

Internet Game Addiction

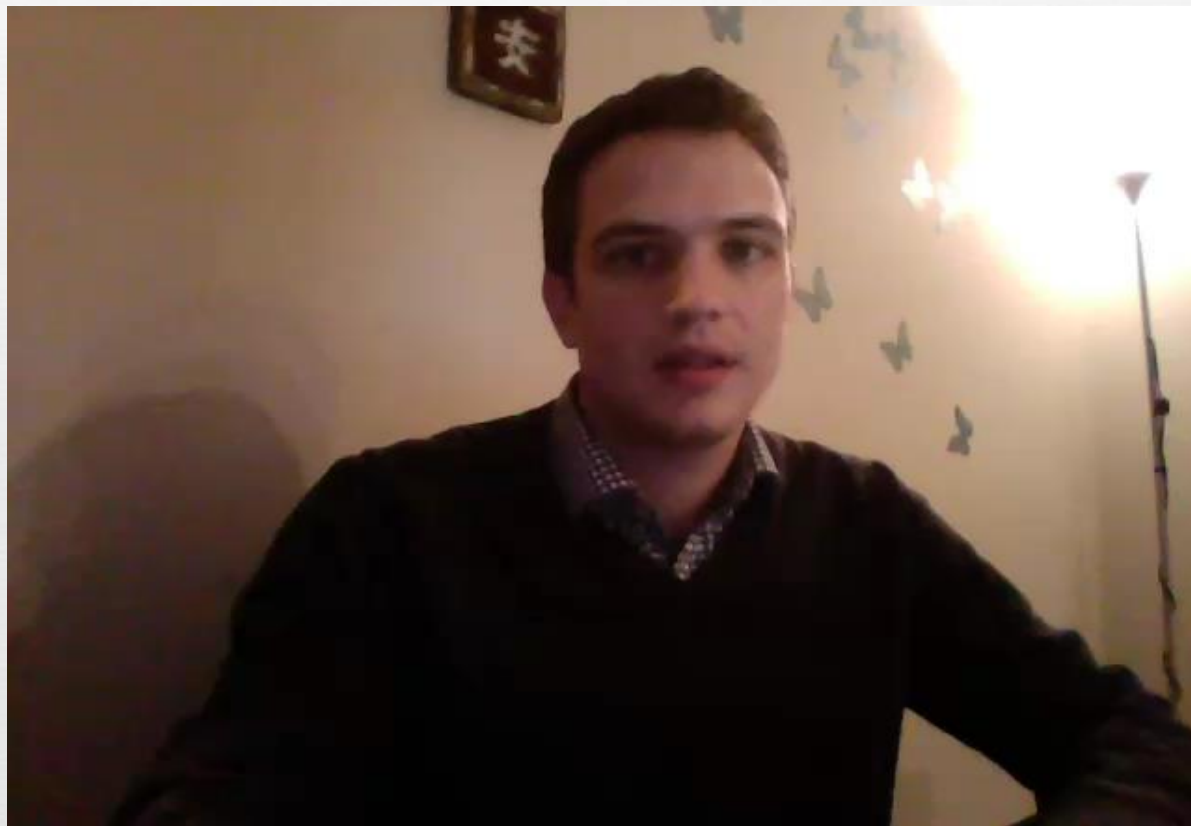


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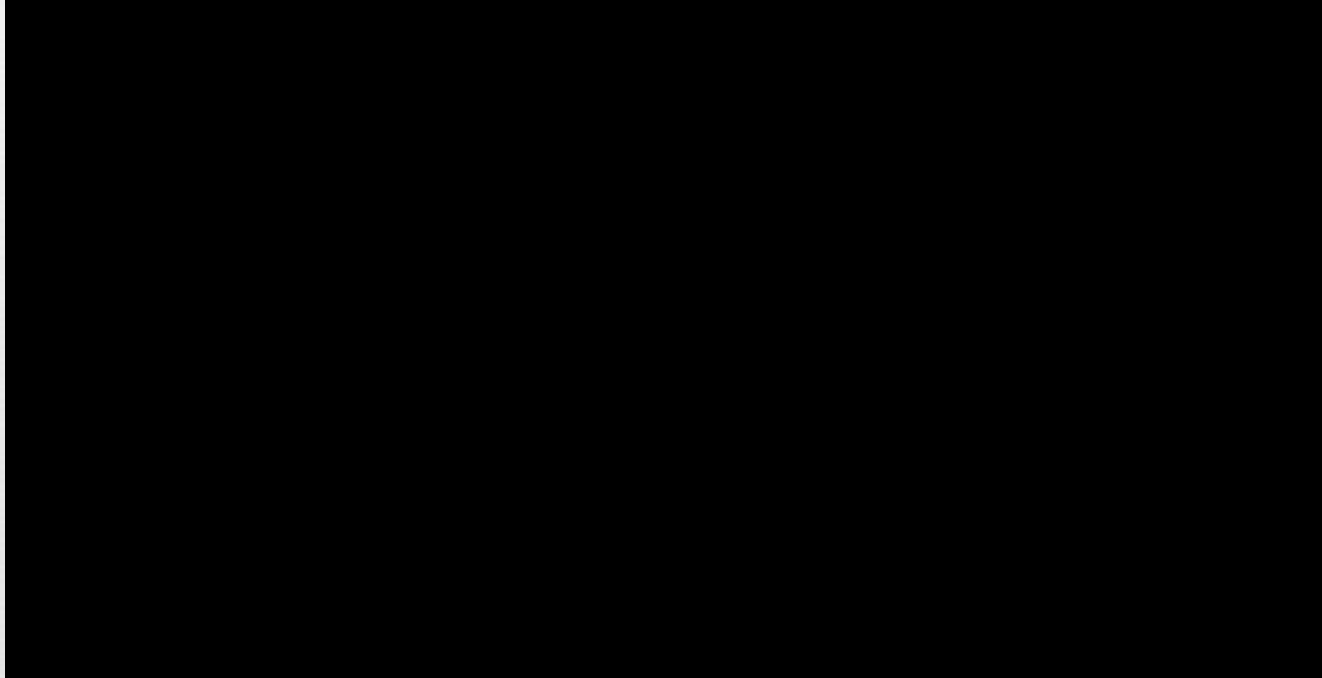
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Second Life



