

VR to IRL

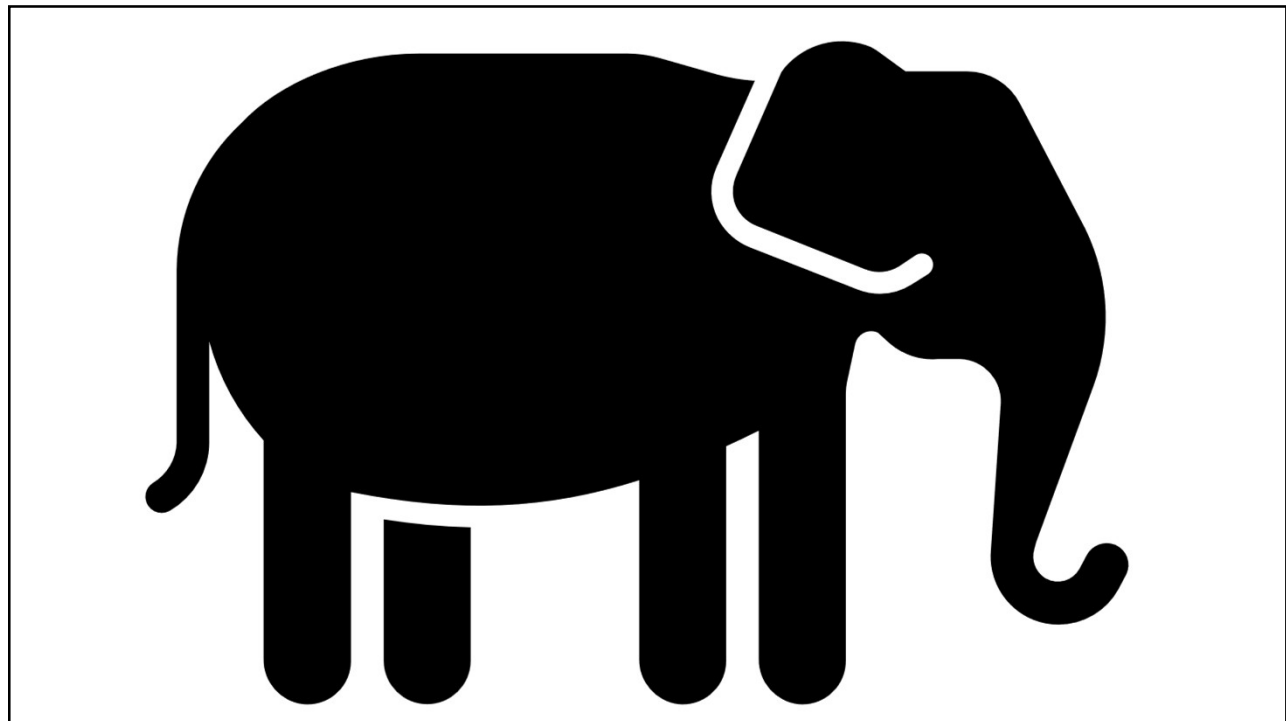
ASSESSMENT AND TREATMENT OF GAMING AND INTERNET USE DISORDER



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- ADHD
- Autism
- Anxiety
- Depression
- Other Substances

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RED FLAGS of "SEEKING"

Aggression

Lying

Stealing

Suicidal Threats



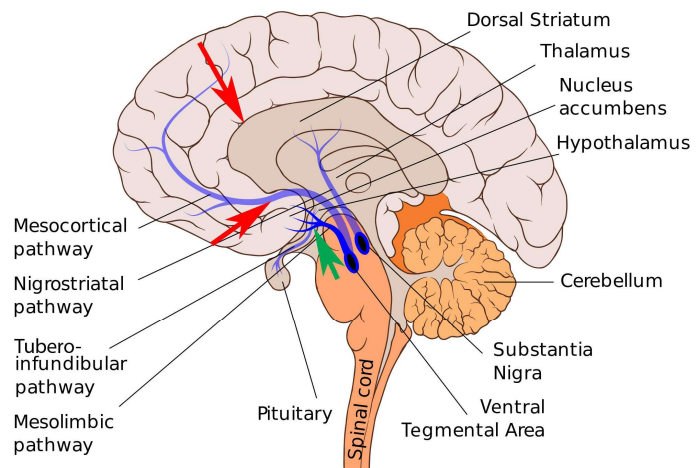
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WORLD HEALTH ORGANIZATION- GAMING DISORDER

