

Cyber Addiction Recovery Center

Christopher Mulligan LCSW

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Get Unplugged!

Outdoor-Recreational Activities for “Tech” Dependent/Addicted Kids and Teens

Christopher Mulligan LCSW is now offering a therapeutic program designed to help children and teens break the destructive cycle of compulsive internet and video gaming use. Children and teens will participate in a variety of outdoor activities that will improve physical conditioning, develop new recreational skills, and connect members to our natural surroundings. Rather than focus strictly on decreasing or restricting access to technology our program is intended to *promote motivation to live a healthy and balanced life.*

In order to create new and adaptive behaviors “tech” dependent/addicted children and teens must get “unplugged” from their home environment. Participating in outdoor recreational activities is the most effective way to help technology dependent/addicted children and teens develop an awareness of how technology is limiting the quality of their lives.

By engaging in recreational activities that involve outdoor exercise, physical competence and teamwork children and teens will develop social skills, problem solving skills as well as an expanded range of recreational interest. By creating these changes group members will learn the benefits of “plugging in” to a non-technological dependent life style. According to the Kaiser Family Foundation the average child/teen is spending 7.35 hours per day engaged with some type of technology. When “switch-tasking” is included (using more than one tech device at the same time) this number jumps to an incredible 10.50 hours! These numbers are creating a ever expanding group pf children and teens who are suffering serious social, biological, and emotional consequences.

Prior to the start of each group session there will be a group check-in where therapists will facilitate introductions, allow for the exploration of each person’s history including what brings them to the program, and set the stage for the activities of the day.

Therapists will review and emphasize the importance of the safety of members and discuss how communication, trust, focus, perseverance, resilience and accountability factor into the activities chosen for that group. Throughout the group therapists will supervise and process individual and group dynamics and connect these dynamics to “tech” dependence and addiction. After the completion of the group activities therapists check-in with the group and review reflections and lessons from the day.

SAMPLE ACTIVITIES

- Activity 1: Day Hike
- Activity 2: Bike Ride
- Activity 3: Ocean swimming/boogie boarding
- Activity 4: Park Day (Capture the flag/kick ball/hand ball)
- Activity 5: Park Day (Relay races/Tag medley)
- Activity 6: Park Day (Water fun – water balloons, water guns, etc.)
- Activity 7: Park Day (Nerf Base Ball/Nerf football)
- Activity 8: Introduction to core strength (Balance ball, free weights, stretching, etc.)
- Activity 9: Ropes course
- Activity 10: Two night camping trip
- Activity 11: Introduction to rock climbing
- Activity 12: Introduction to rappelling
- Activity 13: Fresh water fishing
- Activity 14: Horseback riding

HOW IT WORKS

This program meets for 16 Saturdays between 12pm and 4pm. Each week we will engage in a different outdoor activity – building fitness, physical skills, team work ***AND MOST OF ALL POSITIVE MEMORIES OF NON TECHNOLOGICAL RECREATION.***

For more information, contact Christopher Mulligan LCSW at 310/287-1640 or email groupworkswest@aol.com.