Objectives

1. OBSERVE AND UNDERSTAND HOW MULTI-PLAYER VIDEO GAMES LOOK AND FEEL.
2. DISCUSS THE SOCIAL AND PSYCHOLOGICAL REWARDS PLAYERS EXPERIENCE IN A VIRTUAL WORLD.
3. EXAMINE HOW VIDEO GAME USE, ABUSE AND ADDICTION FIT IN THE BROAD CATEGORY OF BEHAVIORAL IMPULSE CONTROL DISORDERS.
4. REVIEW PUBLISHED APPROACHES TO TREATMENT AND RECOVERY.



- ❧ *“Taken together, [studies show] internet addiction is associated with structural and functional changes in brain regions involving emotional processing, executive attention, decision making, and cognitive control.”*
- ❧ *--research authors summarizing neuro-imaging findings in internet and gaming addiction (Lin & Zhou et al, 2012)*



- ❧ ***Gray matter atrophy:*** Multiple studies have shown atrophy (shrinkage or loss of tissue volume) in gray matter areas (where “processing” occurs) in internet/gaming addiction ([Zhou 2011, Yuan 2011, Weng 2013, and Weng 2012](#))

∞ Objective 1: Observe
and understand how
multi-player video
games look and feel.

Definations

A CLASSIFICATION OF CHEMICAL AND BEHAVIORAL ADDICTIONS

-BEHAVIORAL ADDICTIONS

-GAMBLING

-EATING DISORDERS

-SHOPPING

-INTERNET ADDICTIONS

Internet Addictions and Compulsions

- TEXTING AND EMAIL

- SOCIAL NETWORKING

- GAMBLING

- INFIDELITY, SEXTING AND PORN

- GAMING

Terms and concepts

- SINGLE PLAYER VS. MULTI PLAYER (MMORPG)
- PUZZLES AND STRATEGY GAMES (SANDBOX)
- ROLE PLAYING GAMES (AVATAR)

VIRTUAL LIFE VS. REAL LIFE

- GAME CONSULE (XBOX, PLAYSTATION), COMPUTER OR
MOBILE DEVICE

Top Ten Most Addictive Games 2013

10. THE SIMS

9. SOLITAIRE

8. GRAND THEFT AUTO

7. SUPER MARIO BROS.

6. FOOTBALL MANAGER (FANTASY SPORTS)

5. LEMMINGS

Top Ten Most Addictive Games 2013

4. TETRIS

3. CALL OF DUTY

2. PAC MAN

1. WORLD OF WARCRAFT

Other Games Worthy of Note...



EVERQUEST

FINAL FANTASY 7

FALLOUT 3

QUAKE

CIVILIZATION III

MINECRAFT

STARMAD

FACEBOOK MOBILE
GAMES

-FARMVILLE II

-CANDY CRUSH

Minecraft



Candy Crush Saga



Sims



grand theft auto



Call to Duty - Black Ops



World of Warcraft

❧ TODAY'S MOST POPULAR MMORPG IS "WORLD OF WARCRAFT", THE LATEST GAME IN BLIZZARD'S WARCRAFT SERIES, SITUATED IN THE FANTASY WORLD OF AZEROTH THAT IS POPULATED BY MEMBERS OF THE OPPOSING FACTIONS OF THE ALLIANCE AND THE HORDE.

❧ WORLD OF WARCRAFT'S EXTENSION
"CATAclysm" WAS AMONG THE TOP
FIVE SELLING COMPUTER GAMES IN
2011. IN 2013, EIGHT MILLION
PLAYERS IMMERSED THEMSELVES IN
THE WORLD OF AZEROTH, CLEARLY
DEMONSTRATING THE GAME'S MASS
APPEAL.

