

PROFESSIONAL INTERVENTION

How I can help your child and family

Ron Bashian, M.D., ronsb@msn.com

American Academy of Pediatrics, Fellow

ADHD Coaches Organization, Professional Member

www.validationcoaching.com , www.executivefunctionsron.com , www.adhdgrit.com

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“The technology of interruption has far outpaced the technology of concentration.” - David Coleman, president of the College Board

“No parent will ever sense their child’s true developmental potential and behavioral baseline unless they observe that child off screens for at least three weeks. In the process, it is likely that focus, motivation, and engagement will also increase, In addition, it is likely that families will be strengthened to the degree that adults participate.” – Ron Bashian, M.D.

Why do I, as a pediatrician and child development expert, begin this way?

It is because the social, behavioral, cognitive, motivational, and attentional capabilities of ALL CONTEMPORARY CHILDREN are to varying degrees impaired by long hours of screen time. Those screen hours are characterized by: highly engaging and constantly novel stimuli, instant gratification, a continuing beckoning subconscious allure while off digital devices, and numerous daily occasions when thinking, studying and activities are interrupted by social media, texting, and random screen intrusions.

And it is because an abundance of peer-reviewed studies and professional recommendations either confirm or point towards confirmation of these statements.

Hear me out.

I am by no means against digital media and screens. However, digital technology is a two-sided perfect storm.

Remote communications, learning, databases, email, and balanced app and social media use are a tremendous boon for humanity.

However, psychologically researched business practices and “number of hits” guide corporations into continuously more addictive products. The continually

refined immersive qualities exceed our biological limits. That explains why highly informed app and game developers are *themselves hooked* on Candy Crush and Two Dots.

My program offers:

1) A baseline assessment of video addiction traits – filled out separately by the child and by parents

2) An initial assessment of strengths (VIA <http://www.viacharacter.org/www/Character-Strengths-Survey>) and executive functions (www.executivefunctionsron.com)

3) A detailed explanation to each family member of the purpose for such an intervention. Then, answering all questions, discussing levels of family member commitment, and determining personal and other resources and obstacles. And also, a setting of personal and family goals to be achieved during the program.

4) A private explanation to the student that:

- This is an “experiment” to see what life would be like without a screen for a while
- They will be returning to screen activities once this activity is over
- Digital device activities are not bad themselves, but a temporary “reset” can help them re-engage with balance and self-controlled moderation.
- They might learn interesting things about themselves during the time of no screen interruptions.
- Although they will miss screen activities, they may well discover fulfilling replacements for screen time
- A one week

My services include:

- An introductory face-to-face consultation with charge or further consultation

- A one-week period of preparation, including a consideration of individual and family alternate activities in place of screen time. Your child may participate in this process.
- My willingness to professionally confer, as needed and at no additional charge, with pediatricians, psychiatrist, psychologists, and therapists.
- An individualized contract, specifying mutual obligations, and setting specific pre-intervention goals.
- Within that contract, a specified right for either party to terminate services at any time, with a full refund of unused funds
- Skype coaching during regular and after-hours
- Availability at any hour for urgent breakdowns or urgent matters
- Follow up after program, as requested, to maintain accountability and boundaries.

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