



SHANE LYNCH PSYCHOLOGY

Come on Phil!

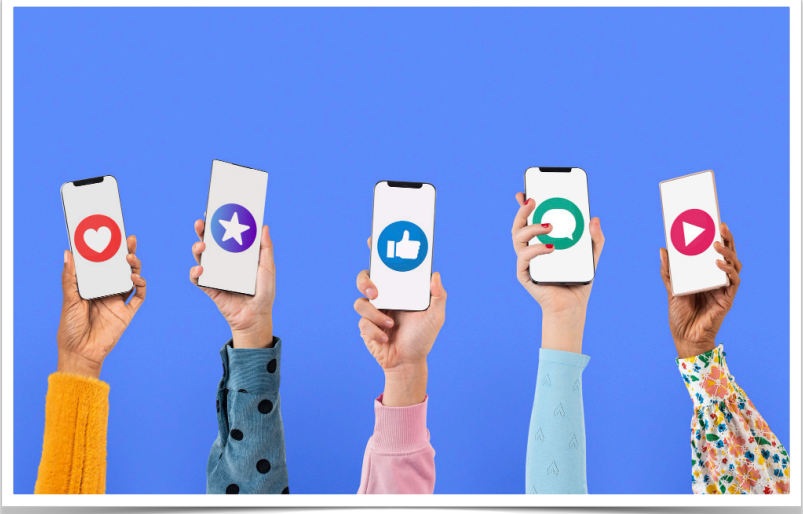
I usually expect 6 more weeks of winter, but could they be a little more temperate? Talk about bouncing between the extremes this winter.

Remember...

It is inevitably a delivery issue as to why we're unhappy with parts that take over. Intentions of parts are good. Sometimes it can be possible to not only see this *intrapersonally*, but also *interpersonally* (i.e., between us and others).

About Shane

I recently started teaching again. This is something I haven't done since graduate school where I taught senior level undergraduate courses. I am now teaching graduate school course work and it is quite interesting noting the differences and similarities between not only the academic level, but also the approach to academics. I am learning a lot about expectations, both mine and my students of me.



Social Media and Mental Health

Over the past decade, social media use has become virtually ubiquitous among adults worldwide. Research consistently highlights that while social media platforms can afford opportunities for social connection and information exchange, they also generate measurable psychological effects that warrant clinical attention.

A recent review of peer-reviewed studies found that *excessive and passive use* of social media correlates with increased levels of depression, anxiety, mood disturbance, and loneliness among adults and young adults across diverse settings.

These associations are likely due to multiple factors. Social comparison processes, which are amplified by curated social media content (i.e., the much talked about "algorithm"), can undermine self-esteem and exacerbate negative affect. Behavioral studies also implicate patterns such as *doomscrolling* and *fear of missing out* (FOMO) in the development of compulsive engagement, which correlates with poorer emotion regulation and



Tips for Dads & Moms

When is it time for cellphones and social media? Times have changed from when we were kids. I think some of the biggest concerns in the 80s and probably 90s was still certain TV shows, movie ratings, and of course, video games.

Comparatively speaking, addressing those concerns then could be in many ways more easily addressed. TVs were central in the home, movies were rented at the store and one had to be “of age” to get their hands on them, and video games had to be bought at the store and played on shared TVs in the home.

Now, all of this can be accessed from a device in the palm of you kid’s hand whenever they want. Smartphone safety is a whole new thing parents have to manage. How’s it going?



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increased anxiety.

Significantly, simple restrictions on use or abstinence strategies showed *less consistent benefit* than structured therapeutic engagement that targets cognitive-emotional processes.

From an Internal Family Systems (IFS) perspective, social media can be conceptualized not simply as a behaviour but as a context that activates and amplifies *internal parts*. According to IFS, the psyche contains multiple subpersonalities (parts) including: protectors/managers (e.g., anxious self-monitoring parts), firefighters (e.g., self-injurious parts) and exiles (e.g., vulnerable parts requiring significant protection often provided by the previous two). All need to be led by the core Self.

When individuals engage with social media content that triggers comparison, rejection, or social evaluation, specific parts may become activated in an attempt to manage internal distress, often through *compulsive engagement, reassurance-seeking, or avoidance behaviours* to name a few.

For example, if a part of us feels compelled to engage in social media consumption and another part judges this compulsive part for wasting time on the social media platform, a back-and-forth rivalry begins. Once we learn the judgmental part is trying to help prevent social media use, and the compulsive part is trying to help by making sure we don’t feel left out of “the conversation” we can see that both parts have good intentions; however, it is their delivery—compulsivity and judgment—which need to be replaced with sustainable Self-led delivery.

Learning about and applying IFS in the context of social media impacts begins by helping clients identify which *parts* are engaged/triggered by social media interactions. The therapeutic process involves helping clients access their *Self leadership*—a calm, curious, compassionate state—by creating psychological space between polarized parts operating in extreme ways, to allow for understanding of each parts’ good intentions through direct interactions between the core Self and each part. One way to do this is through *parts dialogue* (something I call, “experiential work”), facilitated in sessions for clients to experience new ways of self-relating.