World of Warcraft



World of Warcraft

Beginner's Tutorial

Part 1 - Moving in WoW

World of Warcraft



**Objective 2: Discuss the
social and
psychological rewards
players experience in a
virtual world.**

Discuss

❧ The Benefits and the costs of playing massive multi-player role playing games

MMORPG Benefits

- ❧ FUN, DISCOVERY AND ESCAPE FROM REAL LIFE
- ❧ REWARD...DOPAMINE RUSH
- ❧ ACHIEVING GOALS, ADVANCEMENT, COMPETITION, ACCOMPLISHMENT, ACQUIRING STATUS, POWER
- ❧ FRIENDS, NEW RELATIONSHIPS, CHATTING, WORKING AS A TEAM
- ❧ SOCIAL STATUS, REPUTATION, ADMIRATION
- ❧ IMMERSION IN FANTASY, BETTER SELF AS AVATAR

MMORPG Consequences

- ❧ SACRIFICING REAL-LIFE RELATIONSHIPS
- ❧ SACRIFICING OTHER PASTIME ACTIVITIES
- ❧ DISRUPTION IN SLEEP, WORK, EDUCATION, SOCIALIZING
- ❧ OBSESSION WITH VL GAMING WITH LACK OF ATTENTION IRL
- ❧ DEPRESSION AND HOSTILITY, STRESS, DYSFUNCTIONAL COPING
- ❧ POOR ACADEMIC ACHIEVEMENT, PROBLEMS WITH VERBAL MEMORY,
- ❧ LOW WELL-BEING AND HIGH LONELINESS

GRADUAL LOSS OF INTEREST IRL AND GREATER
ENGAGEMENT IN VIRTUAL WORLD

-ARRESTED DEVELOPMENT

Protective factors with Internet Addiction

- ❧ CONSCIENTIOUSNESS
- ❧ EXTRAVERSION
- ❧ FAMILY WARMTH
- ❧ PHYSICALLY ACTIVE AND INVOLVED IN TEAM SPORTS
- ❧ PARENT ATTENTION AND CONTROLS

Risk factors with Internet Addiction

- ❧ BRIGHT, SOCIALLY AWKWARD TEENAGE AND YOUNG ADULT MALES
- ❧ INDIVIDUALS WITH OTHER PSYCHOLOGICAL DIFFICULTIES
- ❧ INDIVIDUALS WITH LONG PERIODS OF UNSTRUCTURED TIME (FOR EXAMPLE, A TEEN WHO IS NOT INVOLVED IN OTHER ACTIVITIES OUTSIDE OF SCHOOL)
- ❧ IMPULSIVE, POOR SOCIAL SKILLS
- ❧ GRAY MATTER ATROPHY
- ❧ NEUROTICISM (NEGATIVE, PESSIMISTIC, CYNICAL)
- ❧ AGGRESSION, HOSTILITY AND SENSATION-SEEKING

Family Conditions

- ❧ REDUCED PARENT ATTENTION AND MONITORING
- ❧ SINGLE PARENT, TIME ALONE, ACCESS TO WI FI, GAME CONSOLES
- ❧ DISSATISFACTION WITH FAMILY
- ❧ DOMESTIC VIOLENCE

Co Morbid conditions

- ❧ CLASSIC VS. NEW ADDICTS
- ❧ DEPRESSION
- ❧ GENERAL AND SOCIAL ANXIETY
- ❧ ADHD (BORED, ANXIOUS, AVERSION TO DELAYED GRATIFICATION)
- ❧ HOSTILITY AND LACK OF FAMILY WARMTH
- ❧ SUBSTANCE ABUSE

Is it Addiction or a Symptom of Something Else???

- CO MORBID AND DIAGNOSIS: DSM V SAYS NEED FURTHER INVESTIGATION TO SAY ITS AN ADDICTION
- 80% OF TREATMENT CASES THERE IS A CO-OCCURRING DISORDER (ADHD, OCD, SA, SOCIAL ANXIETY, DEPRESSION)
- NALTREXONE AND SSRI HAVE SHOW POSITIVE RESULTS IN TREATMENT
- CURRENT TREATMENT AND RECOVERY MIRRORS CURRENT SA TREATMENT

The Case Against it Being an Addiction

- ❧ “I’M A CHOCAHOLIC!”...IS ALL EXCESSIVE BEHAVIOR A PSYCHOLOGICAL DISORDER, I.E. ADDICTION? HAVE WE SET THE BAR TOO LOW?
- ❧ WITH A DIAGNOSIS WILL COME “BIG PHARMA”
- ❧ 80% OF TREATMENT CASES HAVE A CO-MORBID CONDITION
- ❧ EARLY FLAWED STUDIES

The Case Against it Being an Addiction

- ❧ MEET DSM V DEFINITION OF ADDICTION
- ❧ 20% ADDICTED WITHOUT OTHER CO OCCURRING DISORDER
- ❧ RECOGNIZED INPATIENT AND OUTPATIENT TREATMENT METHODS
- ❧ CREATES SAME DOPAMINE RUSH AS OTHER BEHAVIORAL ADDICTIONS

Characteristics of Internet Game Addiction

- FREE ACCESS TO INTERNET, STRONG BANDWIDTH
- BLENDS SOCIAL MEDIA, SOCIAL CONNECTEDNESS, FANTASY AND ADVENTURE
- LOSS OF TIME
- CONTENT PREFERENCE
 - AVATAR AS ALTERNATIVE BETTER SELF

❧ TIME..... AGE OF FIRST USE LESS THAN A YEAR, TIME
ONLINE PER SITTING >8 HRS, TIMES PER WEEK,
TOTAL HOURS PER WEEK >24 HRS

