

# Mindfulness-Based Digital Health



**Are you or your child “addicted” to smartphones, tablets, video games, or the internet?**

This 3-session group for smartphone, internet and video game overuse will focus on strategies to reduce compulsive use of these technologies.



## Participants will learn:

- Mindfulness-based techniques for distinguishing between necessary vs. excessive use of digital technology
- Strategies for reducing total screen time on phones, computers, etc.
- Ways of maintaining a healthy balance of technology use and other valued activities

**Where: 169 Libbey Industrial Parkway, Weymouth, MA**

Contact Dr. Robert at 781-551-0999 x491. This group may be coordinated with ongoing individual therapy or medication, or may be appropriate without other services. It may also be covered by your health insurance. Please speak with Dr. Robert for details.



Marc Robert, Psy.D., is a licensed Psychologist and Certified Health Service Provider. Dr. Robert received his Doctorate of Clinical Psychology with a Concentration in Health Psychology from the Massachusetts School of Professional Psychology. Dr. Robert completed his internship and post-doctoral training at Cambridge Health Alliance (Harvard Medical School) and Boston Behavioral Medicine.

[www.cfpsych.org](http://www.cfpsych.org) | [www.IntegratedBehavioral.org](http://www.IntegratedBehavioral.org)  
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Also in Abington, Norwell, Holliston & Quincy