

# Uploading the Inner Selfie: An Experiential Workshop

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## Young People and the Power they give Social Media

### Goals:

1. Be able to describe three hypnotic phenomena of social media.
2. Explain three ways clinical hypnotic phenomena and social media parallel.
3. State how developmental tasks and ego states are being practiced online.
4. Be able to use the Inner Selfie Technique, ventral vagal activation exercises and somatic experiencing for online health.
5. Demonstrate 4 steps for online repair and resiliency.
6. Increase awareness for building empathy: digital mindfulness and etiquette.
7. Self-disclosure and boundary setting: how social media has transformed our communication styles
8. Increasing online evocative communication: online social mimicry and the effect of signification.

This experiential workshop will use interactive discussion, exercises, improvisation and trancework to meet the above goals.