiatrist)

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