

Nicholas Kardaras, Ph.D., LCSW-R

Education

Ph.D., Sofia University (Palo Alto, CA): Psychology

MSW, Stony Brook University (Stony Brook, NY)

B.S., Cornell University (Ithaca, NY)

Areas of Interest

The global mental health crisis: trends, etiology, and treatment; Substance and behavioral Addiction: Causes and treatment; Digital technology and the impacts on mental health; socio-cultural aspects of addiction and mental health; Philosophy/ethics; Meaning, purpose and the modern existential crisis; neuropsychology; young adult mental health; consciousness research.

Selected Publications

Kardaras, N. (2022). *Digital madness: How social media is driving our mental health crisis*. St. Martin's Press.

Kardaras, N. (2016). *Glow kids: How screen addiction is hijacking our kids—and how to break the trance*. St. Martin's Press.

Kardaras, N. (2011). *How Plato and Pythagoras can save your life: The ancient Greek prescription for health and happiness*. Red Wheel/Weiser Books.

Kardaras, N. (2016). Generation Z: Online and at risk. *Scientific American: Mind*.

Kardaras, N. (2016). Screens in school are a 60-billion-dollar hoax. *TIME Magazine: Education*.

Kardaras, N., Singh, V. (2022). The war at home: The attack on our mental health. *The Hill*.

Selected Presentations

TEDx Talk: “Back from the Dead”. Presented on Victor Frankl, Near Death Experiences, and the Quest for Meaning. Ursuline College. Cleveland, OH. Nov, 2014.

Keynote Speaker. National Association of Therapeutic Schools and Programs (NATSAP). Feb, 4th, 2020. Palm Springs, CA.

Keynote Speaker. 50th Annual Southwestern School for Behavioral Health Studies (SWS), August 12th, 2018, Tucson Arizona.

Keynote Speaker. Catholic School Administrators of NY State (CSAANYS) annual conference. Albany, NY. Nov. 3rd, 2019.

Keynote Speaker. Labor Assistance Professionals (LAP) annual conference. Las Vegas, NV. July 17, 2023.

Keynote speaker. Innovations in Recovery (IIR) annual conference. March, 29th, 2019. San Diego, CA.

Presenter. Massachusetts Association for Approved Private Schools (MAAPS) conference, May 4th 2018. Marlborough, MASS.

Panelist: United Nations Panel: UN75 Mental Health & Wellness Roundtable Session: Mental Wellness for the World's Growing Refugees, Migrants, and Disenfranchised Peoples. Aug, 13th, 2020 via ZOOM.

Presentation at Villanova University, “Glow Kids: Screen Effects on Children and Teens”, March 16th, 2017.

Expert Witness. Florida State Legislature: Testified on Feb. 16th, 2023 before both the Committee on Education and the Committee on Health and Human Services. Testimony was in support of Bill SB72 (Social Media Ban in Schools) that was signed into law by Gov. DeSantis in April, 2023.

Facilitated training. For the Department of Defense (DoD) Army mental health personnel at Fort Sam Houston, San Antonio, TX (Feb. 12th, 2019).

Facilitated training. For the U.S. Air Force mental health personnel in Jacksonville, FL (**Air Force.**

National Speaking tour in New Zealand: Gave lecture presentation on screens and mental health in Auckland, Christ Church and Hamilton, NZ. (Nov, 2017)

Lecture Presentation in Athens: Spoke to psychologists and clinicians about mental health and digital media. (July 18th, 2017).

Lecture Presentation. Mental health and digital media. Colony Club, Manhattan, NY. (Oct. 21st, 2019)

Panelist for “Humanity at a Crossroads”. Commonwealth Club. Dec 3rd, 2019. San Francisco, CA.

Presenter and Facilitator: PESI certification course for CEUs for clinicians and educators (from 2020 to present).

Media Interviews

Dr. Phil

<https://www.drphil.com/videos/digital-addiction-expert-explains-how-excessive-screen-time-can-negatively-impact-brain/>

<https://www.recoveryways.com/rehab-blog/video-dr-phil-interviews-the-countries-foremost-digital-addiction-expert-dr-nicholas-kardaras/>

Good Morning America

<http://www.drkardaras.com/abc-good-morning-america.html>

ABC's 20/20

<https://www.facebook.com/watch/?v=10154930537464934>

CNN

<https://www.youtube.com/watch?v=nL25vrifUp8>

Megyn Kelly

<https://www.youtube.com/watch?v=2T5JJ3VUfV4>

PBS and Burt Wolf

<https://youtu.be/zGvNloN0s1o>

Yahoo News

<https://www.yahoo.com/news/glow-kids-beware-of-the-screen-211646468.html>

The New Zealand Morning Show

<https://www.newshub.co.nz/home/shows/2017/11/the-cocaine-like-effect-of-your-child-s-screen-addiction.html>

FOX & Friends

<https://www.foxnews.com/video/5114009048001>

Awards and Honors

Recipient of 2023 Compassionate Leadership Circle award: Forbes Magazine

Selected to present doctoral dissertation at the **2007 American Psychological Association (APA)** Conference in San Francisco. Category: Humanistic Psychology.

1985 National A.A.U. Karate Champion