Hello, everybody! Welcome to Today's Webinar Diagnosis and treatment of gaming Use Disorder presented by Jeremy Eberley and Janet Johnson. My name is Jesse O'Brien I'm. The Director of Training and Professional Development here at Nadak, the Association of Addiction professionals.

I will be your facilitator for this training experience with me today behind the scenes is our training and customer care specialist, Alison White, who will be addressing any issues or questions you may have that are not specifically for our presenters. So you have a lot of support here today.

just to remind you we are using Zoom Webinar for today's live event.

You will need notice the zoom control panel that looks like the one on my side. Here it's at the bottom of your screen 3 main items to be aware of on the menu. The first is the chat box I see. Most of you are chatting right now, and I figured out the chat box feel free to chat with each other, make comments in the chat box.

or for us, the panelists or to other attendees. The second is the Q. A. Box. It's the Q. And a. Icon at the bottom of your screen. If you open the Q. A. Window, you can ask questions to the host for the panelists.

They will either apply to you by a text in the Q. A. Window or answered your question, live? And actually today they're gonna be answering questions periodically throughout the presentation. So Don't hesitate to put your questions in the Q. A. Box, and then, when they invite questions, I will throw them to them to answer. So get those in there. You can also upload questions that you see that you like.

and any questions that we have towards the end we'll do it. A. Q. A. At the end of the Webinar before we wrap up. Lastly, we do use Zoom now for closed captioning and live transcript has been enabled, if you would like subtitles, just click on the live transcript button and select show subtitles.

I believe Allison put a link for the handouts where you can find a Pd. Of the Powerpoint slides in the chat box, and so I do drop it again, because I know it's moving pretty quickly with everyone chatting in there

just a reminder that every needac webinar has its own web page that contains everything you need to know about that particular Webinar. Additionally, the home for all of our content is now in the Nadak Education Center. So when you click on that little button

access education are registered. And now for free, that will take you into our Nadak Education Center, where you can get access to all of our courses and on demand on demand webinars as well as live ones. This will include all the ceases and certificates that you are now, and going forward.

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Jessie O’Brien, NAADAC: So after this live event ends you can navigate to the see Quiz by clicking on the link in the Thank you. Box and the live event. Thank you, Box, or you will receive an email soon after this Webinar ends. It also contains the link to the ce quiz.

So once you click on the link to the C Quiz, complete the questions, submit your answers, and pass the see quiz with the score of 80% or higher, then the system will walk you through completing the Survey evaluation and accessing your Ce. Certificate.

Jessie O’Brien, NAADAC: Right? So let's meet our presenters. Jeremy Eberley, of Lincoln, Nebraska is a license therapist who's been providing services to individuals, groups, couples, and families since 2,010.

Jessie O’Brien, NAADAC: in 2,000, and 17. Jeremy was the lead researcher in a study focused on the prevalence of fantasy sports among Nebraska college students. These findings were presented at the National Gambling Conference in Portland, Oregon, in July of 2,017.

Jessie O’Brien, NAADAC: as well as at other conferences throughout the country. In July of 2,020, Jeremy joins services with Janet Johnson, his co-presenter, today successfully establishing alternative avenues in lincoln Nebraska. His current area of interest is the intersection between gambling use disorder and gaming use disorder, as these 2 disorders appear to share a great deal of similarity and comorbidity.

Jessie O’Brien, NAADAC: We also have with us today Janet Johnson, who has been working as a counselor for the past 16 years. In 2,005. Janet obtained her master's degree in counseling, as well as her gambling certification. She focuses on mental health, addictions and gambling disorders.

Jessie O’Brien, NAADAC: and in October of 2019, Janet won the Nebraska Counseling Association, counselor of the year award, and then in 2020 Janet and her associate associate, Jeremy, who's here, began their private practice. Alternative avenues located in Lincoln, Nebraska.

Jessie O’Brien, NAADAC: Janet's clientele consists of individuals families youth and adults specializing in serving couples and family members affected by addictions, so I will invite them to join me. I'm gonna take myself out of the picture and pass this over to them.

Jeremy R. Eberle: Thank you, Jesse.

Jeremy R. Eberle: All right. Everyone give me 1 s. I'm gonna get to share screen. Oh, we got. I think it's a okay Jesse, Can everybody see our screen?

Jeremy R. Eberle: The presentation?


Jeremy R. Eberle: Hang on one side.

