

Wisconsin Public Psychiatry Network Teleconference (WPPNT)

- This teleconference is brought to you by the Wisconsin Department of Health Services (DHS), Division of Care and Treatment Services, Bureau of Prevention Treatment and Recovery and the University of Wisconsin-Madison, Department of Psychiatry.
- Use of information contained in this presentation may require express authority from a third party.
- 2022, Andrew Archer, Reproduced with permission.

WPPNT Reminders

How to join the Zoom webinar

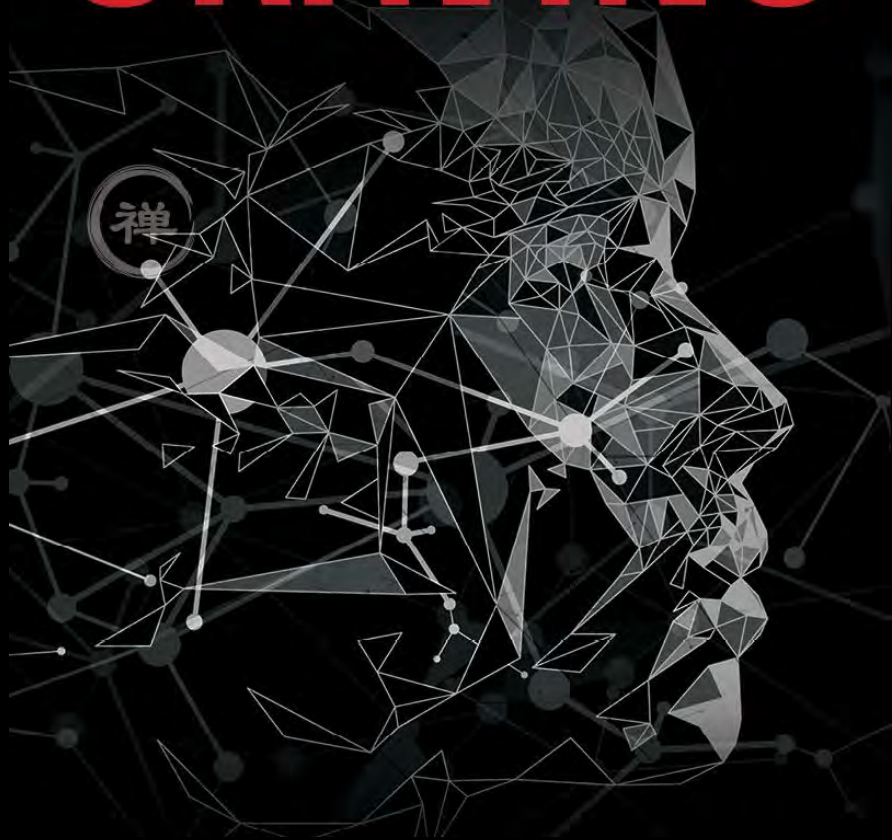
- **Online:** <https://dhs.wi.zoomgov.com/j/1606358142>
- **Phone:** 669-254-5252
- Enter the Webinar ID: 160 635 8142#.
 - Press # again to join. (There is no participant ID)

Reminders for participants

- Join online or by phone by 11 a.m. Central and wait for the host to start the webinar. Your camera and audio/microphone are disabled.
- [Download or view the presentation materials](#). The evaluation survey opens at 11:59 a.m. the day of the presentation.
- Ask questions to the presenter(s) in the Zoom Q&A window. Each presenter will decide when to address questions. People who join by phone cannot ask questions.
- Use Zoom chat to communicate with the WPPNT coordinator or to share information related to the presentation.

- Participate live or view the recording to earn continuing education hours (CEHs). Complete the evaluation survey within two weeks of the live presentation and confirmation of your CEH will be returned by email.
- A link to the video recording of the presentation is posted within four business days of the presentation.
- Presentation materials, evaluations, and video recordings are on the WPPNT webpage: <https://www.dhs.wisconsin.gov/wppnt/2022.htm>.