Proposed Definition

A PSYCHOLOGICAL AND BEHAVIORAL DISORDER CAUSED BY AN INDIVIDUAL'S REPEATED AND EXCESSIVE USE OF THE INTERNET, WHICH REQUIRES MENTAL HEALTH TREATMENT. THE STANDARD FOR INTERNET ADDICTION REFERS TO USERS WHO ARE ON-LINE MORE THAN SIX HOURS DAILY AND HAVE HAD AT LEAST ONE OF THE FOLLOWING PROBLEMS DURING THE PAST THREE MONTHS:

- YEARNING TO BE ON-LINE
- MENTAL OR PHYSICAL DISTRESS WHEN NOT ON-LINE
- IRRITATION WHEN NOT ON-LINE OR INTERRUPTED
- DIFFICULTY CONCENTRATING OR SLEEPING

Parent's Early Warning Signs

☞ (HANDOUT)

❧ **Objective 3. Examine
how video game use,
abuse and addiction fit in
the broad category of
behavioral impulse
control disorders.**

Digital Media Attractiveness

- ❧ CONTENT THAT ACTIVATES DOPAMINE (I.E. CREATES PLEASURE SENSATION) IS ...
 - ❧ EASILY ACCESSIBLE AND AFFORDABLE
 - ❧ TIME-DISTORTING
 - ❧ INTERACTIVE
 - ❧ ANONYMOUS
- ❧ PLEASURABLE ACTIVITY POSITIVELY REINFORCED THROUGH REPETITION

DSM V Addiction Criteria

- ❧ 1. TOLERANCE: TAKING IN LARGER AMOUNTS OR FOR LONGER THAN YOU MEANT TO.
- ❧ 2. WANTING TO CUT DOWN OR STOP BUT NOT MANAGING TO.
- ❧ 3. TIME: SPENDING A LOT OF TIME PLANNING, GETTING, USING, AND RECOVERING FROM USE.
- ❧ 4. CRAVING AND URGES TO USE, WITHDRAWAL UPON CESSATION OF USE.

DSM V Addiction Criteria

- ❧ 5. NOT MANAGING TO DO WHAT YOU NEED TO DO AT WORK, SCHOOL, OR HOME DUE TO USE.
- ❧ 6. CONTINUING TO USE DESPITE PROBLEMS AND CONSEQUENCES.

ASAM addiction Definition

ADDICTION IS A PRIMARY, CHRONIC DISEASE OF BRAIN REWARD, MOTIVATION, MEMORY AND RELATED CIRCUITRY. DYSFUNCTION IN THESE CIRCUITS LEADS TO CHARACTERISTIC BIOLOGICAL, PSYCHOLOGICAL, SOCIAL AND SPIRITUAL MANIFESTATIONS. THIS IS REFLECTED IN AN INDIVIDUAL PATHOLOGICALLY PURSUING REWARD AND/OR RELIEF BY SUBSTANCE USE AND OTHER BEHAVIORS.

ADDICTION IS CHARACTERIZED BY INABILITY TO CONSISTENTLY ABSTAIN, IMPAIRMENT IN BEHAVIORAL CONTROL, CRAVING, DIMINISHED RECOGNITION OF SIGNIFICANT PROBLEMS WITH ONE'S BEHAVIORS AND INTERPERSONAL RELATIONSHIPS, AND A DYSFUNCTIONAL EMOTIONAL RESPONSE. LIKE OTHER CHRONIC DISEASES, ADDICTION OFTEN INVOLVES CYCLES OF RELAPSE AND REMISSION. WITHOUT TREATMENT OR ENGAGEMENT IN RECOVERY ACTIVITIES, ADDICTION IS PROGRESSIVE AND CAN RESULT IN DISABILITY OR PREMATURE DEATH.

A Working Definition of Video Game addiction

- ❧ EXCESSIVELY ENGAGING IN A PLEASURABLE BEHAVIOR WITH THE INTENTION OF ALTERING MOOD AND CONSCIOUSNESS.....
- ❧CAUSING NEGATIVE LIFE CONSEQUENCES.....
- ❧RESULTING IN INCREASED TOLERANCE AND WITHDRAWAL WHEN STOPPING.

Genetics and Epigenetics

- ❧ STUDY: PEOPLE WITH INTERNET ADDICTION WERE MORE LIKELY THAN OTHERS TO HAVE A GENETIC MUTATION ON THE CHRNA4 GENE, WHICH IS KNOWN TO PLAY A MAJOR ROLE IN NICOTINE ADDICTION.
- ❧ EPIGENETICS...OUR GENES ARE ALTERED BY OUR PERCEPTION OF THE ENVIRONMENT PRE NATAL TO 7 YEARS

Epigenetics

- ❧ A GENETIC PRE DISPOSITION INTERACTING WITH A VULNERABLE ENVIRONMENT
- ❧ OUR GENES ARE ALTERED BY OUR ENVIRONMENT
- ❧ THE BELIEF THAT WE ARE GENETICALLY HARD-WIRED IS NO LONGER FOUNDED.
- ❧ PRENATAL TO 7 YEARS CODES US
- ❧ CALM PRENATAL EXPERIENCE = FRONTAL CORTEX FED
- ❧ STRESSFUL PRENATAL EXPERIENCE = ALL OTHER AREAS FED