- **“What is gaming disorder?”**
- Gaming disorder is defined in the 11th Revision of the International Classification of Diseases (ICD-11) as a pattern of gaming behavior (“digital-gaming” or “video-gaming”) characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences.
- For gaming disorder to be diagnosed, the behaviour pattern must be of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning and would normally have been evident for at least 12 months.” —www.who.int

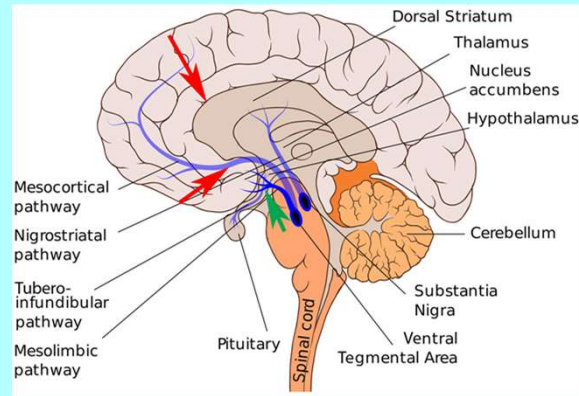
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Digital Device=Virtual Shortcut Machine



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THE TEENAGE BRAIN: DRIVER VS. BRAKES



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WHY CHOOSE SCREENS?

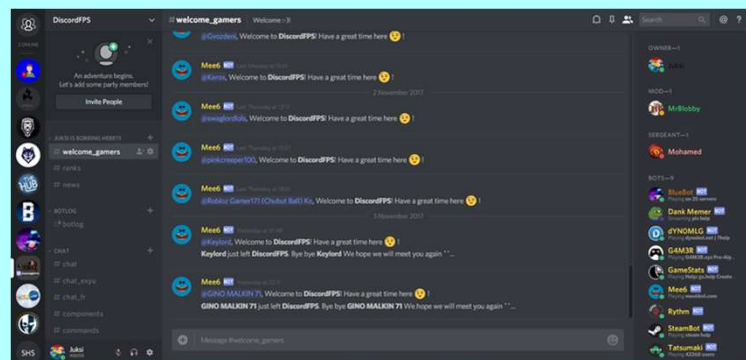


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A screenshot from the game Minecraft showing a grassy field with a small body of water, surrounded by brown dirt hills and green trees under a blue sky with white clouds.



