

PLEASE JOIN US FOR A VIRTUAL TRAINING EVENT

# “PLUG BACK INTO LIFE: NORMAL VERSUS DISORDERED SCREEN USE AND HOW TO TREAT IT”

Internet use is now an integral part of our lives across all facets of daily living; however useful and productive, Internet screens can also be quite addictive. Endless Scrolling and surfing, video gaming, YouTube, pornography, social media, and online gambling are examples of potent and intoxicating activities that become amplified when accessed through the Internet. We will examine and contrast Internet use from abuse and review how to manage screen use, so it doesn't manage us.



Dr. David Greenfield is a leading authority on Internet and technology addiction and screen use, and is the author of numerous articles/book chapters and the book *Virtual Addiction* which in 1999 rang an early warning regarding the world's

growing Internet Addiction problem. Dr. Greenfield's recent work is focused on the neurobiology of Internet, Smartphone, and screen use and how to reduce our overuse of Internet screens.

**PLEASE RSVP TO RECEIVE THE ZOOM LINK TO:**  
SARAH KEISER, LADC COORDINATOR  
OF ALCOHOL, DRUG AND RECOVERY SERVICES  
KEISERS3@SOUTHERNCT.EDU

**WEDNESDAY,  
MARCH 2, 2022  
11:00 a.m. – 1:00 p.m.**

**Presenter:**  
Dr. David Greenfield,  
*Founder and Medical Director*  
The Center for Internet and  
Technology Addiction



**THE CENTER FOR INTERNET  
AND TECHNOLOGY ADDICTION**  
PLUG BACK INTO LIFE!®

CONNECTICUT COUNCIL on  
**PROBLEM  
GAMBLING**



**SCSU  
COLLEGIATE  
RECOVERY  
COMMUNITY**



**Southern Connecticut  
State University**