



CONTINUING EDUCATION · 2.75 CE HOURS · LIVE VIRTUAL TRAINING

Understanding the Impact of Social Media — Connectivity and Stress — on Youth Development

A continuing education training for mental health professionals, social workers, educators, and paraprofessionals

Date & Time

Sunday, August 31, 2026
10:00 AM – 1:00 PM

Break: 11:30–11:45 AM (not included in CE credit)

Format

Live Virtual Training
Live & Interactive via Zoom

Registration Deadline: August 28, 2026

Instructional Level: Intermediate

Investment

\$90 Early Bird (by August 15th)
\$110 Regular Rate

CE hours available · Full payment due at
registration

Meet Your Presenter

Jeanette Lopez-Urbina, LCSW

Bilingual (Spanish/English) LCSW with 26 years of experience. Faculty for 8 years at the Wright Institute MFT Program and graduate-level instructor at UC Berkeley's School of Social Welfare. Has trained clinicians throughout California including at Fred Finch Youth Center, A Better Way, Seneca, and Napa County Child Welfare.

Her clinical work is grounded in a psychodynamic lens, informed by awareness of immigration trauma, intergenerational and historical trauma, and trauma-informed care, and practiced through a liberation- and justice-informed approach with Latine and other historically oppressed communities.

Who Should Attend

Licensed and pre-licensed mental health professionals (LMFTs, LCSWs, LPCCs, LEPs, and registered associates), social workers, educators, and paraprofessionals working with or supporting youth and families. CE hours available for eligible licensed and pre-licensed clinicians.

Cancellation & Refund Policy

5 days before training: full refund. Within 5 days: 50% refund or credit toward a future training. No refund for no-shows. To cancel: admin.rootsinhealing@gmail.com

Accommodations & Grievances

To request accommodations or submit a grievance: admin.rootsinhealing@gmail.com or (510) 269-7718.

About This Training

This training will offer an overview of current research regarding the impact of social media on child and adolescent development. We will examine the potential effects of social media use on mental health, including risks such as anxiety and sleep disruption, while also reviewing the positive impacts often found through digital connection. The session will explore how algorithmic influence and confirmation bias shape the social development and identity formation of children and youth, bringing a systemic lens to understand collective behavioral change beyond individual symptom management.

Every training offered through Roots in Healing Training Institute brings a systemic perspective to clinical practice because the individual cannot be understood apart from the forces that shaped them.

Learning Objectives

By the end of this training, participants will be able to:

1. Describe three key findings from current research on the impact of social media on child and adolescent development.
2. Identify two positive effects and three negative effects of social media use on children and adolescents.
3. Examine two effects of algorithmic and confirmation bias on the social development and identity formation of children and youth.
4. Identify three strategies that providers can use to empower youth and families to reduce the negative effects of social media use.

CE Credit Information

2.75 CE hours (11:30–11:45 AM break excluded)

Course meets the qualifications for 2.75 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

CAMFT Provider #1033087

Certificates issued within 7 business days of course completion, upon submission of a completed evaluation form.

Register at www.rootsinhealing.org

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Roots in Healing Training Institute is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. Roots in Healing Training Institute maintains responsibility for this program/course and its content.