

Young People, Smartphones and the Power they give Social Media

Using Hypnotherapy and Somatic Experiencing to Activate Healthy
Ego States and Charge Up the Inner Selfie

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Objectives:

1. Describe how online “neuroception” is affected by online disinhibition effect.
2. Describe three powerful cyber trance phenomena.
3. State four predicating factors that increase vulnerability for online trauma.
4. Describe five types of social exclusion on social media.
5. Use the Inner Selfie Technique with young clients.
6. Combine somatic experiencing and externalization of online trauma with hypnotherapy.

Outline:

- I. Introduction
 - A. The power of social media
 - B. Dopamine, cortisol and adrenaline
 - C. Gaming and social media traps
 - D. Digital and tribal campfire-a balancing act
 - E. Online trance phenomena

- F. The bias factor: online algorithms
- G. Developmental tasks being practiced
- H. Online ego states
- I. 7 stages of smart phone attraction
- J. Power of focused attention: group trance
- II. The Trauma Express
 - A. Neuroception: protective alerts
 - B. Cyber trance realities
 - C. Pain starts from anywhere
 - D. Paradox of online sound
 - E. Flight-fight or freeze: sympathetic system activation
 - F. First responders: online sharing and change in physiology
- III. The Imaginary Audience is No More
 - A. Digital distance
 - B. Affective declines in empathy
 - C. Improv exercise (“jeepers keepers”)
- IV. Predicating Factors for Online Vulnerability
 - A. Previous victimization: psychological legacy
 - B. Rejection sensitivity
 - C. Peer influence
 - D. Media influence
 - E. Economic influence
 - F. Sleep deprivation
 - G. Time Spent on Social Media (TSSM)
 - H. Multiple platforms and multitasking
 - I. Social Media Disorder Scale
- V. Social Exclusion on Social Media and Online Vulnerability
 - A. Rejection
 - B. Shaming

- C. Ostracism
- D. Ghosting
- E. Cyberbullying
- F. Trolling
- G. Downside of sexting
- H. Lurkers
- I. Scrolling: “compare and despair” pastime
- J. Phubbing
- VI. Bringing Painful Online Experiences into Therapy for Healing
 - A. Problem detection and assessment tools
 - B. Inner selfie access and anchoring
 - C. Inner selfie technique (2 client videos) and group exercise
- VII. Ventral Vagal Inner Selfie Practice Guide
 - D. Inner selfie express: digital yoga and ways to activate somatic experience
- VIII. Increasing Evocative Communication: Online Social Mimicry
 - A. How our brains process visuals: what we see in images we share.
 - B. Emojis, gifs, videos, punctuations, acronyms, etc.
 - C. How online signification can increase evocative communication.
- IX. Closure
 - A. Summarize
 - B. Focused attention group trance
 - C. Q & A

