

## Foundation Series Workshops

Enhance productivity with balanced technology management



## Attachment and Addictions

### *A Cracked Foundation:* How Virtual Parenting is Destroying Our Children



### Overview

**As parents connect more and more to technology, they are disconnecting from their children at a rapid pace.** The result is an unprecedented escalation of attachment disorders, posing new and challenging behaviors for parents, teachers and therapists. 1 in 6 children are currently diagnosed with a mental illness. It is imperative for all people who work with children to understand healthy attachment formation, so they will be prepared to provide children with the critical elements they need to grow and succeed. Research shows:

- 40% of parents use **over 11 hours per day** of entertainment based technology;
- Many of today's "detached" families have **complex addictions** that the education and health systems are only beginning to detect, much less understand;
- **Attachment disorders** are the underlying causal factor for **addictions**, and child technology use patterns follow that of their parent;
- 'Disconnection' from **self, others, nature and spirit** is resulting in child mental health and behavior disorders that are readily being **diagnosed and medicated**.

Fragmented, frazzled and far too busy, *21st century families* are struggling to survive, leaving behind in their wake children who are unable to self-regulate, pay attention and learn. As the dining room table is increasingly replaced by the big screen, and family conversation becomes non-existent, the foundations for child development are finally beginning to *crack*.

### Goal

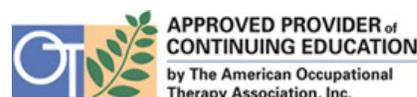
*A Cracked Foundation* profiles how dysfunctional attachment formation is an underlying causal factor for the recent rise in child mental illness and addiction, and offers education and health professionals much needed information on how to address and promote healthy attachment formation in children and parents.

### Learning Outcomes

- Identify critical factors for healthy attachment formation.
- Evaluate the impact of technology on attachment development.
- Identify three types of attachment disorders.
- Apply techniques to improve attachment in home, school and clinic settings.

### Handouts

*Critical Factors for Healthy Child Development*  
*Attachment and Technology Addiction Questionnaires*  
*How to Play with Your Children*  
*Ten Steps to Unplug Your Family from Technology*



3.5 contact hours = .35 CEU's

***Evidence based – Research referenced - Strategy focused***

## Creator and Speaker

Workshop creator **Cris Rowan** is a well-known speaker and author to teachers, parents and therapists throughout North America in the field of sensory integration, attachment, learning, attention, fine motor skills and the impact of technology on children's neurological development. Cris has Bachelor of Science degrees in both Occupational Therapy and in Biology, and is a SIPT certified Pediatric Sensory Specialist. Cris is CEO of Zone'in Programs Inc. offering products, workshops, consultation and training to promote technology balance and enhance productivity. Cris is creator of the new *Zone'in*, *Move'in* and *Unplug'in* programs, the *Foundation Series Workshops* and *Zone'in Training* for therapists. Cris has authored the *Unplug – Don't Drug*, *Creating Sustainable Futures*, and *Linking Corporations to Communities* initiatives, and her first book *Virtual Child – The terrifying truth about what technology is doing to children*.



## Who should attend, instruction type/level, and CEU provision

Parents, teachers, administrators, special education staff, occupational therapists, speech and language pathologists, physical therapists, counsellors, physicians, psychologists, psychiatrists, social workers and child care providers. Foundation Series Workshops format is presentation style with participant question/answer period, and are designed to be *introductory* level for therapists, *intermediate* for teachers and *advanced* for parents, child care workers and teaching assistants. *A Cracked Foundation* is an approved course with the *American Occupational Therapy Association*, classified as *Category 2 Occupational Therapy Process*. 3.5 contact hours = .35 CEU certificates will be provided to participants at the end of course upon completion of question/answer period.

## How to register (workshop organizer to fill in following registration information)

**Register** for *A Cracked Foundation*, third in the series of six *Foundation Series Workshops*:

1. **Online:**
2. **Fax:**
3. **Phone:**
4. **Email:**
5. **Mail:**

To register, please complete and forward the following form and include any dietary or special needs requests.

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**Workshop Title:** \_\_\_\_\_

**Workshop Date:** \_\_\_\_\_ **Workshop Location:** \_\_\_\_\_

Name: \_\_\_\_\_ Occupation: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

### **Method of Payment:**

- Cheque (made payable to “ \_\_\_\_\_ ”)
- MasterCard No. \_\_\_\_\_ Exp \_\_\_\_\_ Cardholder Name: \_\_\_\_\_
- VISA Card No. \_\_\_\_\_ Exp \_\_\_\_\_ Cardholder Name: \_\_\_\_\_