CRAVING



WHAT THE VIRTUAL WORLD IS DOING TO US
& WHAT WE CAN DO ABOUT IT

ANDREW ARCHER, LICSW

Hyperreality

AA/NA pamphlets (1981)

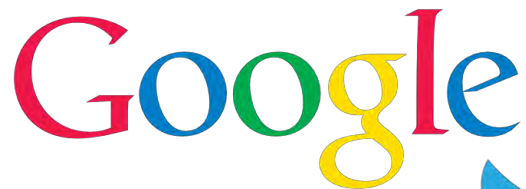
Sudden Death (1983)

Simulation is the generation by models of a real without origin or reality: a hyperreal. It threatens the difference between the “true” and the “false,” the “real” and the “imaginary.” (Baudrillard, 1994; p. 1 & 3)

Terminal Boredom & Dissociation

Average global internet user: 135 minutes per day on social media platforms = 50,000 hours (5.7 years) over a lifetime (Seymour, 2019)

April 2020: average US citizen spent 13 hours per day looking at a screen; the number of children looking at screens for more than 6 hours a day increased sixfold (Hari, 2022)

 4.5 million searches (6.5 billion per day)



511,200 Tweets



277,777 Stories

(Sisto, 2022)

Dying for an iPhone

We slide our finger across the screen to unlock the phone's buttons. We do a lot of tapping on the iPhone's on-screen buttons. We zoom in on a photo by placing two fingers on the glass and spreading them. For many, a smartphone became a "fifth limb" that extends the functionality of arms, legs, and minds to make wide-ranging contacts that are redefining many elements of everyday life.

(Chan et al., 2020; p. 35-36)



Replacing Senses/Dissociation

“Virtual world” is the amalgam of digital forms of stimulation shutting the “user” out of their natural/physical environment with a simple con:
what you want is what you get.

The Machine Senses for You

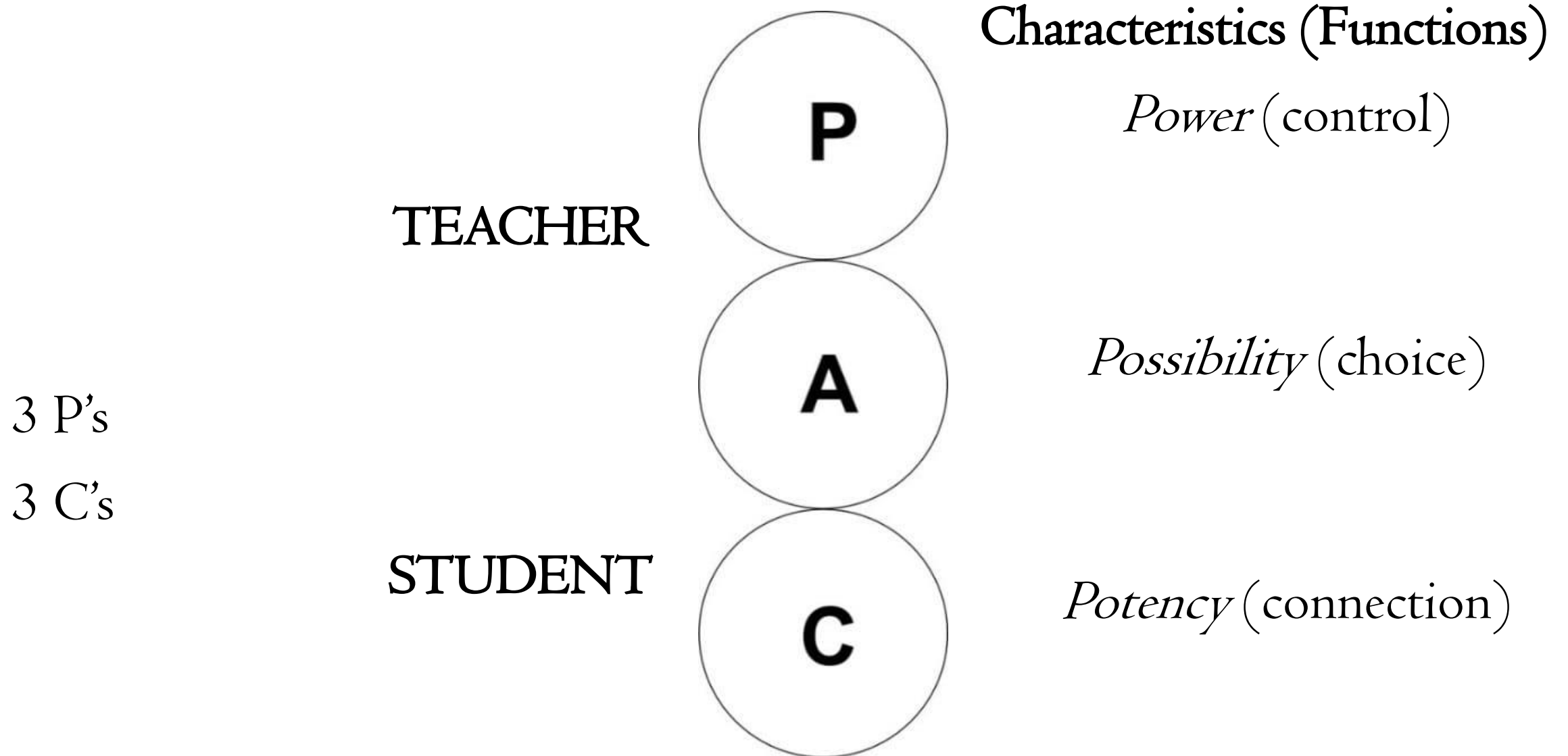
The body is outfitted with sensors that automatically register data. Measurements include, temperature, blood sugar, caloric intake and use, movement profiles (e.g., steps, meditation), and body fat content.

