## BREAKOUT SESSION

## Electronics Addiction

HELP! Technology is taking control of our communities! How do we respond as people of faith?
Mathew Meyers, MA, LMFT & Chris Klippen

It has become a new developmental task for all of us in the 21$^{st}$ century to establish a safe, healthy and balanced relationship with technology. Parents often describe feeling as though technology is running and ruining their children and family life. Faith leaders are in a unique position of working closely with families to hear the struggles that families are experiencing with this emerging concern. This presentation will assist faith leaders in feeling more confident in knowing when it could be a problem and understanding how to support a family when they are experiencing challenges related to this issue.

- Present current research on Video Game/Internet Addiction.
- Identify risk factors for the Process Addiction of Video Gaming/Internet Addiction.
- Strategies for caregivers, parents, to help children establish a safe and healthy relationship with technology



After nearly 30 years as a practicing attorney, Chris received his Master's in Marriage and Family Therapy at Bethel University. He is passionate about working with individuals, couples and families that want to have deeper, more fulfilling relationships, resolving issues of trust, infidelity, communication, emotional burnout, sex, parenting, and work life balance.



Matt has worked with children, teens, parents and families for over 20 years as a Therapist and Youth Worker. In his work as a therapist, Mathew identified a need for treatment services around internet/video game addiction. He researched and developed the treatment program at Traverse, and now speaks to school and church groups on safe and healthy technology use. In addition, he provides individual, family and couples counseling. He is especially passionate supporting parents that feel stuck or ineffective with their kids and teens who are struggling with difficult behaviors.