Jeremy R. Eberle: Okay, now we got it up there. Okay. All right.
Jeremy R. Eberle: Well

Jeremy R. Eberle: getting started here

Jeremy R. Eberle: just a couple of housekeeping orders on our end. We have a lot of information to cover. If for some reason we do not get to something, or we are not able to answer a question Anybody has. Our email will be located at the

Jeremy R. Eberle: end of this presentation. So feel free to email us. We'd be happy to talked about this more with anyone. It's a topic we're very. We're both very passionate about. So

Jeremy R. Eberle: please feel free to.

Jeremy R. Eberle: Okay. So our objectives we're going to talk about the signs of symptoms of gaming these disorder, and how you sort of arrive at your diagnosis. We'll talk about the negative effects and the co- more vivid the disorders that go along with it. Some proceed, the gaming, some seem to come with or after the gaming.

Jeremy R. Eberle: but we want to make sure that we're we're covering that for you. And then the treatment strategies. They

Jeremy R. Eberle: little disclaimer for copyright purposes.

Jeremy R. Eberle: Okay, where we're going to start first is, what do our gamers get from the activities? I I think, when you're looking at a behavior.

Jeremy R. Eberle: it's easy to focus on what the behavior is taking away

Jeremy R. Eberle: from an individual when you're talking about unhealthy use, but it's also important to look at what they're getting from it. So for our game. Is it

Jeremy R. Eberle: very competitive. So they get that that dough for me. Russia, enjoy playing

Jeremy R. Eberle: the games to compete against themselves, competing as the machine computers others. So there is a competitive drive that fills along with this, and it's a way for people to

Jeremy R. Eberle: get that, not because of that competitiveness. Oftentimes what we are seeing from our younger gamers is that it is a higher prevalence of boys or males.

Jeremy R. Eberle: and so we do see that our females they are more on the social.

Jeremy R. Eberle: just doing more social activities online, whereas the gamers like I said early

Jeremy R. Eberle: or or more of your mail

Jeremy R. Eberle: clientele that you do see with that competition.
Jeremy R. Eberle: There's also connection to peers, and this this really started to go on a hyper drive with the pandemic. It was a way for us to stay connected, and as parents. Many of us feel like, yeah, it's Stay, connect with the friends what we have to stay in, and so there is a sort of

Jeremy R. Eberle: connection they will feel to

Jeremy R. Eberle: their peers, but also to people they've never met in real life.

Jeremy R. Eberle: They'll talk. I've had some of my gamers talk as if they're in a relationship with Youtube streamers

Jeremy R. Eberle: because they've followed this to such a degree. So they're developing parasocial relationships

Jeremy R. Eberle: with

Jeremy R. Eberle: individuals online that they've never met or interacted with, but they still feel close to them like they know them. Status is also of the example of this. Some gamers won't even let you see

Jeremy R. Eberle: them play the game. They won't play with their friends until they have achieved a certain level of status.

Jeremy R. Eberle: because they want to be seen, as I've already made it to this level. So there is a status within being good at the game, being able to

Jeremy R. Eberle: having the best

Jeremy R. Eberle: skins. Things things of that nature are important this, and to be able to be conversant in these conversations is also really important. Because

Jeremy R. Eberle: if they don't

Jeremy R. Eberle: have this, if you can't converse about why this is important to them. They will struggle to take

incredibly

Jeremy R. Eberle: the

more credible to

Jeremy R. Eberle: some games involve a lot of creativity. When you're talking about for the open world games. Final fantasy. You need to

Jeremy R. Eberle: world warcraft and things like that being able to create your own avatar. your avatar things of that nature
Jeremy R. Eberle: involve creativity, and

Jeremy R. Eberle: that will be very appeal. It also is an escape. And when you get into more of the diagnostic criteria you will notice that, being one of

Jeremy R. Eberle: things that they're drawn to. It is. It becomes a nice escape from all the stressors over.

Jeremy R. Eberle: I can just get in here. There's a level of confidence I have.

Jeremy R. Eberle: And then there's also a level of achievement that happens within a game that I may feel like i'm lacking

Jeremy R. Eberle: in your life.

Jeremy R. Eberle: And

Jeremy R. Eberle: so they get that tangible marker of success. So if they had a bad day in school or bad doing work, being able to go into this

Jeremy R. Eberle: allows them to escape from those negative feelings and create a feeling of No, I'm actually fine.

