

# Northern Virginia Clinical Psychologists

Presents a 3-CEU Program on Friday, September 23, 2016

## "iPractice 101™ -Working with Families in the Digital Age; a Primer of the Benefits, Concerns, and Trends."

**Presenter: Adam Pletter, Psy.D.**

**Date/Time:** Friday, September 23, 2016, 10:00 am - 4:00 pm

**Place:** Maggiano's Little Italy at Tyson's II Galleria  
2001 International Drive, McLean, Virginia 22102. (Phone 703-356-9000)

**Cost:** \$55.00 for NVACP Members / \$100.00 for non-NVACP Members / \$20.00 for Clinical Students

**Menu:** Family style luncheon to include vegetarian and non-vegetarian selections

**Program Schedule:**

11:00 am to 11:30 am	Registration, Meet & Greet
11:30 am to 1:00 pm	Lunch, Networking, Announcements
1:00 pm to 4:00 pm	CE Program with Dr. Pletter

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**Program Overview:** This workshop is for licensed psychologists who want to be aware of the clinical implications and practical applications of working with families in the digital age. It will serve as a primer for clinicians to increase their awareness of and possible use of technology in working with their patients. The course will provide an overview of popular *apps*, smartphone use, and utilization of parental controls in clinical practice. The many benefits and concerns for children and adolescents being raised in this wired and wireless world will be introduced and explored. The program will include research findings and practical advice based on a behavior modification parenting program.

**Learning objectives:** Participants will learn to:

- Address a variety of issues based on the understanding that many clinicians and parents are *digital immigrants* while child, adolescent, and young adult patients are *digital natives*.
- Recognize and increase clinicians' awareness of common applications and understanding of benefits and concerns inherent to treating patients in the digital age.
- Receive practical advice for using technology in clinical practice to engage your patients and enhance specific coping skills training.
- Review a sample of research trends and findings regarding child development and screen time use.
- Learn about implementation of a behavior modification protocol using digital access levels as incentives.

**Speaker:** Dr. Adam Pletter is a licensed clinical psychologist in Maryland in his 15th year of private practice. He received his doctoral degree from the George Washington University Professional Psychology Program and specializes in the treatment of children, adolescents, and young adults. Dr. Pletter has developed and runs [iParent 101, LLC](#), a digital parenting workshop, and has written on the topic for the Washington Post and other media outlets.

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Northern Virginia Clinical Psychologist (NVCP) is a regional organization of the Virginia Psychological Association whose goal is to develop a collegial support network for Northern Virginia-based clinical psychologists and those studying to be licensed. NVCP hosts at discounted cost (\$55.00 for members) CE events, quarterly newsletters, message board forum, and its own website ([www.nv-cp.org](http://www.nv-cp.org)). It is the largest regional academy of psychologists and provides many networking opportunities for its members. For more information about NVCP, please contact Carryl Jefferies, Psy.D. at [editor.nvcp@gmail.com](mailto:editor.nvcp@gmail.com) or call (w)703-378-7998, or visit website at [www.nv-cp.org](http://www.nv-cp.org).

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\*\*\*\*\*REGISTER ONLINE AT [WWW.NV-CP.ORG](http://WWW.NV-CP.ORG) or mail in Registration slip

*Northern Virginia Clinical Psychologists  
Laurentia M. Ruby, Psy.D.  
NVCP Continuing Education Program Chair  
10560 Main Street, Suite PH-13  
Fairfax, VA 22030*

**CEU Credits:** Three (3.0) Virginia Psychological Association (VPA) continuing education unit credits. The VPA accredits and maintains responsibility for this program. Note: Attendance for the entire presentation is required to receive credit.

**To Register:** To register and pay online go to [www.nv-cp.org](http://www.nv-cp.org). To register by mail, fill out the registration form below and mail it, along with your check payable to "NVCP", to Laurentia Ruby, 10560 Main Street, suite PH-13, Fairfax, VA, 22030. If paying by check, please **note the program date on the check**. If you have questions, email Laurentia at [laurentia.ruby@verizon.net](mailto:laurentia.ruby@verizon.net), or call 703-839-2523.

..... *tear off* .....

Registration form for Friday, September 23, 2016  
Using Research to Inform Clinical Practice in the Treatment of Eating Disorders  
(Registrations due by Monday, September 19, 2016)

Print name \_\_\_\_\_ Degree \_\_\_\_\_

E-mail: \_\_\_\_\_ Work Phone \_\_\_\_\_