

Phoenix Psychologist Finds Wellness Center To Address A Global Issue

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Americans are estimated to spend an average of 23 hours each week online or texting on a smartphone. Many psychologists help people understand how they interact with the world around them, including helping people to manage their time and lives in the digital world.

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(Photo Courtesy of Dr. Lisa K. Strohm)

Dr. Lisa K Strohm, Founder and CEO of The Technology Wellness Center, one of the first organizations to address the global issue of technology addiction, discusses her education and passion for helping others.

What degree program did you study?

"I received my undergraduate degree in psychology from UC Davis, and my graduate J.D. and Ph.D. from Villanova/Drexel, in their joint degree program."

What does your current job entail?

"I work as a clinical psychologist in a traditional role seeing patients about 40% of the time. From that work I realized the immense impact technology is having on everyone, and founded The Technology Wellness Center. Our center focuses on providing holistic, compassionate, research based solutions for individuals and families that are searching for guidance and answers in the area of technology addiction."

Do you feel your education prepared you for your current role?

"Yes absolutely. I feel that my psychology degree provided the fundamentals to treat those in need; and my law degree provided me with the knowledge necessary to create a solution for countless individuals that are struggling with the issues related to technology addiction."

Have you participated in any form of continuing education?

"Yes. BI-annually we are required to attend conferences or obtain online a total of 60 continuing education units. I have, on average, obtained about 60 per year depending on the conferences and needs I have found with clients."

Do you have any advice for people wanting to pursue a similar career?

"My advice would be to make sure you have passion and empathy. Psychology is a field that requires a professional to be able to recognize that life is about trial and error, taking the good with the bad, and learning to have the patience to hear someone else's story without judgment."

Gillian Kruse is a freelance writer living in Houston. She graduated from Rice University with a great love for all performing and visual arts. She enjoys writing about arts and cultural events, especially little-known ones, to help Houstonians learn about what's going on in their city. Her work can be found at Examiner.com.

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