Jeremy R. Eberle: All right. Next, we'll do our diagnostic criteria. So preoccupation is the first one that we talked about. So when they think about the game when they aren't playing it.

Jeremy R. Eberle: I was described it. So we're from Nebraska. We have to work when

Jeremy R. Eberle: are growing up in Nebraska. Many of us had to work in the corn fields, and it's sort of like when you

Jeremy R. Eberle: you get out of the long day of the tasseling or something. Close your eyes. You can still see rows of corn. Well, I've had gamers describe similar things to me that they can close their eyes and still see to join it.

Jeremy R. Eberle: or they'll think about the game

Jeremy R. Eberle: with family members like. I wonder how this is going. I wonder what my friends are doing on the game? Am I using ground where they'll relive

Jeremy R. Eberle: their experience in a game?

Jeremy R. Eberle: Some of my gamers with higher social
Jeremy R. Eberle: difficulties, whether it be inside or or something along those lines, and I have them start talking about the Jane. It's like a whole new person was in my room.

Jeremy R. Eberle: They're very engaged. They're smiling. They're laughing. They're telling me everything about this, and and I just caught up in that you forward when you fall

Jeremy R. Eberle: Withdrawal is another thing that you'll experience when you're working with jam. If if they're committed to one to abstain completely.

Jeremy R. Eberle: you can come very here to a little frustrated with not being allowed to play. I've had some parents talk about their kid and coming violent when the game is taken away or the devices taken away.

Jeremy R. Eberle: So it's. It's very real that you will see this

Jeremy R. Eberle: tolerance tolerance in gaming and similar to how you do, how you define it with gambling.

Jeremy R. Eberle: so it's both more money and more and or more time

Jeremy R. Eberle: to get the same effect.

Jeremy R. Eberle: If you ever tried to talk to your kiddo about. Okay, you only have 21 min on this game. I've had some kids that won't It's not even worth the that.

Jeremy R. Eberle: That's that's nothing that doesn't do any attention. It's the same as offering an alcohol with one beer.

Jeremy R. Eberle: I mean. They might take it, but they're not going to be happy about it.

It doesn't do anything

Jeremy R. Eberle: for what they're looking for.

Jeremy R. Eberle: And at this point we start to lose interest in other hobbies and or people. So the game against take over more and more of their focus. Now this will start to get justified by this is just what i'm into. So my fault, my friends, aren't into it.

Jeremy R. Eberle: but

Jeremy R. Eberle: it just starts to fade away. Everything gets plugged into the game. Well, people talk to her people to play again. You know.

Jeremy R. Eberle: activities that we're involved in are to play again. The only money we earn is we earn in order to spend a lot of money.
Jeremy R. Eberle: So you start to see that develop more and more to some more and more. The justification also goes into. I have one general, and tell me that because he is in the classroom

Jeremy R. Eberle: learning all day he didn't get to talk to his peers. And so that's why, when they go home they could play the game amongst each other. And so this is very much the social time. Oddly enough, though, there there's very little communication between the peers

Jeremy R. Eberle: when they're together in person, so it's kind of interesting to see how that loss of interest in people becomes a multi layer.

Jeremy R. Eberle: Issue

Jeremy R. Eberle: continued use despite negative consequences. This is usually around the time that people start to.

Jeremy R. Eberle: They'll have family members complaining, trying to restrict the gaming. striking bargains, thinking, get rid of the gaming. We might be running out of money or their grades begin to suffer usually.

Jeremy R. Eberle: or at least with us, in our practice. It's great beginning to software is the most common one that we've had when people start to come in.

Jeremy R. Eberle: But

Jeremy R. Eberle: family members will notice decreased socialization outside

Jeremy R. Eberle: and things of that nature. But usually it's when there's a tangible. We can point to this and say, okay, now you're getting lower grades.

People tend to come

Jeremy R. Eberle: lying about the amount of time or money spent on gaming. I always like to point out in that one that's not a moral lie. That's it.

Jeremy R. Eberle: Time and money money becomes monopoly money. It's just kind of it's fantasy. Time is a pigment. And so you really don't you're not able to trap a lot of that stuff. And you know, as Jeremy always points out, how often do we actually break down.

Jeremy R. Eberle: How much are

Jeremy R. Eberle: our account is? So if somebody ran over on their phone bill, or you see something outlandish, do you really sort of point to it. You're just trying to say kids get off the devices, or you know we did cut. Cut this back or knock it off, but rarely do we like actually start to itemize out? Oh.