Predisposition and Correlations

- ❧ FAMILY HX OF ADDICTION AND RELATED “REWARD DEFICIENCY SYNDROME”
- ❧ REDUCED FEELINGS OF SATISFACTION WITH REAL LIFE PLEASURES
- ❧ LOW EMOTIONAL WELL-BEING (CAN BE BOTH CAUSE AND EFFECT)
- ❧ RECENT STRESS
- ❧ POOR SCHOOL PERFORMANCE
- ❧ POOR INTERPERSONAL RELATIONSHIPS
- ❧ AVOIDANT COPING STYLE (WITHDRAWAL, SELF BLAME, AVOID CONFLICT, RATIONALIZATIONS, DESIRE TO ESCAPE FROM REALITY)
- ❧ POOR PROBLEM SOLVING SKILLS

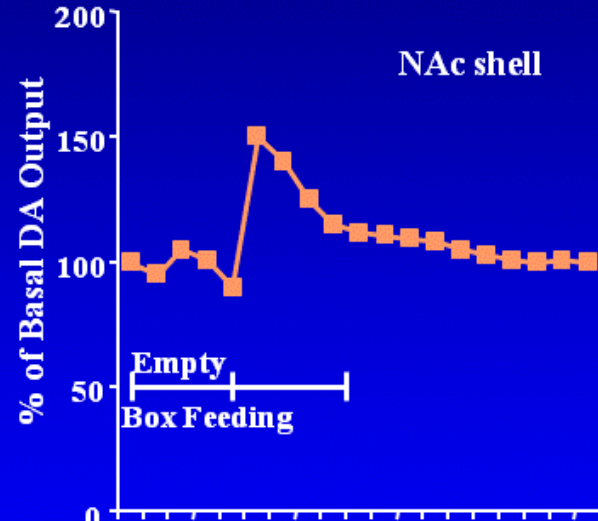
Addicted to the Dopamine Rush

- POLYGENETIC INHERITANCE (50% NATURE, 50% NUTURE)
- INHERIT UNDERDEVELOPED DOPAMINE RECEPTORS
- DOPAMINE ACTIVATION BY NUCLEUS ACUMBUNS (PLEASURE/ REWARD)
- ADAPTATION/DEPENDANCE=BEHAVIOR IS ENCODED AS THE SOURCE OF DOPAMINE, LOSS OF CONTROL OVER EXECUTIVE FUNCTION AND USE
- DYSREGULATED STRESS RESPONSE=URGE/CRAVING TRIGGERED BY STRESS OR CUES
- FRONTAL CORTEX (JUDGEMENT, ANALYSIS, SELF CONTROL, WILLPOWER) DAMAGED BY CHEMICALS

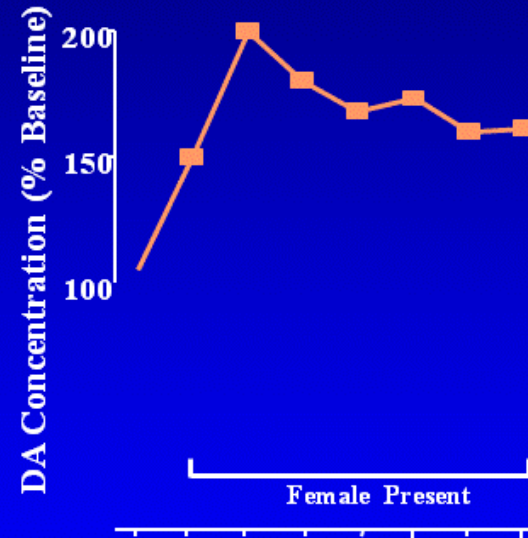
- ALCOHOL=BRAIN BOUNCES BACK, 60 DAYS
- CONTINUED USE CREATES HARD, BRITTLE DOPAMINE RECEPTORS, OVER ACTIVATED AMAGYULA, GLUTAMATE (NAC)
- OTHER DRUGS LONGER, SOME DRUGS PERMANENT BRAIN DAMAGE, METHAMPHIMES, EXTASY
- TREATMENT
 - 1 DIAL DOWN AMAGYULA...PHYSICAL, DETOX, SLEEP, ABSTINANCE, DIET, EXERCISE
 - 2. DIAL UP FRONTAL CORTEX THROUGH MINDFULNESS