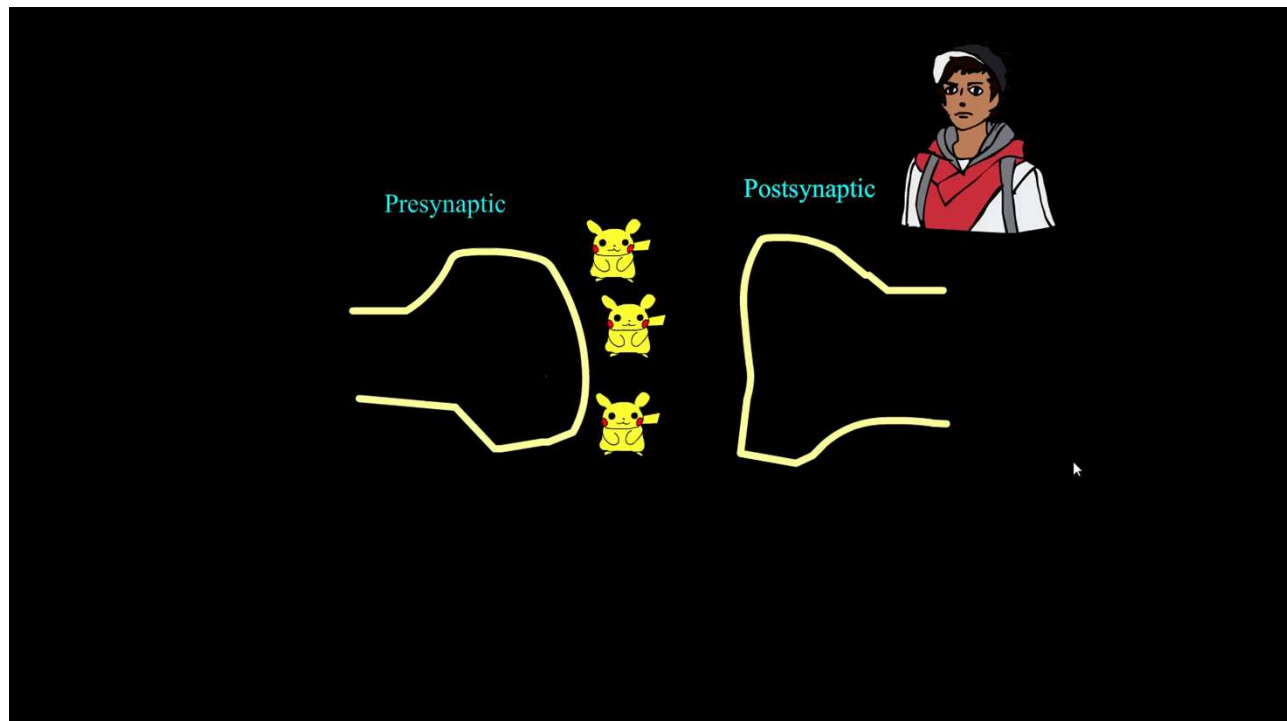
A group of people in elaborate costumes, including a large orange bird-like head, a blue and black armored figure, and a person with a large afro, posing in front of a building entrance.



