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## Social media and your client: What every clinician should know



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Are there new disorders on the horizon, like iDisorder or facebook depression? What about FOMO (fear of missing out) and perceptual loneliness? Are symptoms of currently recognized disorders exacerbated by use and/or type of social media platform? What behaviors do clients exhibit? When do they become clinical? What does research say about current interventions? What theories undergird current techniques and therapies in the clinical and school settings? What about assessments? Is there a new form of theoretical approaches, techniques and therapies, technology, and assessments? Social media and your client: what every clinician should know will attempt to answer all of the above in a single oral presentation. It is not an ethics presentation but, a practical guide and distiller of the asset information researchers have uncovered recently about how social media impacts your clients; and what it means for psychologists and psychotherapists. This workshop will educate therapists on what they should know about social media, symptomology they should be aware of, the process of follow up, and suggested treatment planning. The goals are to dispel the myths surrounding psychiatric disorders perpetuated by social media and to encourage further research in the area of social media and their effect on psychiatric disorders.

### Biography

Diamond Bracey is currently pursuing her Master's in Mental Health Counseling at Bowie State University. She has earned her Bachelor of Science in Marketing from University of Maryland at College Park and a second Bachelor's degree in Psychology also from Bowie State University. With a focus on the cutting edge of therapy, her research focuses on the attitudes regarding e-counseling in the African American Community. Her other papers and presentations are on African psychology, person-centered psychology, eating disorders and women of color, therapy for first nation peoples and Latinos, opioid use disorder, generalized anxiety disorder, binge eating disorder, and online counseling in couples' therapy.

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Kyndall Peele is an avid scholar who is pursuing her second Master's degree in Counseling Psychology at Bowie State University. She earned her Bachelor of Science in Communications and Cultural Studies from East Carolina University in North Carolina and her initial Master's in Clinical Psychology from Capella University. She is currently researching and presenting Adlerian techniques that can be used with Millennials, aspects of multicultural counseling that aide in the decreasing symptoms of PTSD and anxiety with war refugees, and trauma/stress experienced by first year minority college students. She currently hosts an online self-care workshop through social media avenues such as Instagram and Facebook. She is a Writer and Contributor to the online minority mental health network, "What's Your Issue Cuz?" She aspires to become a Global Clinical Psychologist who will work with war refugees and those with traumatic brain injuries. She is a member of Alpha Kappa Alpha Sorority, Inc.

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