

Is Your Home Missing Media Balance?



Gaming, texting, blogging, 'Facebooking', INSTAGRAM, cell phone use, social games, Steam, Skype, Amazon, SpringMe, Zenga, Twitter, Foursquare, WhatsApp, Tumblr, etc.

How Much Media Is TOO Much?

Parents will learn:

- How to set and maintain reasonable and healthy limits to keep your teen safe and balanced in a technology-driven world
- How to regain control over excessive media use and re-establish access as a 'privilege'
- Why digital technology is so addictive and the internet so powerful
- When media and digital technology are becoming a problem

Teens will learn:

- How excessive media use has impacted their functioning at home, school, with friends, and family relationships
- How to better manage time and how to use other coping skills to reduce anxiety and boredom

Liz Driscoll Jorgensen, CADC, offers a unique Parents Workshop & Teen Skills Group that helps parents & kids create and maintain sane media use.

Liz Driscoll Jorgensen is a certified alcohol and drug counselor, psychotherapist and director of Insight Counseling, LLC, in Ridgefield, Connecticut. She has over 28 years of experience with adolescent and adult psychotherapy and counseling. Liz is a nationally recognized expert in substance abuse counseling. For 18 years, she was the coordinator of Adolescent Substance Abuse Services at Danbury Hospital where she created and ran the dual diagnosis partial hospital, intensive outpatient and outpatient services. Liz is also a consultant to many independent and public schools as well as treatment agencies. She is a popular speaker on parenting pre-teens and teenagers. And she brings her added experience as a wife and mother of four children. In 1994, Liz received a Congressional Award for her work in treatment and prevention of substance abuse. Since 2000, Liz has been the owner and director of Insight Counseling.



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INSIGHT COUNSELING

PRIVACY, COMPASSION, & POSITIVE CHANGE