

FREE
COMMUNITY EVENT

Virtual Psychiatric Grand Rounds

JUNE 2025

Tuesday, June 24, 2025

Noon to 1:30 p.m.

(No meals or breaks provided)

SPEAKER:

Alia Aizenstat Adlakha, LMFT

Please register at:

[cottagehealth.org/
psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

After registering you will receive a confirmation email containing information about joining the training.



Breaking The Screen: Strategies for Addressing Video Game and Social Media Addiction

In today's hyperconnected world, video games and social media platforms have become central to our daily lives, yet their overuse can lead to significant behavioral and psychological challenges. This engaging presentation will explore the complex nature of behavioral addictions, with a specific focus on video game and social media addiction. Participants will gain a comprehensive understanding of how behavioral addictions are defined and diagnosed. The presentation will also examine the neurobiological and psychological mechanisms that drive compulsive use of social media and gaming, and how these patterns impact mental health and functioning. Attendees will learn to identify and define problematic use and negative consequences, differentiating between healthy engagement and harmful patterns. The session will also cover a range of psychotherapeutic treatment strategies, including cognitive-behavioral approaches and emerging interventions, alongside multidisciplinary and holistic treatment methods that support long-term recovery and well-being.

LEARNING OBJECTIVES

Participants will be able to:

- Define behavioral addiction as it relates to video games and social media.
- Identify two therapeutic treatment methods for Gaming Disorder ICD-11 and problematic social media use.
- Evaluate and compare three multidisciplinary treatment approaches for Gaming Disorder and problematic social media use.



Alia Aizenstat Adlakha, LMFT, is a marriage, family and child therapist serving as the owner and Clinical Director of Insight Therapy. Recognized for her expertise in addressing screen addiction, depression and anxiety, Alia has dedicated her career to empowering individuals and families in an increasingly digital world. Her academic and professional journey includes extensive work in social-emotional learning and digital responsibility, where she has served as a mentor and educator.

Virtual Psychiatric Grand Rounds

PROGRAM COORDINATOR

Paul Erickson, MD

ADMINISTRATIVE COORDINATOR

Frances McKinney

EDUCATION CONSULTANTS

Jennifer Granger Brown,
MSN, RN, CHSE
Stephanie Molina, LMFT, CEAP
Tamara Norton, MHS, CPCS

TARGET AUDIENCE

Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurse Practitioners
Nurses
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Psychologists
Psychotherapists
Social Workers

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CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

LMFTS, LCSWS, LPCCS AND LEPS: Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

REGISTERED NURSES (RNS): Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

CERTIFICATES: Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

FOR PHYSICIANS AND PSYCHOLOGISTS

PHYSICIANS: The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at tnorton@sbch.org and 805-569-7245.

Notes

GRIEVANCES: Contact the Education and Nursing Professional Development Department at 805-569-7325.

SPECIAL ACCOMMODATION: If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

DISCLOSURES: The planners and speaker of this live internet activity have stated that they do not have any current relationships with ineligible companies. This activity did not receive commercial support.