

We are all Connected: Working with Clients who Overuse Technology



Ontario College of Social Workers and Social Service Workers
Education Day
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discomgogolation

disconnectionist.

Nomophobia



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“Technology is neither *good* nor *bad*, nor even *neutral*. Technology is one part of the complex of relationships that people form with each other and the world around them; it simply cannot be understood outside of that concept.”

Samuel Collins



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Technology rates

- Radio 38 years
- Telephone 20 years
- TV 13 years
- Cell phones 12 years
- World Wide Web 4 years
- iPod 3 years
- Facebook 2 years
- YouTube 1 year
- Angry Birds **35 days**

Dr. Larry Rosen – Psychology of Technology



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Self Reflection: IAT

“The Internet Addiction Test (IAT) is the first **VALIDATED** test for Internet Addiction to measure Internet use in terms of mild, moderate, to several levels of addiction.”

-Kimberly Young

www.netaddiction.com



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Getting information off the
Internet is like taking a
drink from a fire hydrant.

Michael Kupper



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Digital natives



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"No, you weren't downloaded. You were born."

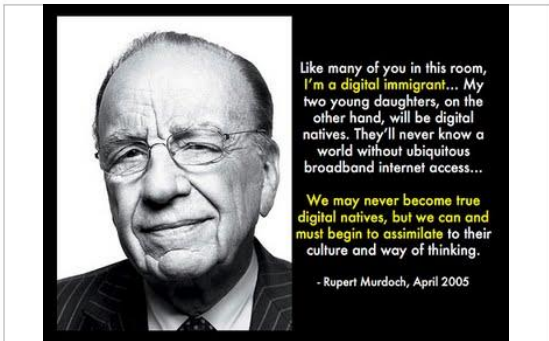


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Like many of you in this room, I'm a digital immigrant... My two young daughters, on the other hand, will be digital natives. They'll never know a world without ubiquitous broadband internet access...

We may never become true digital natives, but we can and must begin to assimilate to their culture and way of thinking.

- Rupert Murdoch, April 2005



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Agenda

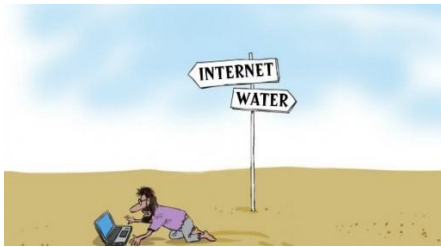
- Gaming and internet use rates
- Risks
- Impact
- Treatment
- Resources
- Questions/comments



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Are you up to a challenge?

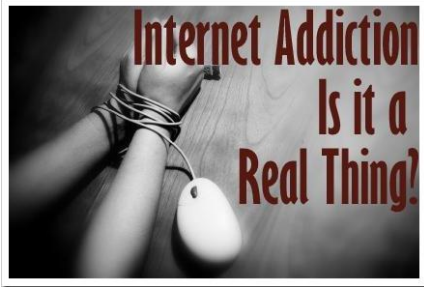


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Ontario - Gaming & Screen Time

- 10% students spend at least 7 hours a day in front of a TV or computer
 - 23% students play video games daily and over ¼ of these players have gaming problems
 - 10% have gaming problems
 - Boys are 4x more likely to have a video gaming problem
- Ontario Student Drug Use and Health Survey, CAMH 2013



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Screen Time

- TV & video games more common among boys
- Surfing computer similar for boys and girls
- More screen time = **lower self-esteem**



Leatherdale & Ahmed, 2011.



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Who is Playing?

- 54% of Canadians are gamers
- The average gamer is 33 years old
- It is estimated that by 2017 revenues obtained from smartphones and tablets will be \$35,000,000,000



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Reasons Youth Play Video Games

- Fun
- Like to feel in control
- Releases tension
- Relieves boredom
- Develop gaming skills
- Feel a sense of mastery
- Escape/Fantasy



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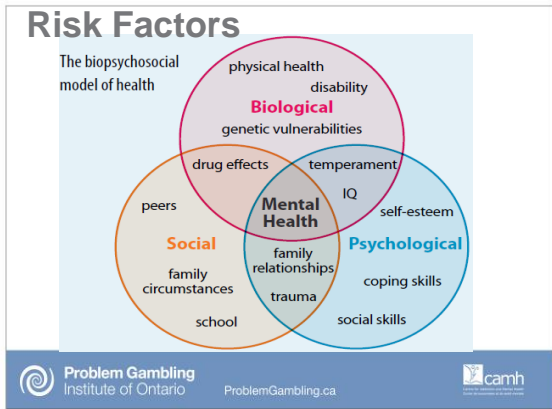
When is it a problem?



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- ### Vulnerability Factors
- ADHD
 - Anxiety
 - Depression
 - Autism Spectrum Disorder
 - Other excessive behaviours or addictions
 - Low self-esteem
 - Social difficulties
 - Learning exceptionalities
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- ### Signs there might be a problem
- Spends long hours on computer
 - School difficulties
 - Skips chores/responsibilities
 - Spends a lot more money on games
 - Conflict with parents
 - Social isolation/withdrawn
 - Few other activities and interests
 - Appears down/anxious/irritable
 - Sleep difficulties
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What makes video gaming addictive?

- Achievement
- Cyber socializing
- Games are infinite
- In game currency
- The brain gets hijacked (intermittent rewards)
- Virtual world continues when person is offline



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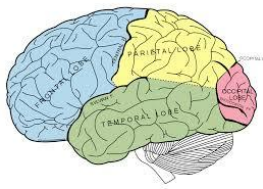
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Brain Development in Adolescence



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What to do?



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Practice Points



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Who is coming for help?



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Case Study: "Andrew"

- Parents contacted you about their son with concerns about his gaming and trouble in school
- 24 year old Caucasian male
- Lives with parents
- In his first year of College and is on academic probation after failing a few of his courses
- Had trouble focusing and completing school work
- Presents as socially anxious and low mood
- Lack of social interaction offline
- Reversed sleep cycle
- Parents are stressed and do not agree with how to handle the situation



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In Pairs:

How could/would you to respond?



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Screening and Assessment



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Treatment Planning



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Treatment Options

- Modalities
- Available resources



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Supporting Families



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Communication tips

- Brief (30 seconds)
- One item at a time
- Choose the right time and place
- I messages
- Present focused
- More positive than negative



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Set limits



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Self-care and balance



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Resources

Screeners:

- Problem Video Game Playing Test
- Internet Addiction Test
- Internet Gaming Disorder Test

Online resources for clients:

- Mediasmarts.ca
- Online Gamers Anonymous
- Problemgambling.ca



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Resources

Community of Practice/yahoo group for Problem Gambling,
Gaming and Internet Use (PGGIU listserve)
Colleen.Tessier@camh.ca



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