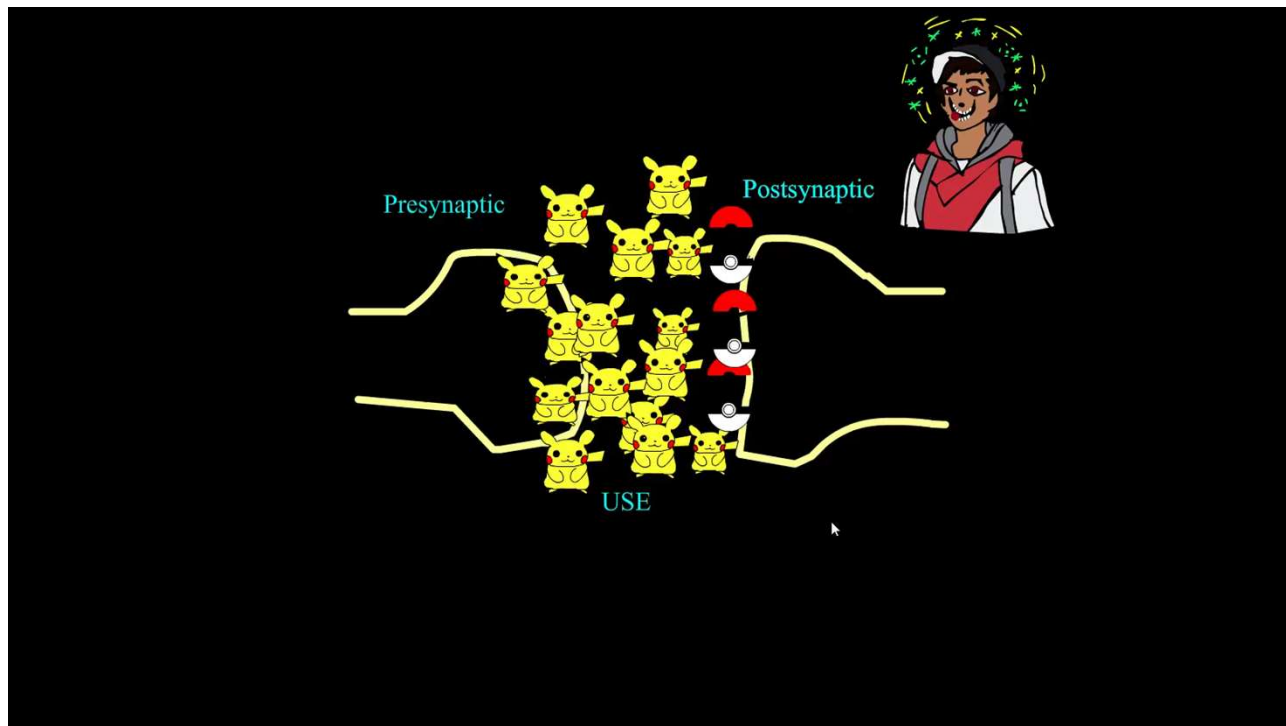
VARIABLE RATIO REINFORCEMENT



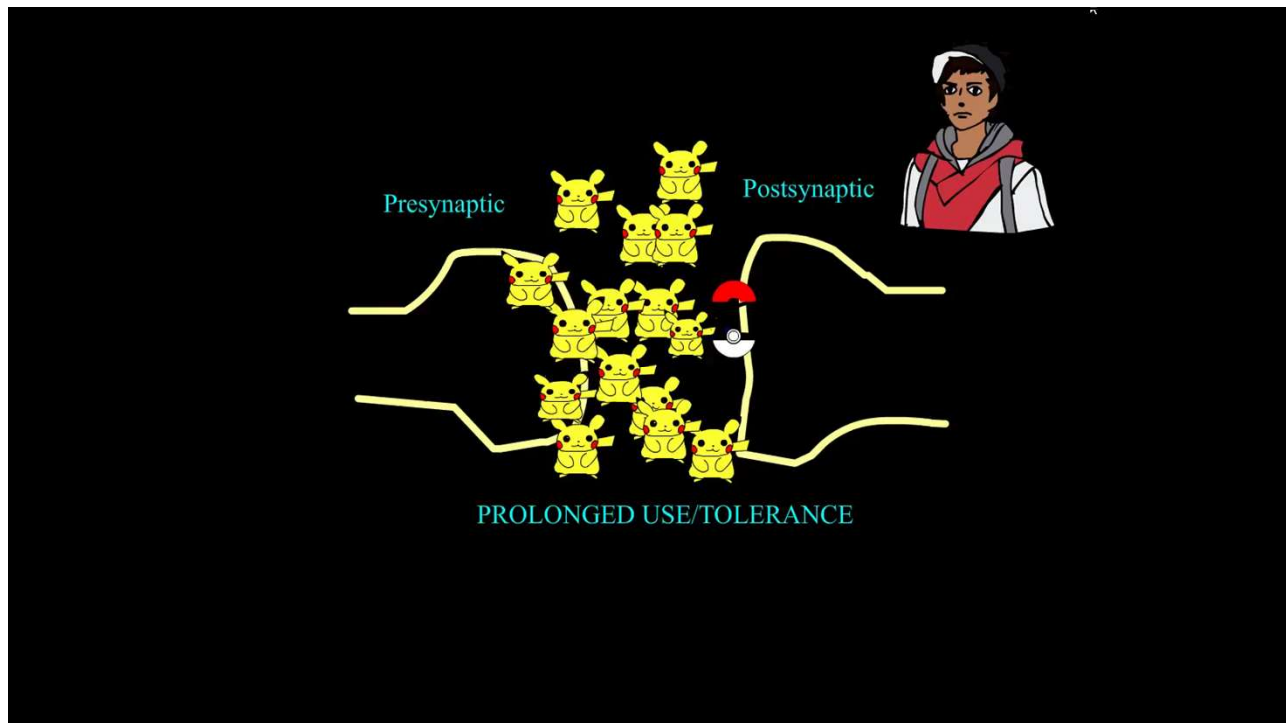
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