



For Immediate Release

“i-Psyche: connected-up culture, psychotherapy, and the self”

London Psychotherapist and Cultural Commentator, Dr. Aaron Balick, Presents to Local Therapists on the Psychological Impacts of Digital Media at Minneapolis’ new Center for Applied Psychoanalysis at the PrairieCare Institute.

Reporters are welcome:

Wednesday, September 9, 2015, 6:30pm, the Burch Building, 1934 Hennepin Av S, 3rd floor; or

Friday, September 11, 9am - noon, Walker Art Center, 1750 Hennepin Ave, Skyline Room

Dr. Balick is available for interviews: Sept 9-12.

Over the past decade the nature of the way we relate to each other has been radically altered by online social networking and the mobile technologies that invite unfettered access to it. Our experience of self has been literally extended into the digital world in ways previously unimagined, and largely unanticipated, offering us instantaneous relating to others over a variety of platforms like Facebook and Twitter. At the same time, entertainment formats have evolved and proliferated from the development of reality TV to streaming media and YouTube megastars. All of these rapid changes are having profound effects on individuals, relationships, and culture at a pace that seems to outstrip our comprehension of their significance. Using theories and models from depth psychology, psychotherapist and cultural theorist Dr. Aaron Balick will shed light on these changes, and demonstrate how talking therapists have much to offer for insight into the evolving nature of contemporary life.

Aaron Balick, PhD, is a psychotherapist in private practice in London, an honorary senior lecturer at the Centre for Psychoanalytic Studies at the University of Essex, an active blogger and commentator on cultural psychology at <http://www.mindswork.co.uk/wpblog/> and author of the recent book [The Psychodynamics of Social Networking: Connected up Instantaneous Culture and the Self](#). Dr. Balick is connected to the the PrairieCare Institute by way of his research activities with www.stillpointspaces.com, an online counseling platform based in Europe, with centers in Berlin and Zurich, and the soon to be opened Stillpoint London center, both developed in collaboration with the PrairieCare Institute.

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