



Overcoming Addiction to Technology and TV with Dr. Carlton Oler

HSP, MAC, SUDCC III, BCPCC
Licensed Psychologist (ID: 203808, CA: PSY 20356)

March 16 at 2pm

Eagle Seventh-day Adventist Church, 538 W. State St., Eagle, ID 83616

208-939-6625

This seminar defines the two broad categories of addiction; the problems that addiction to technology and TV can cause; how technology is changing our brains, behavior, and life; how to know if you're addicted to your smartphone and strategies to overcome addiction to technology and TV.

Dr. Oler is a Licensed Psychologist in ID and CA, Health Service Psychologist, Master Addictions Counselor, Substance Use Disorder Certified Counselor-Advanced, and Board-Certified Professional Christian Counselor. He has a Ph.D. in Clinical Psychology from the University of Cincinnati, and completed a predoctoral fellowship in Substance Abuse Treatment and Outpatient Psychotherapy in the Department of Psychiatry at Yale University School of Medicine, and a residency in Child, Family and Adult Psychotherapy, and Behavioral Medicine in the Psychiatry Department at Kaiser Permanente Medical Center in Oakland, CA.

Dr. Oler has taught at secular and non-secular high schools and universities where he was voted by students as "Instructor of the Year," "Most Inspirational Teacher," "Most Interesting Class," and "Most Christ-like." He has also published articles in journals such as Psychotherapy, Social Work, and Social and Behavioral Sciences.

Dr. Oler is author of the book "Coping with Stress for Academic Success: 24 Strategies to Get the Most Out of Your Educational Experience."