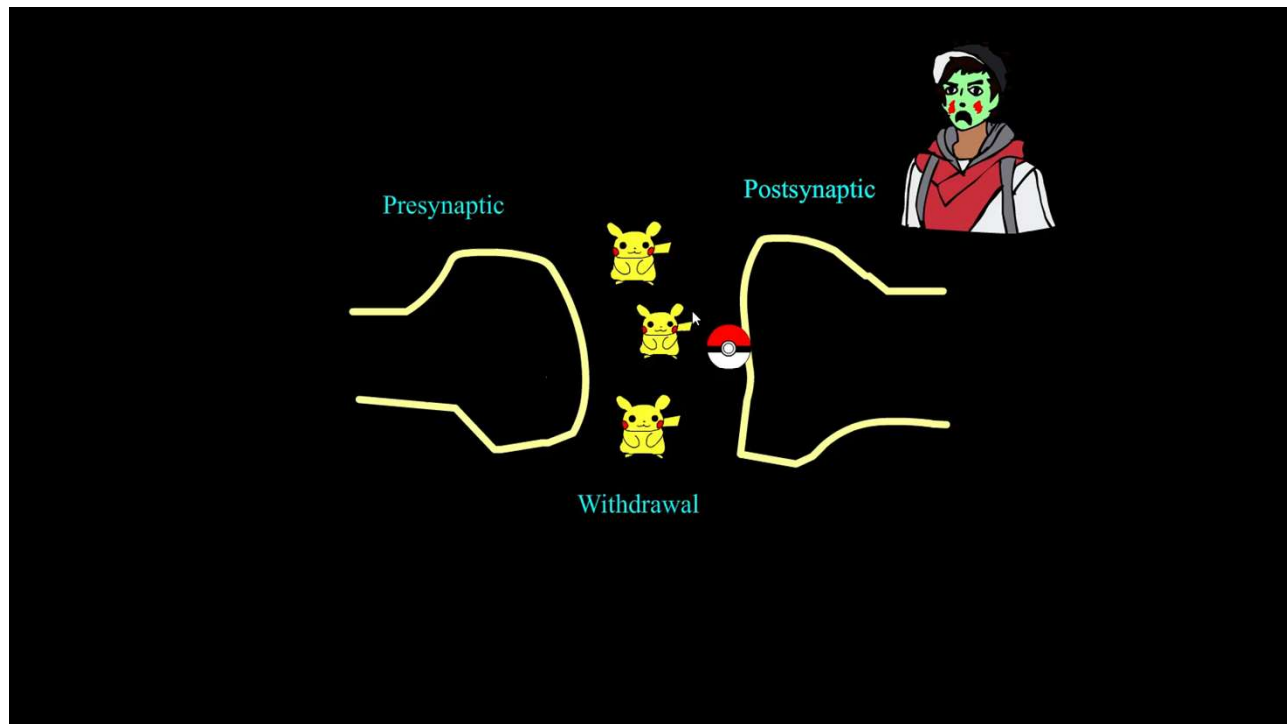
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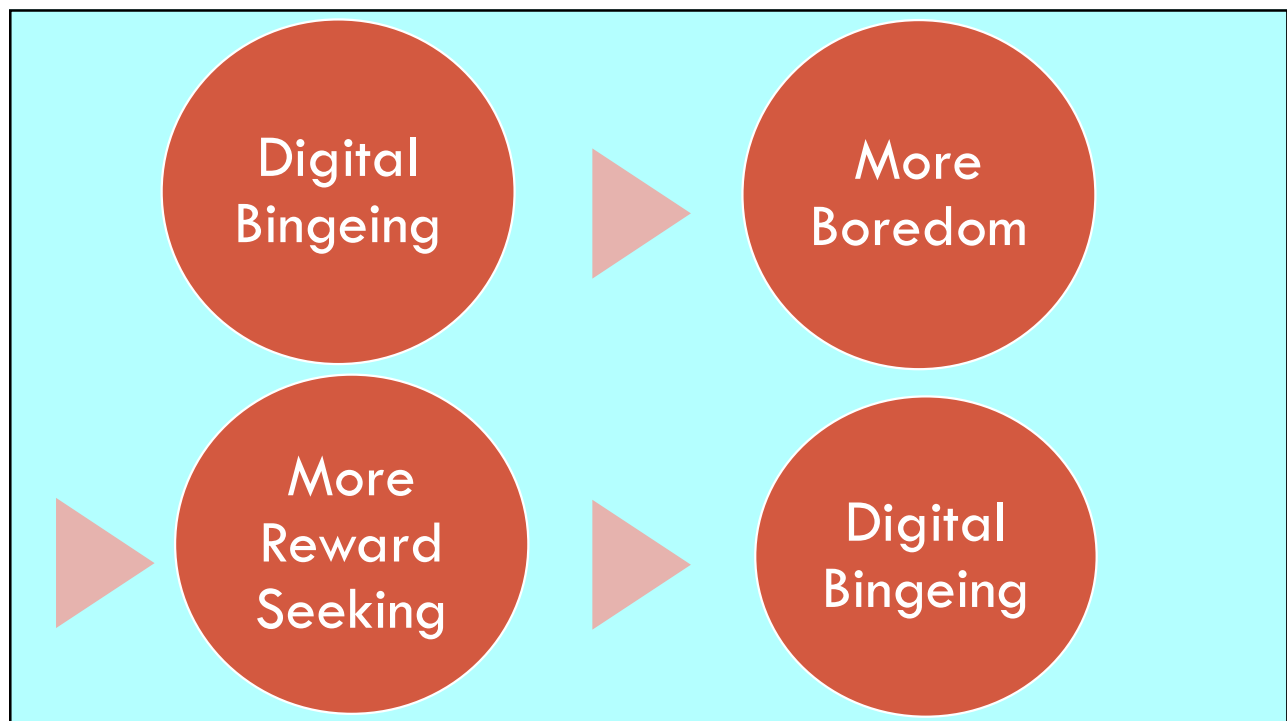