Food

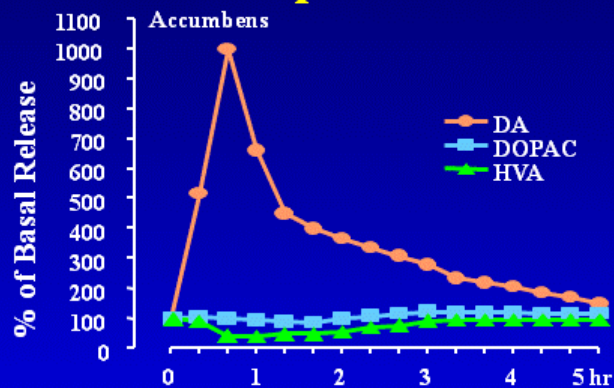


Sex

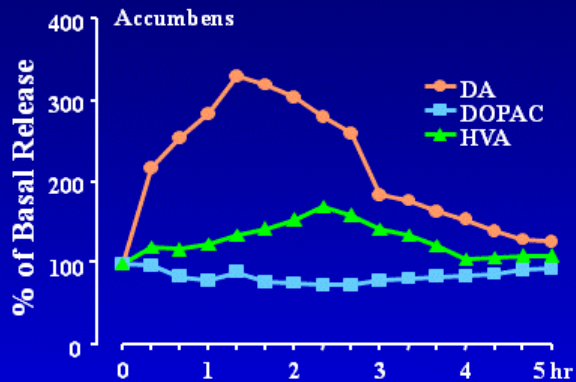


Effects of Drugs on Dopamine Release

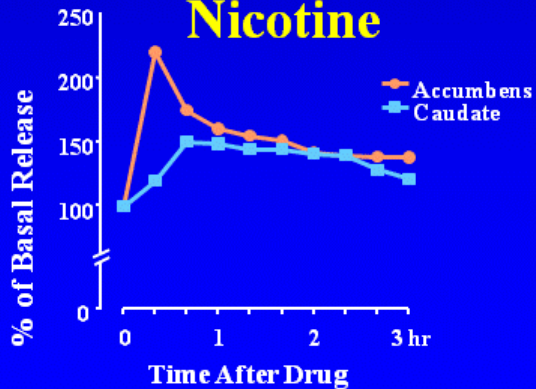
Amphetamine



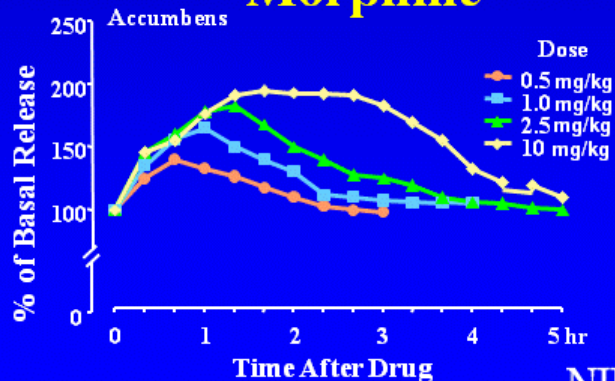
Cocaine



Nicotine



Morphine



Impulse Control Disorders



- DECREASED FLEXIBILITY IN PART OF BRAIN NECESSARY TO CHANGE HABITS, RIGID, HARD DAMAGED SYNAPSES, CAUSES DISTORTED THINKING, A LEARNING DEFICIT/DISORDER, UNABLE TO UPDATE BEHAVIOR
- SYNAPSE MUST BE FLEXIBLE TO TRANSLATE DESIRE/WILL INTO ACTION, TO REGULATE SELF, TO DO THE RIGHT THING
- MUST REGAIN CONTROL OVER BEHAVIOR, GLUTAMATE (NAC), SLEEP, STRESS MANAGEMENT, BREATHING, MEDITATION, NUTRITION, EXERCISE
- MAKE BRAIN OPEN TO CHANGE RATHER THAN RESIST IT

Objective 4. Review published approaches to treatment and recovery

- ASSESSMENT

- ASSESS AND ADDRESS MOTIVATION

- GOAL SETTING

- INTERVENTION

- INTEGRATION

- RECOVERY AND CONTINUING CARE

Assessment



Psychosocial Assessment



- ❧ FAMILY HISTORY/FAMILY PROBLEMS
- ❧ FAMILY RITUALS/ACTIVITIES
- ❧ FAMILY HX OF ADDICTION
- ❧ RISK TAKING BEHAVIORS
- ❧ FRIENDS
- ❧ LONELINESS/BOREDOM
- ❧ HX ABUSE/NEGLECT

Assessment Questions

- ❧ WHAT YOU ENJOY ABOUT PLAYING
- ❧ HOW DO YOU FEEL WHEN YOU PLAY
- ❧ AGE WHEN YOU STARTED PLAYING VIDEO GAMES
- ❧ EARLY GAMES / RECENT GAMES
- ❧ WHAT ARE YOUR ABILITIES AND STRENGTHS (VL/RL)
- ❧ HOW MANY HOURS A DAY ONLINE AND GAMING
- ❧ WHAT YOU DON'T ENJOY ABOUT PLAYING/DOWNSIDE
- ❧ WHAT ARE YOUR DESIRES, HOPES AND DREAMS

Upside/downside



❧ IF YOU DON'T STAY IN THE
UPSIDE, YOU WILL NEVER
ENGAGE THEM IN THE
DOWNSIDE

Internet Addictions Tests

- ❧ INTERNET ADDICTION (HANDOUT)
- ❧ INTERNET GAME ADDICTION TEST

Internet Addiction Diagnostic Questionnaire 1998

ANSWER “YES” OR “NO” TO THE FOLLOWING STATEMENTS TO SEE IF YOU MAY BE
ADDICTED TO VIDEO GAMES OR ONLINE GAMING:

1. DO YOU NEED TO PLAY ONLINE GAMES WITH INCREASING AMOUNTS OF TIME IN ORDER TO ACHIEVE THE DESIRED EXCITEMENT?
2. ARE YOU PREOCCUPIED WITH GAMING (THINKING ABOUT IT WHEN OFFLINE, ANTICIPATING YOUR NEXT ONLINE SESSION)?
3. HAVE YOU LIED TO FRIENDS AND FAMILY MEMBERS TO CONCEAL EXTENT OF YOUR ONLINE GAMING?
4. DO YOU FEEL RESTLESS OR IRRITABLE WHEN ATTEMPTING TO CUT DOWN OR STOP ONLINE GAMING?