Moods, dispositions and routine activities are all inventoried as well. Such self-measurement and self-monitoring is supposed to enhance mental performance. Yet the mounting pile of data this yields does nothing to answer the simple question, *Who am I?*

(Han, 2017; p. 60)



Self-systems: States of Mind



The Illusion of Separation

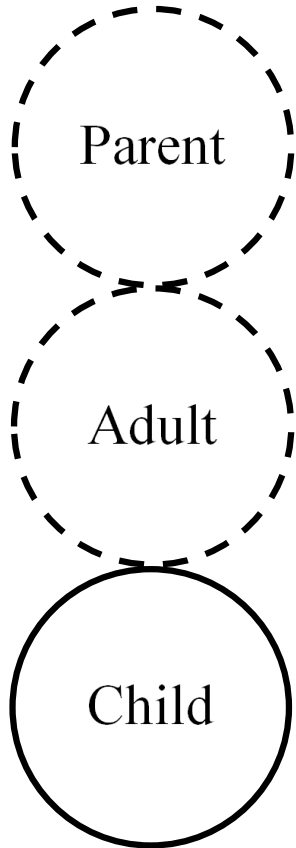
simple consciousness



ego consciousness

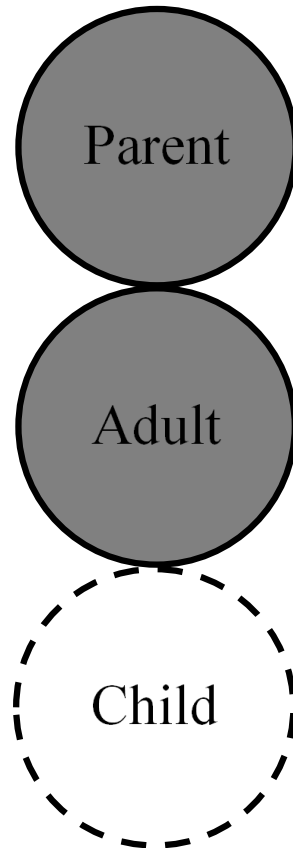
Symbiosis

Mother
virtual world



Power
Possibility

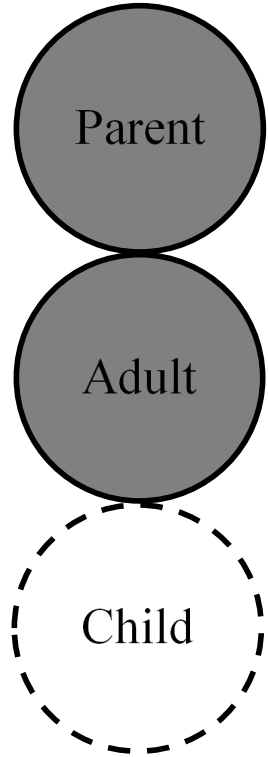
Infant
“user”



Potency

“Systems of AI are functioning . . . to reinforce the readiness of ever more precisely desire-defined individuals to accept ever-greater connective convenience and choice in exchange for granting corporations and states new and evolving powers of control.”
(Hershock, 2021; p. 5)

The Recorded Life



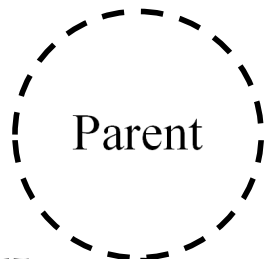
Potency
(desires and
connections)

Every click that one makes is stored. Every step that one takes can be traced. We leave digital tracks everywhere. Our digital life is reflected, point to point, in the Net. The possibility of logging each and every aspect of life is replacing trust with complete control. Big Brother has ceded the throne to Big Data. The total recording of life is bringing the society of transparency to completion.