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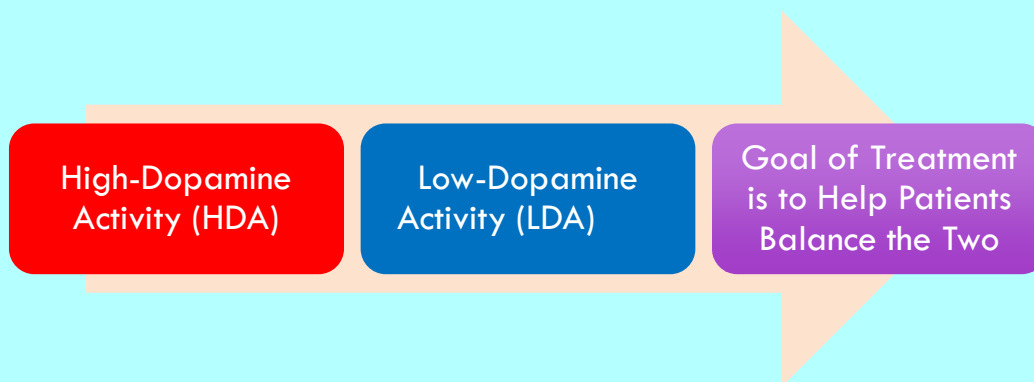
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SCREEN HOPPING