Jeremy R. Eberle: this is what's going on. And so, you know we yell about the bill, but we didn't really
take the time to. you know, piece it out.

Jeremy R. Eberle: I mentioned before

Jeremy R. Eberle: gaming with state negative means, or the stress in the situation. They're working with Gamer this the other day. This was an

Jeremy R. Eberle: great example to

Jeremy R. Eberle: had been unemployed. Bill collectors were calling.

Jeremy R. Eberle: and you and Tunnel. I need to get a job.

Jeremy R. Eberle: That's what he said the first time that we met, and I was like, okay. He comes in the next week, and

Jeremy R. Eberle: he's in more distress. In the session

Jeremy R. Eberle: I said, Well, how's your week up? It was fine until I was driving here, and I was like, oh, yeah, what was happening is the drive over here? Something I start thinking about all the stuff that I was supposed to do and didn't do, because anytime I would get anxious or start thinking about my finances. I would still

game.

Jeremy R. Eberle: and then none of that stuff will get done. But I felt better.

Jeremy R. Eberle: so I felt like I had a really good week, and then I got in the car to drive here, and I was like, oh, no, we didn't actually have. because I kept avoiding

Jeremy R. Eberle: all the things that were causing me stress. Now, that's off, because you have to take because those yeah, yeah.

Jeremy R. Eberle: it's gonna happen. If you go to starting to avoid you, do remind them of their distressing situation. And so, you know definitely an individual who is motivated to change it just doesn't feel good.

Jeremy R. Eberle: So the good news is, does now have a job. But that that second week I was like you get good insight into

Jeremy R. Eberle: what he was doing. Just didn't know how to stop it or slow it down.

Jeremy R. Eberle: Jeopardizing school work for home relationships. See this a lot, and I think the home relationships are important because oftentimes you only think of this in the context of parent to child.

Jeremy R. Eberle: But i'm seeing this a lot in
Jeremy R. Eberle: younger engaged couples and or younger married couples as well.

that this is how I be stressed. You can't be mad. At least i'm not drinking up here

Jeremy R. Eberle: kind of stuff, but they'll still end up in

Jeremy R. Eberle: in our office because it's causing problems. And a lot of times when it happens in those relationships. And we can definitely talk about that more is that individuals or couples they might

Jeremy R. Eberle: actually neat, because they have gaming as something that they enjoy doing with one another. Or it was something that they 2 of them would do. Maybe they would have a game night, or whatever case might be, and eventually one sort of moves on while the other one stays stop.

Jeremy R. Eberle: And so you know Well, I want to get a house, and you know, or I want to advance in my career, or we want to have a family, and one is like, Well wait a second is what we always have done. And so that's kind of what happens in relationships. A lot of time is one for to stay stuff all the other one wells.

Jeremy R. Eberle: and we need 5 or more of the criterion. We're considered to have the disorder.

Jeremy R. Eberle: Jesse, do we have any questions so far

Jessie O'Brien, NAADAC: we do. Yes, yes, we do. Okay. You just tell me when to stop, because i'll just start going through. So first is, has there been an increase in this behavior with online peer-to-peer gaming versus offline.

Jeremy R. Eberle: Oh, very much so very much so online

Jeremy R. Eberle: seem to have opened the Pandora’s box of because it also became more socially acceptable in that things. Because then it was why I am playing

It sounds

Jeremy R. Eberle: We're just doing it online so very much, so

Jessie O'Brien, NAADAC: awesome. Okay. what are the gender and age stats on gaming Use disorder, please

Jeremy R. Eberle: indicated

Jeremy R. Eberle: it was about 75% boys that were more likely to have

Jeremy R. Eberle: the gaming issues.

Jeremy R. Eberle: But interestingly, young ladies were coming up
Jeremy R. Eberle: behind that. That was a growing audience, and continues to grow.

Jeremy R. Eberle: Now they may play different games than the boys will, but there is definitely a market for it.

Jeremy R. Eberle: and

Jeremy R. Eberle: it it is starting to even out a little.

Jeremy R. Eberle: Now, that's that's probably at least a couple of years old. So I need to make sure I make that disappointment.

Jessie O'Brien, NAADAC: Okay? Amber asks what it says. Thinking about the game when not playing. Do we differentiate thinking about the game from thinking about guild dynamics or friends in the game that are related to the game.