(Han, 2017; p. 71)

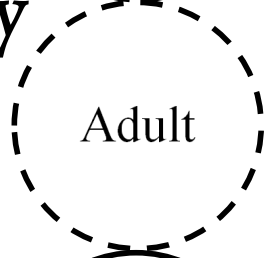
Don't Think!, Don't Remember!

Power
(control)

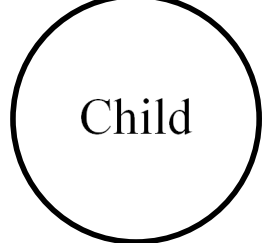


The judgment and conviction to wear wearables and carry a mobile phone on our person at all times.

Possibility
(choice)



Forget everyone's birthdays (e.g., Thank You) and their phone numbers.



Lose the ability to use a map or remember how to arrive at destinations.

“Read” on a screen: *the world* is a scene of ongoing animation with subtitles.

“...‘I want to’ expresses the presence of a superior power. Not the inner ‘No’, but the emphatic ‘Yes!’ is the response to a superior power.” (2)

Mindlessness

*Don't Lose Yourself
(i.e., Don't Grow Up)
Be Perfect, Work
Hard, Be Obedient,
The Real World is a
Scary Place*

In the *virtual world*, as a *user*, we are the character, Truman Burbank. We are Scripted to follow hyper-individualism, i.e., self as a prized asset, via competition (exhibition, and self-optimization). This fits with the childlike absent-minded-ness of cyberspace: I want for myself.

Panopticon

18th Century Jeremy Bentham

— circular prison design

omnipresent *gaze*

(i.e., discipline/self-improvement)

— observations of the outer
behavior of inmates; thoughts

remain hidden



Byung-Chul Han

This Photo by Unknown Author is licensed under [CC BY-SA](#)

This Photo by Unknown Author is licensed under [CC BY](#)



Each cell houses one inmate;
prisoners are physically
sequestered and unable to
communicate with each other.

Digital Panopticon

Transparency Society

— achievement, self-
optimization

i.e., competition

— exhaustion from hyperactivity
(passive behavior)

— Burnout

— ADHD

— Depression

“With everything made visible at once,
deviations can scarcely occur” (i.e., compulsion
to conform)

“Communication achieves maximum velocity
when the Same reacts to the Same.”

(Han, 2017; p. 76, 83)



Byung-Chul Han

continuity of the self

—dependency and
immortality

This Photo by Unknown Author is licensed under [CC BY-SA](#)

This Photo by Unknown Author is licensed under [CC BY](#)

Think! Remember!



START A
MEDITATION
GROUP!!!

CULTIVATE MN



FEATURING: **MR
MEDITATION
MAN**

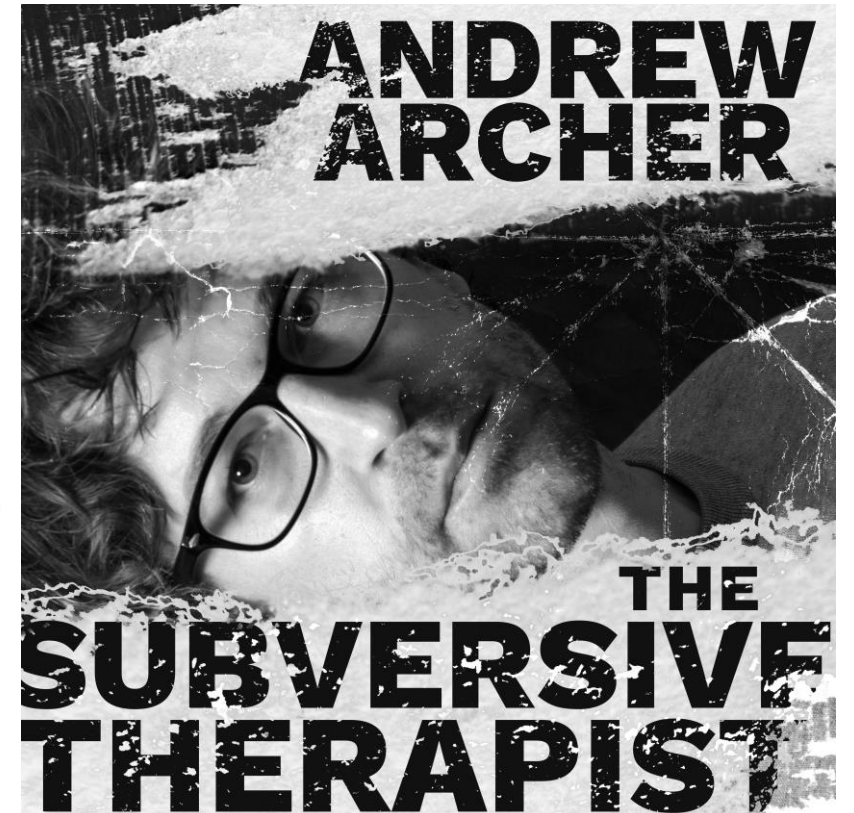
*Owner and founder of Minnesota
Mental Health Services*

