

CYBER ADDICTION RECOVERY CENTER

CHRISTOPHER MULLIGAN LCSW

Get Unplugged!

Wilderness Adventures for “Tech” Dependent/Addicted Kids and Teens

Christopher Mulligan LCSW is now offering therapeutic activities in our local-natural surroundings designed to help children and teens break the destructive cycle of compulsive internet and gaming behavior. Children/teens will be presented with the opportunity to participate in outdoor adventures that unfold in a therapeutic sequence that will develop *self-awareness, physical skills, communication skills, trust in self and others, respect, psychological and physical courage, and empathy.*

In order to create new and adaptive behaviors tech dependent/addicted children/teens must get “unplugged” from their home environment. Participating in outdoor activities is one of the most effective ways to help tech dependent/addicted children/teens create an accurate awareness of how technology is damaging the quality of their lives and develop new social skills and recreational interests that will help them “plug” in to a non technological dependent life style.

Prior to the start of each wilderness experience there will be a group check-in where therapists will facilitate introductions, allow for the exploration of each person’s history including what brings them to our program, set the stage for the events of the day, and focus on helping the group members develop their observational skills and a greater awareness of their environment as well as the impact they have on their environment..

Therapists will review and emphasize the importance of the safety of group members and discuss how communication, trust, and accountability factor into the activities chosen for a given day. Throughout the day therapists supervise and process individual and group dynamics and connect these dynamics to tech dependence/addiction. After the completion of the group activities, therapists check-in with the group and review reflections and lessons from the day.

- Adventure 1: Day Hike**
- Adventure 2: 2-Day Hike (1 Overnight)**
- Adventure 3: Climbing**
- Adventure 4: Learning to Rappel**
- Adventure 5: Hiking and Rappelling**
- Adventure 6: Multi-day Outing**

For more information, contact Christopher Mulligan LCSW at 855-735-HELP (4357)
or email cyberrecovery@gmail.com