

Psychology of the Web And Internet Addiction: Symptomatology & Intervention

Seminar with Dr. Ofer Zur, Ph.D.

Director, [Zur Institute, LLC](#)

February 4, 2011, from 9:00am to 1:00pm

Wks Location: Full Life Center, 3535 Balboa Street, San Francisco, CA

Presented by [RAMS](#), San Francisco, CA

9:00 AM to 10:00 AM - Part I: Psychology of the Web

- Digital Anthropology & Participatory culture
- Positive & negative aspects of digital technologies
- Digital Immigrants vs. Digital Natives
- Parents, children and the digital divide
- Fears & debates about digital technology
- Digital Footprints & Online transparency
- Multitasking, hopping & attention span
- Technology and pace of life
- Cyberspace as psychological space
- Cyber Activities: Social Networking, texting, gaming, videos, etc.
- Cyberbullying & Dis-inhibition effect

10:00 AM to 10:45 AM - Part II: Online Gaming

- Type of games
- Concerns with online gaming
- Violence video games
- Positive aspects of game
- Educational games

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10:45 AM to 11:00 AM - Break

11:00 AM to 12:15 PM - Part III: Internet Addiction

- Addiction 101
- Two approaches: Abstinence vs. Control Use (Harm Control)
- On Internet use, over use, abuse, and addiction
- Causes of Internet addictions
- Internet Addiction Disorder:
 - History, definitions, debate, DSM
- Types, scope of Internet addictions
- Signs of Addiction
- Assessment of Internet addiction
- Interventions

12:15 PM to 1:00 PM - Part IV: CyberWellness

- Digital hygiene
- On balance
- CyberWellness
- Summary, Q&A, & Evaluation

Workshop Brochure:

http://www.zurinstitute.com/technology_seminar.pdf