MONTHLY NEWS

Thank you!
SubversiveTherapist.com



MINNESOTA
MENTAL HEALTH SERVICES



REFERENCES

- ▶ Archer, A. (2023). *Craving: What the virtual world is doing to us and what we can do about it*. [In progress].
- ▶ Archer, A.J. (2013). *Pleading insanity*. Bloomington, IN: Archway Publishing.
- ▶ Archer, A. J. (2022). “Non-Doing.” Cultivate MN Magazine https://issuu.com/nulc/docs/cultivate_mn_monthly_news?fr=sMjA3ZjE2NzAwNDY
- ▶ Baudrillard, J., & Glaser, S. F. (1994). *Simulacra and simulation*. Ann Arbor: University of Michigan Press.

REFERENCES

- ▶ Berne, E. (1961). *Transactional analysis in psychotherapy: A systematic individual and social psychiatry*. New York, NY: Grove Press.
- ▶ Berardi, F. (2017). *Futurability: the age of impotence and the horizon of possibility*. London: Verso.
- ▶ Chan, J., Selden, M. and Ngai, P. (2020). *Dying for an iPhone: Apple, Foxconn, and the lives of China's workers*. Chicago, Illinois: Haymarket Books.
- ▶ Coleman, D. & Sauer, J. (2018). *Not two not one*. Blurb Creative Publishing Service.

REFERENCES

- ▶ Crawford, K. (2021). *Atlas of AI: Power, politics, and the planetary costs of artificial intelligence*. New Haven: Yale University Press.
- ▶ Eggers, D. (2013). *The Circle*, San Francisco: McSweeney's Books.
- ▶ Foer, F. (2017). *World without mind: The existential threat of big tech*. New York: Penguin Press.
- ▶ Han, B.C. (2019). *What is power?* Polity Press: Medford, MA.

REFERENCES

- ▶ Han, B.C. (2020). *The disappearance of rituals*. Polity Press: Medford, MA.
- ▶ Han, B.C. (2015). *The burnout society*. Stanford Briefs: Stanford, CA.
- ▶ Han, B.C. (2017). *Psychopolitics: Neoliberalism and new technologies of power*. Verso: New York.
- ▶ Han, B.C. (2018). *The expulsion of the other*. Polity Press: Medford, MA.

REFERENCES

- ▶ Han, B.C. (2021). *Capitalism and the death drive*. Polity Press: Medford, MA.
- ▶ Hari, J. (2022). *Stolen focus: Why you can't pay attention—and how to think deeply again*. New York: Crown.
- ▶ Harris, T. A. (1967/2004). *I'm OK, you're OK: A practical guide to transactional analysis*. New York: HarperCollins Publishers.
- ▶ Hershock, P. D. (2021). *Buddhism and intelligent technology: Toward a more humane future*. Bloomsbury: London.

REFERENCES

- ▶ Larson, E.J. (2021). *The myth of artificial intelligence: Why computers can't think the way we do*. Cambridge, Massachusetts: The Belknap Press of Harvard University Press.
- ▶ Schiff, J. L. & Cathexis Institute (1975). *Cathexis reader: Transactional analysis treatment of psychosis*. New York: Harper & Row. Senzaki N. (2010). *IOI Zen stories*. Kessinger Publishing, LLC.
- ▶ Schiff, A.W. & Schiff, J. L. (1971). Passivity. *Transactional Analysis Journal*. 1(1), 71-78.

REFERENCES

- ▶ Seymour, R. (2019). *The twittering machine*. London: The Indigo Press.
- ▶ Sisto, D. (2022). *Remember me: Memory and forgetting in the digital age*. Medford, MA: Polity.
- ▶ Suzuki, I. (2021). *Terminal Boredom: Stories*. Verso: London.
- ▶ Zuboff, S. (2019). *The age of surveillance capitalism: The fight for a human future at the new frontier of power*. New York: PublicAffairs.