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NOT JUST WORK VS PLAY...



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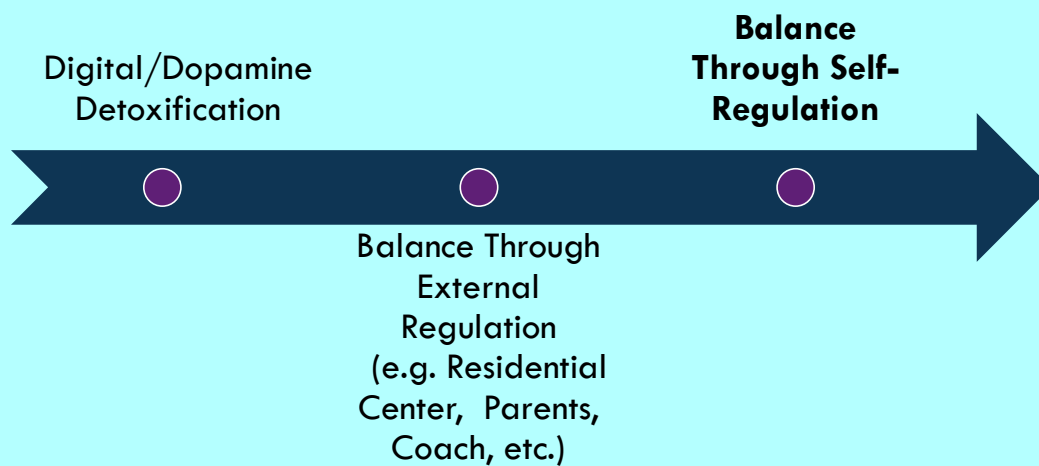
TREATMENT APPROACH



- Final common pathway in SUD and PUI
- Different Modalities
 - Psychoeducation, Work with parents and family
 - Motivational Interviewing
 - CBT
 - Psychodynamic Psychotherapy
 - Group
 - Medication

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3 PHASES TO A HEALTHY BALANCE



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Family Interventions

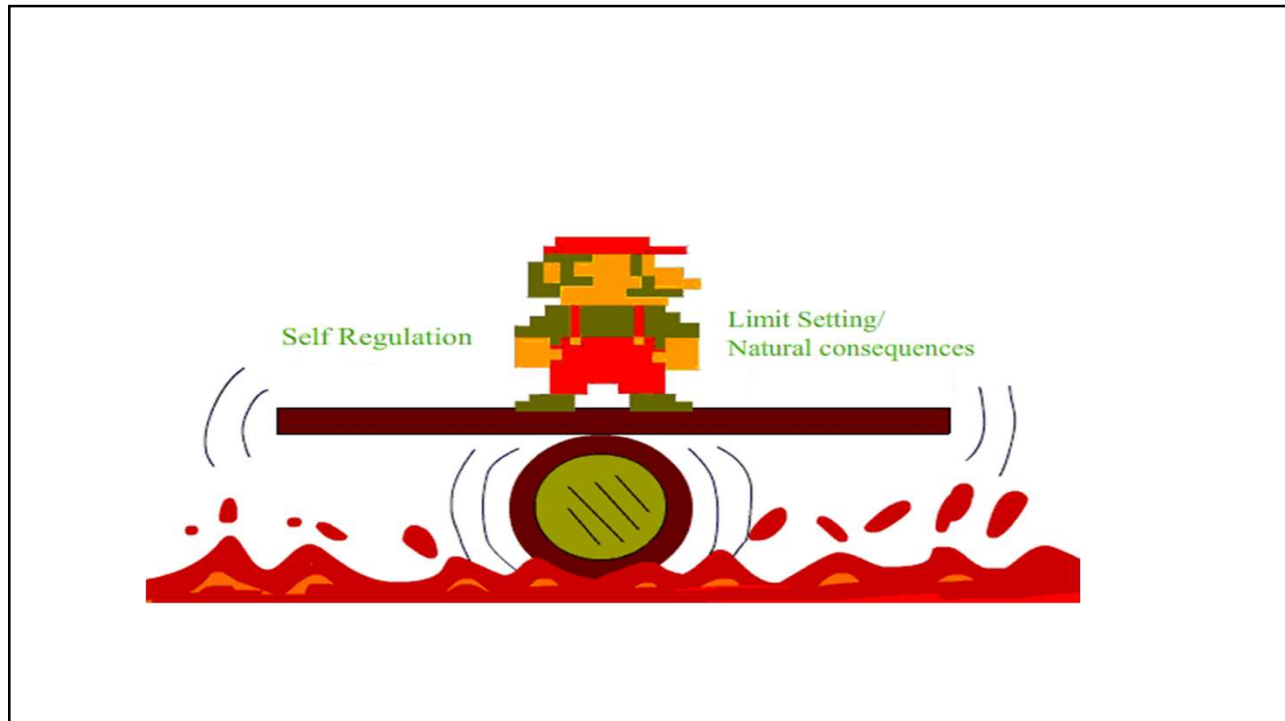
- Structure
- Delayed gratification: Alternating HDA and LDA
- Logical and immediate consequences
- Managing environmental cues

