



# Put down that iPhone and video game controller with help from Wellness Center

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**Hayley Ringle**  
Reporter-  
*Phoenix Business Journal*  
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Photographer: Bill Christ

Feeling too dependent on technology?  
There's an app(ointment) for that.

A new wellness center in Scottsdale seeks to help people struggling with technology dependency issues.

The Technology Wellness Center opened two months ago at LifeScape Medical Center off Bell Road and Loop 101. The center provides not only traditional therapy but also seminars and educational resources to create a better balance with technology, said center co-founder Dr. Lisa Strohmman, a Scottsdale psychologist.

"The Technology Wellness Center approach is to provide education and

tools," said Strohman, a former attorney and FBI profiler. "It's about creating a better balance on any screen, from computers and video games to smartphones."

Free monthly seminars educate parents and kids, who are using apps such as photo-messaging service Snapchat and dating apps Skout and Tinder.

Strohman also works with C-level business executives and employees on how to handle technology in the workplace.

"The Internet is a big advertising medium," she said. "A business can live or die based on social media."

Strohman spent more than a decade working with patients struggling with addiction, anxiety and depression.

For her adult clients, she works with their emotional affairs married adults have while talking to people online, times they avoid their kids to play with technology and lack of sleep due to technology.

"Technology is no different. It's a substance that can be misused," Strohman said.

Strohman and Tech Wellness co-founder Dr. Melissa Westendorf developed a free, online proprietary assessment, Technology Use Continuum, to aid parents in determining when and if their child is at risk from overuse.

Dr. Lisa Strohman



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Strohman suggests taking a day that is completely tech free, or at least taking 10 minutes to turn everything off.

"No one sits idle anymore," she said. "We have to give ways to disconnect. Have a tech-free space in your home."

Strohman is working on an eight-week beta test for the Cave Creek Boys and Girls Club to offer technology training for 5-year-olds to high-schoolers. The training, which will start next year, will explore good ways to be online and show kids where their data is going.

The next free seminar, "Toys, Technology & Trade-offs," will be offered at 6:30 p.m. Dec. 8. Strohman will discuss the impact of games and technology and what to consider before purchasing the latest tech toy or gadget for children. Register for the seminar [here](#).



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Dr. Lisa Strohmman