Jeremy R. Eberle: Excellent question. Yes, I think one of the things that is different about it is that

Jeremy R. Eberle: you can. I guess the way I would phrase it is

Jeremy R. Eberle: if you put it in terms that are a little more my age

Jeremy R. Eberle: like I may think about going to a party and drinking. But am I thinking about getting drunk, or am I thinking about. Who am I going to see?

Jeremy R. Eberle: Okay, so it's more about.

Jeremy R. Eberle: What am I thinking about? So it is a great question to be asking when people are talking about.

Jeremy R. Eberle: you know. Well, I think about the game a lot. What are you thinking about? You think about the relationships within the game, or you thinking about just the game itself, and how you're going to get better at it, or something you want to try

Jeremy R. Eberle: or something. You did try, and so it's an excellent question.

Jessie O'Brien, NAADAC: Awesome.

Jeremy R. Eberle: Okay, that they're like flying in. So you just tell me when you want to keep moving. Okay. So

Jessie O'Brien, NAADAC: okay, so simple question is gaming the same thing as playing video games.

Jeremy R. Eberle: Yes, in general. Yes, in general, I would say, Yes.

Jeremy R. Eberle: that's yeah.
Jessie O'Brien, NAADAC: Okay.

Jessie O'Brien, NAADAC: is it it? I don't know if you know the answer to this, is it relatively common for individuals with autism to use gaming for stemming?

Jeremy R. Eberle: Yes, that's so fantastic. You're they're they're they're anticipating. So I love it. You have a great audience. So with that we'll go on to the social. Okay, so many let me know when you need one.

Jeremy R. Eberle: Okay, perfect. Okay. So getting into the social skills in a lot of ways, social media video games have changed the way we interact. I don't know if you've noticed this, but, like I have twin nephews, they don't text any much. Now. They'll want to snapchat me.

Jeremy R. Eberle: and i'm old, and I don't really know what that I i'm not good at it, but that's how they would prefer to touch the so they'll I. We see more computers, more discord servers

Jeremy R. Eberle: to communicate on more Snapchat.

Jeremy R. Eberle: then actual like what I understand didn't text it. And there, my no, this is testing

Jeremy R. Eberle: one of the things that we notice is social and exact. Social interactions tend to be more transactional and impersonal.

Jeremy R. Eberle: One of the things that you'll see is that if somebody is not matching the grade in terms of

Jeremy R. Eberle: being as good at the game as their peers. They may just stop being invited. and because it is about No, we need to get better at this. We need to do

Jeremy R. Eberle: more of this, and so they will start to

Jeremy R. Eberle: get disinvited or left behind. If they're not as good something They'll hang in there for a little bit, but not for a terribly long time like you either get better or you're not going to make it

Jeremy R. Eberle: the transactional part of it tends to be more. What can this person do for me?

Jeremy R. Eberle: What

Jeremy R. Eberle: I I work with a guy that really wants to do? Youtube Channel started.

Jeremy R. Eberle: and he was telling me about his friend. I was like, what did you 2 bond over? It says, Well, he has 20 K followers. What were we not bond of? I was like, Well. what's he about? And actually this other person kind of drives him crazy.
Jeremy R. Eberle: But you can sit around just in case you can use that later to make his channel more powerful.

Jeremy R. Eberle: When we talk about this, we're also talking about how it affects our mirror neurons, and the way we can. Really.

Jeremy R. Eberle: I don't know if you guys notice this, but I feel more connected like if i'm looking at

Jeremy R. Eberle: if i’m looking at Janet, I feel more connected in that conversation. Well, there will be times within games that people are never looking at their peers, and so it does affect the way in which we communicate, because suddenly I have a lot more people trying to figure out. What does this mean? They can't see the person they're communicating.

Jeremy R. Eberle: Does this mean? This person is mad?

Jeremy R. Eberle: I've had people in relationships over something that may or may not have been

Jeremy R. Eberle: an actual

Jeremy R. Eberle: fighting offense, but because they interpreted it

Jeremy R. Eberle: in incorrectly.

Jeremy R. Eberle: So why why are we moving away from more traditional home to communication? So I've asked a lot of my appliances. And why Why don't you go your friend's house? Because when I was growing up, if we play video games, it's 2 people playing together, and if there's 5 of us 3 of us on the account watching them play. And then when somebody loses somebody else gets to play.