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CUES IN A DIGITAL ENVIRONMENT

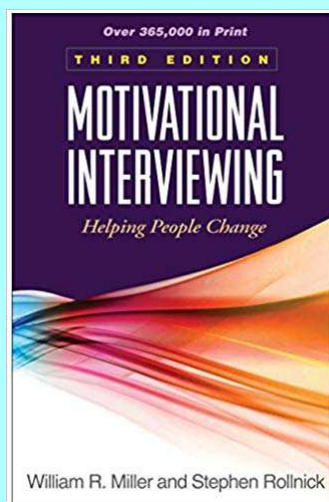


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MOTIVATIONAL INTERVIEWING



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MOTIVATIONAL INTERVIEWING



- Insight-oriented



- Maintain neutrality with open-ended questions, reflective listening



- Explore Ambivalence

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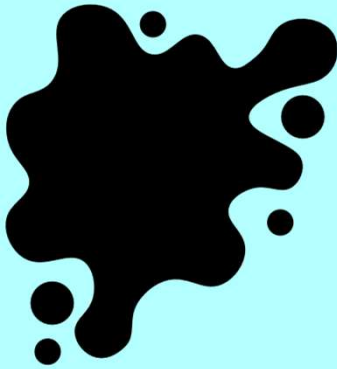
CBT



- Cognitive Behavioral Therapy (CBT)
 - Identify cognitive triggers
 - Cognitive distortions:
 - Time distortion
 - Fear of missing out (FOMO)

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PSYCHODYNAMIC PSYCHOTHERAPY

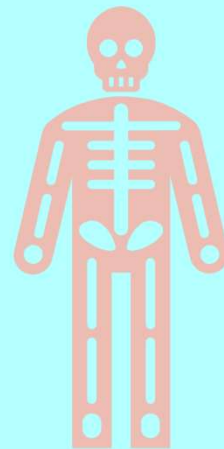


- Emotional triggers, Drives, Needs
 - Escape, Fantasy
 - Mastery
 - Emotional Connection
 - Need for Control
- Immature Defenses
- Other Contributing factors

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BEHAVIORAL THERAPY

- Mindfulness
- Hierarchy of Coping Skills
- Exercise
- Exposure to Nothing!



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TREATMENT: BIOLOGICAL



Bupropion
Atomoxetine
Methylphenidate

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TREATMENT: GROUP PSYCHOTHERAPY



- 12 step/support groups
 - Online Groups
 - LDA Groups
 - Alanon for Parents
- Re-integration focused Rehab Centers

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**Private Practice in
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**Background: Programming, Game/
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Media appearances

NPR 1A
New York Times
ABC News
Time Magazine for Kids
HBO Real Sports with Bryant Gumbel
Bethesda Magazine

Books

Unplug: How to Break Up With Your Phone and Reclaim Your Life
Raising a Screen Smart Kid
Children and Screens Handbook
Overcoming Internet Addiction for Dummies