5. HAVE YOU MADE REPEATED UNSUCCESSFUL EFFORTS TO CONTROL, CUT BACK, OR STOP ONLINE GAMING?

6. DO YOU USE GAMING AS A WAY OF ESCAPING FROM PROBLEMS OR RELIEVE FEELINGS OF HELPLESSNESS, GUILT, ANXIETY, OR DEPRESSION?

7. HAVE YOU JEOPARDIZED OR LOST A SIGNIFICANT RELATIONSHIP, OR EVEN RISKED YOUR MARRIAGE BECAUSE OF YOUR ONLINE GAMING HABIT?

8. HAVE YOU JEOPARDIZED A JOB, EDUCATIONAL, OR CAREER OPPORTUNITY BECAUSE OF YOUR ONLINE GAMING HABIT?

IF YOU ANSWERED “YES” TO ANY OF THE ABOVE QUESTIONS, YOU MAY BE ADDICTED TO ONLINE GAMING. THESE ARE COMMON WARNING SIGNS THAT YOU HAVE LOST CONTROL, LIED, OR POSSIBLY RISKED A RELATIONSHIP TO SUPPORT YOUR GAMING BEHAVIOR.

Internet Addiction Test Scoring

- ❧ MILD - NORMAL ONLINE USER = 20-49
- ❧ MODERATE - SOME PROBLEMS = 50-79
- ❧ SEVERE - MAJOR PROBLEMS = 80-100

Goal Setting and Assessing Motivation



Set Goals and Facilitate Motivation

- ❧ CREATE A SAFE PLACE, NON-JUDGEMENTAL PRESENCE IN ORDER TO DEVELOPING AND SUSTAIN A THERAPEUTIC RELATIONSHIP
- ❧ UNDERSTAND THEIR SNAP AND DESIRES, HOPES AND DREAMS
- ❧ IDENTIFY AMBILIVENCE AND ENCOURAGE CHANGE TALK
- ❧ GENTLY IDENTIFY DISCREPANCY BETWEEN WHAT I DO AND WHAT I WANT

Identifying and Enhancing Motivation

❧ WHAT IS MOTIVATION?
ESTABLISHING READINESS FOR
CHANGE

❧ A PURPOSEFUL, INTENTIONAL,
GOAL DIRECTED, PROBABILITY
ONE WILL ENTER INTO AND
CONTINUE A CHANGE
STRATEGY

❧ MOTIVATION WILL ULTIMATELY
DETERMINE THE OUTCOME OF
TREATMENT

❧ A WAY OF INTERACTING
EMPLOYING CLIENT-
CENTERED AND COGNITIVE-
BEHAVIORAL APPROACHES
TO...

❧ REDUCE RESISTANCE

❧ RESOLVE AMBIVALENCE

❧ IMPROVE COMPLIANCE
TO TREATMENT

❧ GET THE CLIENT TO
WANT WHAT YOU HAVE
TO OFFER

Five Principles of Motivational Counseling



- ❧ 1. EXPRESS EMPATHY AND SEEK TO UNDERSTAND THROUGH ACTIVE LISTENING (EMPATHY VS. AUTHORITY)
- ❧ 2. DEVELOP DISCREPANCY BETWEEN CLIENT'S GOALS OR VALUES AND CURRENT BEHAVIOR
- ❧ 3. AVOID ARGUMENT AND DIRECT CONFRONTATION
- ❧ 4. ADJUST TO CLIENT'S RESISTANCE RATHER OPPOSING IT DIRECTLY
- ❧ 5. SUPPORT SELF EFFICACY AND OPTIMISM

MI

- ❧ SELF INVENTORY, WANT TO VS. NEED TO
- ❧ SELF CONCEPT IRL AND IVL
- ❧ EXPLORE ANY DISCREPANCY BETWEEN WHAT YOU WANT, NEED, DESIRE, VALUE AND WHAT YOU DO
- ❧ PROCESS AND OUTCOME RESISTANCE
- ❧ THE COLOMBO APPROACH

Goal Setting

- ❧ PERSON-CENTERED PLAN DEVELOPMENT
- ❧ GOALS IN THEIR WORDS
- ❧ MEASURABLE, TIME SPECIFIC OBJECTIVES
- ❧ INTERVENTIONS TO ASSIST IN MEETING OBJECTIVES

Intervention



First Order...Detox and Withdrawal



- ❧ ABSTINENCE FROM TRIGGER APPLICATIONS AND CONTROLLED MODERATE INTERNET USE
- ❧ SLEEP
- ❧ DIET AND SUPPLEMENTS
- ❧ EXERCISE
- ❧ QUIET TIME AND MINDFULNESS

First Order...Detox and Withdrawal



❧ TECHNIQUES

❧ COST/BENEFIT *REMINDER CARDS*

❧ SCHEDULE ONLINE TIME, ALARM

❧ REPLACE TIME WITH POSITIVE ACTIVITY

❧ *JOURNAL*

Second Order....Mindfulness- Based Cognitive Behavior therapy



❧ STEP 1 SETTING THE TONE OF SAFETY

- ❧ GAMES POSITIVE BENEFITS, SENSATIONS OF FAVORITE GAMES, DISCUSS THE PLEASURE, THE BENEFITS
- ❧ DISCUSS THEIR STRENGTHS, ABILITIES, GIFTS, DESIRES, HOPES, AND DREAMS
- ❧ IDENTIFY EXCEPTIONS, PAST REAL LIFE PLEASURES AND ACTIVITIES