Jeremy R. Eberle: and that's how we play video.

and that's not the way it is anymore.

Jeremy R. Eberle: so they can communicate faster with each other. They can.

Jeremy R. Eberle: They don't have to look at each other, so rejection tends to hurt less is what they're telling me, but it still gives them a sense of like. We're really connected. because you're always on when I bought.

Jeremy R. Eberle: and so there's a false sense of needs being mad. but they may not actually know who the some of the people they are are talking to.

Jeremy R. Eberle: They they won't know the identities of this person in real life

Jeremy R. Eberle: or irl. Does my game just keep telling me. and so that those things are interesting to me in the fact that this is my best friend.
Jeremy R. Eberle: Oh, so you guys have hung out. Well, I'm going to do online.

Jeremy R. Eberle: But I was like, what did you feel I don't know. What do they do when are they in school? I don't. you know. There's a lot of things that feel to me like important questions that I would want to know the answer to. And, my friends.

Jeremy R. Eberle: they're not important to that. What is important to them is who they are in the General

Jeremy R. Eberle: interestingly, even though we're more connected than ever. I don't think this comes as a shock to anyone practicing. Our people are experiencing a lot more loneliness.

Jeremy R. Eberle: A lot of my gamers struggle with

Jeremy R. Eberle: romantic interactions not going, have a flirt. having no interest in it. Less such sexual activity amongst teens and young adults

Jeremy R. Eberle: I always give this to this my favorite example of one of the rationalizations. One of my gamers told me that he wasn't willing to date anyone before he turned 25, because his prefrontal cortex is not developed yet.

Jeremy R. Eberle: and he didn't want to date. While brain. Down. Okay. was what he told me.

Jeremy R. Eberle: and I I enjoyed it, but I was it. Would you want to practice that skill? Nope, not telling 25,

Jeremy R. Eberle: and it does become kind of that black or white. And so you know, we think that that's a good thing that there's less sexual activity amongst our teams and young adults. And yes, that is, that's great. However, there's less there. It's not even an interest, and I think that's the part. To really kind of point out is the interest seems to be

Jeremy R. Eberle: way decline. And because again they're they're getting all of their sort of needs met in vain rather than face to face.

Jeremy R. Eberle: And so when they're not playing the game. There is that sensible there is a sense of isolation, and just as it says, some more anxiety and depression start to creep up.

Jeremy R. Eberle: And so we're seeking activities where we feel more competent, where we can kind of show up our skills. And so that way everybody can see that.

Jeremy R. Eberle: And I think that that's what I say. The part of it that when we have one activity, when we feel really competent.

Jeremy R. Eberle: but not in other areas.

Jeremy R. Eberle: which is part of adolescence is just
Jeremy R. Eberle: not feeling very confident in things. Then, if we only have one area we feel covered in, and we keep going back to that area at the expense of developing.

Yeah.

Jeremy R. Eberle: And I think that's the the vendor issue we're seeing was with that inability to full or that more loneliness. There's also a very risk averse strategy towards like. I'm not going to take her risk to try and make a friend or do something.

Jeremy R. Eberle: get a date because I can get all those needs met here, and

an area I already feel confident.

Jeremy R. Eberle: and as we'll talk about it as we go further, those it, those abilities are demonstrated while in the game. But there, you know, the fear of demonstrating those in real life is just very

Jeremy R. Eberle: okay.

Jeremy R. Eberle: Some of the harmful effects that we see there's a higher unemployment rate amongst males in their twenties. Now that was pre pandemic that wasn't just as a result of the pandemic.

Jeremy R. Eberle: But there was a higher unemployment rate

Jeremy R. Eberle: sort of a failure to launch kind of situation.

Jeremy R. Eberle: They can cause problems with grades, aggressive thoughts made, and behaviors may be present for those who play video games that are may be considered incessantly violent. This doesn't mean, i'm saying.

Jeremy R. Eberle: video games cause violence, and it just be a bundle of clear. It's more a matter When is somebody starting to play these terms? When are they getting

Jeremy R. Eberle: in the activities, and at what level are they doing involved. So that's where you see. So the aggressive thoughts and behaviors

Jeremy R. Eberle: when you, when you think about developmentally, your children under the age of 10, are kind of in that magical play, the imagination play. And so they're going to act out because they're still forced to go to school and play it recess. And so they are going to act out what they have played with fortnite

Jeremy R. Eberle: or minecraft, or in case might be.

