

The average American parent spends just **3.5 minutes** in meaningful conversation with their child **per week...**



TOM@TOMKERSTING.COM

WWW.TOMKERSTING.COM

+1 201 389 3586

# Tom Kersting

LICENSED PSYCHOTHERAPIST. FAMILY COUNSELOR. AUTHOR. EDUCATOR.

## PARENTING IN THE DIGITAL AGE

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om Kersting is one of the most sought-after experts in the field of mental health, families, parenting in the digital age, and over-device use, as he provides advice to millions of people through regular television appearances, radio and print media, speaking tours, books, and private sessions. He is an avid researcher, and passionate about helping families whether in crisis or just in disaccord.



# ABOUT THE AUTHOR

Tom Kersting began his career as a School Counselor and Therapist almost twenty-three years ago. Suddenly, in 2007, he noticed an increase in students being diagnosed with anxiety, ADD, ADHD. Tom was intrigued by how devices, social media, and the digital world affected human behavior, particularly with children even back then...thus began his research, which he uses to educate America.

Tom holds advanced degrees including a bachelor's degree in Psychology from St. Thomas Aquinas College, a Master's degree in Counseling & Human Development and a second Master's in Administration & Supervision, both from Montclair State University. He is a Ph.D. in Clinical Hypnotherapy (alternative/non-traditional) from Kona University. Tom is also a former semi-professional baseball player, avid golfer and dedicated to fitness.

## POPULAR TIPS



### THE FACTS

Having electronics in the bedroom is proven to create a difficult environment for children to relax.

#### OVERVIEW

- + CREATE A BEDROOM SANCTUARY
- + GIVE DEVICES A PLACE TO RECHARGE
- + KNOW WHEN TO CUT THE CORD

Our child's bedroom should be a sanctuary space that promotes calmness, and is free from electronics (the same goes for us as parents, by the way!).

### THE FACTS

While meditating and doing yoga as a family may seem light years away from where you are, there are simple ways to set a subliminal meditative mood for our family, without overdoing it.

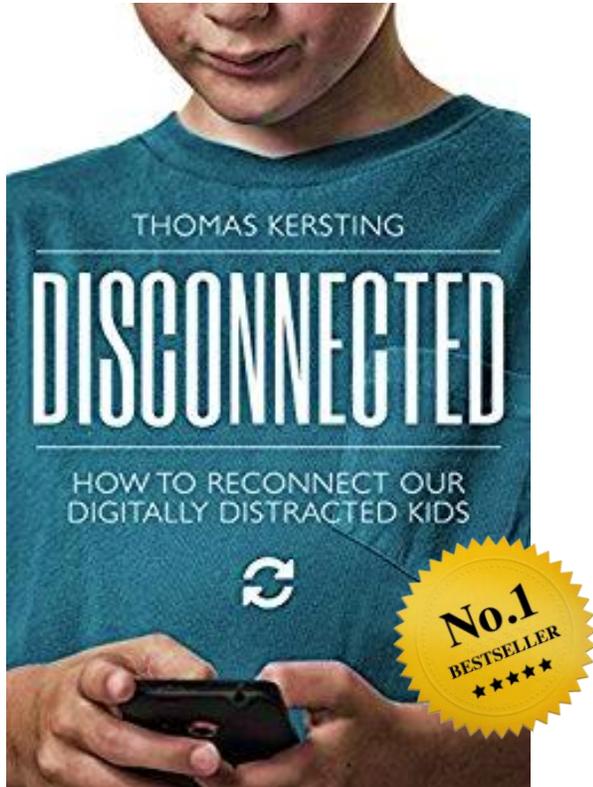
#### OVERVIEW

- + LIGHTEN THE MOOD
- + ADD LEVITY WITH LAVENDER
- + CONNECT TO YOUR INNER STRENGTH

Our values system helps us to have peace, calm, and walk with a "lighter step". When our children experience the joy, compassion, and kindness you exhibit, without you telling them, they will begin to do the same.



# ABOUT THE **BOOK**



We see it everywhere: at the park, in restaurants, and inside our homes and cars—kids connected to handheld devices and disconnected from the world around them. According to the latest research, the average thirteen-year-old spends eight hours per day, seven days a week, glued to a screen. Yes, this is problematic, but for every problem there is a solution.

In *Disconnected*, renowned psychotherapist and longtime school counselor Tom Kersting explores the device-dependent world our children live in and how it is impacting their mental and emotional well-being. Research shows that too much time in the cyber world is re-wiring kids' brains, affecting their ability to flourish in the real world as anxiety, depression, and attention issues soar.

Thankfully, it is not too late to save our children. Kersting provides simple strategies to help reduce screen time as well as a host of meditative and mindfulness techniques to help our kids reclaim their brains, and their lives.

# READ THE **REVIEWS**

## ★★★★★ MUST READ FOR PARENTS

Very well written and concise. I have no doubt that Mr Kersting is in the vanguard of the wave that will draw attention to one of the most important issues of our time...A must for all parents.

## ★★★★★ FEELING EMPOWERED

I couldn't put this book down! From the great scientific info about brains and multitasking, to the important chapter on how we are teaching our kids to "be like everyone else"...This book was a homerun!

## ★★★★★ WOW! WHAT A READ!

What a book! It's a quick read but filled with so many slaps in the face for young parents... I am guilty of so many points he makes and so are my kids (I allow them) It's worth spending the money to read this eye opener.

A digital detox is sometimes **necessary**...  
Tom Kersting's book can **help**.

## WHAT OTHERS SAY!



**BRENT  
MONTGOMERY**  
EXECUTIVE PRODUCER  
LEFTFIELD PRODUCTIONS

"Tom is the consummate professional and very easily could be the next generation Dr. Phil..."



**SEANBAKER  
CARTER**  
EVP, PROGRAMMING  
POWEDERHOUSE PRODUCTIONS

"Tom Kersting is a rare GIFT. Working with him on *Can Dinner Save My Family*, I was blown away... His method just plain works."

## THE SCARY FACTS

**1999**

The number of deaths among teens from automobile accidents was **4:1** that of **suicide**.

**2017**

For the first time, suicide has **surpassed** automobile accidents as the **#1** cause of deaths amongst teens. Research has linked this drastic change to the increase in **social media**.

## MULTI-PRONG APPROACH

- + NATIONAL MEDIA TOUR
- + SYNDICATED ARTICLES
- + BOOK TOUR / SIGNINGS
- + SPEAKING ENGAGEMENTS
- + PROMOTIONAL PARTNERS
- + PARENT AMBASSADORS

## THE AUDIENCE

72% of **PARENTS** worry that their **CHILD** is over-using **TECHNOLOGY**

92% of **TEENS** report going online **DAILY**, 34% are online **CONSTANTLY**

1 in 5 **PEOPLE** say they'd rather go **SHOELESS** than without their **PHONE**

## ARTICLES FEATURED ON

Families  
MANAGING MEDIA

Psychology Today

H  
THE  
HUFFINGTON  
POST

Reader's  
Digest

Our children learn best by our **actions**, not just our **words**. Model healthy **balanced** behavior with **screens** and **social media**...