Second Order....Mindfulness- Based Cognitive Behavior therapy



❧ STEP 2 HANDWRITTEN JOURNAL

- ❧ SELF INVENTORY, DO I LIKE IT OR DO I NEED IT,
WHAT NEEDING IS LIKE, WHAT IS IT REALLY THAT I
NEED
- ❧ EVERYTHING HAS A PRICE, OR EVERY BENEFIT HAS
A CORRESPONDING CONSEQUENCE WHEN DONE
IN EXCESS, WHAT IS THE PRICE I PAY

Second Order....Mindfulness- Based Cognitive Behavior therapy



❧ STEP 3 EDUCATION

❧ PSYCHOEDUCATION RE. ADDICTIONS, INTERNET ADDICTIONS AND INTERNET GAME ADDICTION, CBT, CUE/ROUTINE/REWARD, HOW PLEASURES CAN BECOME HABITS, HOW TO REPLACE A UNHELPFUL HABIT WITH A HELPFUL HABIT

Education Example



- FOCUS ON HOW WE LEARN HABITS
- HOW HABITS BECOME ADDICTIONS, HAPPENS OUTSIDE OUR CONSCIOUS AWARENESS
- NEW ROUTINES>HABITS>ADDICTIONS
- HABITS=CONDITIONED RESPONSES, AUTO PIOLET
- CUE RESPONSE REWARD
- REPEATED RESPONSE, CONTINUED REPETITION OF A THOUGHT, FEELING OR ACTION (A CHUNK)
- HABITS CAN BECOME ADDICTIONS



- A HABIT IS A FORMULA (A PROGRAM, AN APP, AN ACTION)YOUR BRAIN AUTOMATICALLY FOLLOWS EVERY TIME...
- OPERANT CONDITIONING:
 - WHEN I SEE A CUE (TRIGGER/URGE) ...
 - I WILL DO A ROUTINE (UNHELPFUL BEHAVIOR/ACTION)...
 - IN ORDER TO GET A REWARD (PAYOFF)
- TO MAKE A CONSCIOUS CHOICE TO RE-PROGRAM THAT AREA OF THE BRAIN AND THAT HABIT, WE NEED TO COME UP WITH A DIFFERENT FORMULA, A DIFFERENT ROUTINE



❧ STEP 4 THOUGHTS, FEELINGS AND ACTIONS

- ❧ ANTS...WHAT ARE THEIR AUTOMATIC THOUGHTS THAT MAY BE SOMETIMES TRUE, SOMETIMES FALSE, ALWAYS FALSE OR JUST PLAIN UNHELPFUL (*DAILY MOOD LOG JOURNAL*)
- ❧ IDENTIFY TRIGGERS AND CUES
- ❧ *DEVELOP A PERSONAL LIFELINE*


Second Order....Mindfulness- Based Cognitive Behavior therapy



❧ STEP 5 DEEPEN THE INDIVIDUAL FOCUS

- ❧ REPLACING AUTOMATIC NEGATIVE THOUGHTS AND COPING STYLES WITH MORE ACCURATE AND HELPFUL THOUGHTS
- ❧ WHAT ARE THEIR ATTITUDES AND POINTS OF VIEW (INTERMEDIATE BELIEFS) ABOUT SELF AND OTHERS
- ❧ WHAT ARE THEIR CORE BELIEFS ABOUT THEMSELVES (COMPETENCE, WORTH, LOVABLE)
- ❧ REPLACING BELIEFS WITH MORE ACCURATE AND MORE HELPFUL BELIEFS

Third order...With a little help from my Friends




❧ ENGAGE VS. AVOID

❧ SOCIAL SUPPORT

❧ CULTIVATE DISCIPLINES AROUND TIME
MANAGEMENT AND BEING GOAL DIRECTED

❧ WORKING ON EMERGING TOPICS

Third order...With a little help from my Friends



- ❧ DEVELOPING A PERSONAL RECOVERY/RELAPSE PLAN
- ❧ DEVELOPING A SUPPORT SYSTEM, SPONSOR
- ❧ CO MORBID TREATMENT
- ❧ PERIODICALLY DO AN INVENTORY

Intervention summary



- ❧ APPROACHES AND TECHNIQUES FOR TREATING INTERNET GAME ADDICTION
 - ❧ WITHDRAWAL AND DETOX
 - ❧ PSYCHO-EDUCATION
 - ❧ SIGNS AND SYMPTOMS, PROGRESSION
 - ❧ APPROPRIATE USE OF THE INTERNET
 - ❧ POSITIVE PSYCHOLOGY
 - ❧ MINDFULNESS
 - ❧ DIET, EXERCISE, REST
 - ❧ CBT AND SOLUTION FOCUSED THERAPY
 - CREATING PURPOSE IN LIFE, WHAT TO DO WITH THE TIME
 - SOCIAL CONNECTEDNESS, CAN'T RECOVER ALONE
 - TREATING CO MORBID CONDITIONS

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