Jeremy R. Eberle: and you know, so you're going to see aggressive behaviors, but that actually starts to

Jeremy R. Eberle: reduced significantly after the age of 1011, 12 years of age, because they're now doing those in the game, and that we forget how to play outside. We forget how to play with others, you know,
as recess goes away further into education, we're not acting that out in the.

Jeremy R. Eberle: And so that's that's kind of how that yeah.

Jeremy R. Eberle: I mentioned more difficulty with relationships and

Jeremy R. Eberle: some for social interaction.

Jeremy R. Eberle: One of the things that's interesting about what we talked earlier about. They can get all of their needs to. There is a high correlation between game and pornography.

Jeremy R. Eberle: it getting that pornography. But there's also in some games there are ways in which

Jeremy R. Eberle: to participate in erotic role plan.

Jeremy R. Eberle: A final fantasy is an example of one of these where you can pay someone else we're using in game currency.

Jeremy R. Eberle: Pay someone else to

Jeremy R. Eberle: have a sexual role, play with your character, your avatar and their avatar.

Jeremy R. Eberle: And basically you're writing an online story of how the 2 avatars or 3 avatars are having sexual relations. And so

Jeremy R. Eberle: I've worked with a lot of people who have been involved in that kind of. and those bonds can be very strong because they think they're in a relationship

Jeremy R. Eberle: with this person, but they're essentially paying

Jeremy R. Eberle: for paying Indian currency for selves.

Jeremy R. Eberle: But there's no physical touch happening, so it it does get all of our need to that. And

Jeremy R. Eberle: as this continues to develop, there will be more and more opportunities for things like this.

Jeremy R. Eberle: I was talking to one of my gamers about Haptic, since they are being developed right now. The first thing to me is that 100% we use for sets. It was a first thing you said didn't even pause

Jeremy R. Eberle: I was in. I hadn't considered that said, oh, that's the only thing I thought of.

It comes to that.

Jeremy R. Eberle: And I thought that was really interesting that if you picked up on something I hadn't
considered that

Jeremy R. Eberle: the only other thing I want to point out is that with the higher unemployment rates around the if the males in their twenties. We're also seeing under employment rate. Then, as they get into their later twenties and thirties, because

Jeremy R. Eberle: if I have to work more, I get to play less. And so the underemployment which then goes into your couples for those that are in a relationship

Jeremy R. Eberle: that definitely impacts some of those marital goals or relationship goals that you can have financially.

Jeremy R. Eberle: So it's fun to think that out.

Jeremy R. Eberle: Okay, increased risk of AD. D. And or Adhd do the high interactivity of the video games our attention span just as as a species is decreasing.

Jeremy R. Eberle: I I have your boys drift, and it's a book that one of the things that it talks about is that our attention span has significantly deep fruits. I think right now we're below the hummingbird.

Jeremy R. Eberle: And so it's really interesting to see the way because we have so much interactivity. We're actually becoming less wired for

Jeremy R. Eberle: lowered metabolism.

Jeremy R. Eberle: So we're moving us when we're playing games. And when we're eating or when we're playing games.

Jeremy R. Eberle: a lot of game. A lot of individuals who play games will

Jeremy R. Eberle: struggle to understand if they're hungry or not, and it just kind of

Jeremy R. Eberle: we talked before. One of the things we're noticing is high incidence of sugar.

Jeremy R. Eberle: I don't know what the correlation is with that.

Jeremy R. Eberle: Yeah, but we're seeing a lot of

Jeremy R. Eberle: with, and there's some obvious ones that we can definitely come up with is such as you know, trying to stay alert, and, you know, keep themselves wa longer, so that sugar rush. But there it does appear that there is something a little bit deeper

Jeremy R. Eberle: that we're noticing, and it's something that we're trying to kind of dive into as well

Jeremy R. Eberle: Muscle, skeletal disorders that can happen so gamers thumb. So the thumb tendons become inflamed and slow, and then individuals can have a difficult time
Jeremy R. Eberle: moving moving his phone

Jeremy R. Eberle: there through your finger where your finger gets stuck in a bent position because you're doing it so often.

