



The Psychodynamics of Social Media

with Dr. Aaron Balick

Social media can be understood as a psychological extension of the self into the digital world. This extension of self is both real and meaningful. The way in which online social platforms mediate selves has important consequences for individuals, interpersonal relationships, and for society as a whole. Drawing on his 2014 *The Psychodynamics of Social Networking*, as well as research and thinking he has developed further in the intervening years, Dr. Balick will share the highlights of what therapists should know about these important topics. Dr. Balick deploys theories from Relational Psychoanalysis and applies them to understanding the intrapsychic and interpersonal dynamics that are activated and conveyed by different forms of social media as well as the socio-cultural contexts in which they are happening. This event will consist of a lecture covering the major themes with plenty of time for questions and discussion to follow.

Aaron Balick, PhD. is a psychotherapist, speaker, consultant, and author of the seminal text *The Psychodynamics of Social Networking*, which brought him international recognition as an authority on the psychology of social media and technology. Drawing on more than twenty years of clinical and academic experience, Aaron is a leading voice in the public understanding of psychology and how it can be directly applied to benefit individuals, business, and society.



Aaron is committed to popularising ideas from psychology in ways that are engaging, entertaining, and accessible to audiences worldwide. He is a mental health writer with appearances in a variety of media including contributions in *Wired Magazine*, *Newsweek*, *BBC Online* and *The Guardian*. He was a regular voice as the longest serving “agony uncle” on *BBC Radio 1* phone-in show, and has offered his expertise across a variety of radio and television productions.

As an honorary senior lecturer at the Department for Psychosocial and Psychoanalytic Studies at the University of Essex, Aaron actively participates in academic research. He runs a private psychotherapy practice in London and psychological consultancy worldwide. Aaron is the author of two self-help books, the illustrated children’s book *Keep Your Cool: how to deal with life’s worries and stress* (now in second edition) and *The Little Book of Calm* the definitive guide to taming your anxieties, facing your fears, and living free.

Schedule

Saturday, 1st July

Seminar	10:00 am – 11:00 am
Discussion/Q&A	11:00 am – 12 Noon

Ticket Prices

Early Bird Ticket (until 17/06/2023)	€30.00
Full Price Ticket	€40.00
Student Early Bird Ticket (until 17/06/2023)	€15.00
Student Full Price	€20.00

This is an online event (a recording will be available for ticket holders for 30 days after the event ends.)

[Book Now](#)

IFPP | Irish Forum for
Psychoanalytic
Psychotherapy