Jeremy R. Eberle: Tennis elbow can also infer. And then what we call tech neck, where

Jeremy R. Eberle: you're so used to looking down that you can actually hurt the

Jeremy R. Eberle: muscles of your neck, and you're not. They're atrophy up there, and as far as looking out, so a lot of things can happen. Well, I think you know i'm watch my 10 year old play on his video game because it's not like we don't have. You know that's the other thing is we're not.

Jeremy R. Eberle: It's not that we're saying, Don't have games, so you know. Please understand. But you know we're just saying, be aware. But I was watching my 10 year old play, and of course, you know he's scooted way down, and his neck is in a funky position, and i'm like, Are you all right? It's like what's wrong, you know. So

Jeremy R. Eberle: you know, we are sitting in funky positions when we're playing.

Jeremy R. Eberle: So it's just interesting fun to watch.

Jeremy R. Eberle: Okay, Comorbid disorient

Jeremy R. Eberle: Adhd. We've talked about

Jeremy R. Eberle: autism, spectrum disorders, and very much for swimming things like that

Jeremy R. Eberle: it Those those 2

Jeremy R. Eberle: are there. Pornography addiction is is also big

Jeremy R. Eberle: depression and anxiety, a high rates of social anxiety.

Jeremy R. Eberle: and these individuals and a lot of times the social anxiety predated

Jeremy R. Eberle: the gaming activity. The game activity is one of the ways that dealt with the social anxiety.

Jeremy R. Eberle: gambling, use, disorder. We're going to talk more about that, because that's the one that's really closely related, because

Jeremy R. Eberle: in both disorders. The use of random reinforcement is very 5,

Jeremy R. Eberle: and so I think that's important to know, like what we're
Jeremy R. Eberle: what we're getting out of this. And why is


Jeremy R. Eberle: Now, substance use to order. You can see that as a comorbid disorder, most of the time will at least where we're working. What we see more of is the substance use disorder? Who dated the gaming.

Jeremy R. Eberle: and a substance uses the primary, whereas with some of the other ones. That's not necessarily

a chance.

Jeremy R. Eberle: I mentioned. We were going to talk about gambling and gaming. So here are the criteria for both that are the same

Jeremy R. Eberle: preoccupation, tolerance, withdrawal.

Jeremy R. Eberle: loss of control. escaping distressing situations are moved lying about the extent of the behavior and jeopardizing relationship jobs, or schools.

Jeremy R. Eberle: Now, there's 2 that are different.

Jeremy R. Eberle: and I don't know that they're different. Or if we just haven't been studying, gaming, use disorder and mouth with financial

Jeremy R. Eberle: gambling has 2 criteria solely based on finances, the first one being relying on others to.

Jeremy R. Eberle: we believe, a financial burden or a gambling council is referred to as a financial bail out and chasing losses. Now

Jeremy R. Eberle: my experience with gamers have been that they do both of these things. It's just not in the criteria.

Jeremy R. Eberle: As an example. I had a guy.

Jeremy R. Eberle: Mom and Dad got their tax return. It was on a debit card. You spent the entire tax return.

Jeremy R. Eberle: and 2, those 2 or 3, those on on his video.

Jeremy R. Eberle: and as far as chasing losses. I've had people get really angry when they lose and they'll get right back in the game to kind of
Jeremy R. Eberle: what they say. Get even with the people they're playing against. So do you see that chasing losses there as well?

Jeremy R. Eberle: But we haven't made it to diagnostic criteria. But I think it's very important to note those 2 things because of do thing at some point we're going to have to look at that a little bit.

she per.

Jeremy R. Eberle: because money is in neither disorders money. The drug money is the tool that enables me to use the drop. And if we're not looking at that, I think we're you're wearing the risk and missing something.

Jeremy R. Eberle: Okay. So before we get into treatment options, we're going to talk a little bit about what other countries are trying Didn't actually do. If you want to ask Jessie, is there any questions?

Jeremy R. Eberle: Yeah, there's quite a few. Let's see.

Jessie O'Brien, NAADAC: So, Jacob, as is there a correlation between types of game played and their potential for addictions, so are some games more addictive than others racing, first person shooters, fantasy, etc.

Jeremy R. Eberle: I think it depends to answer your question. It depends a little bit on the type of person you know. So in gambling use disorder, we have

Jeremy R. Eberle: like action gamblers, and in gaming this disorder one of the best books I read on it is Mark Griffiths has a book.

Jeremy R. Eberle: and it talks about the different types of gamers that exist.

Jeremy R. Eberle: and for them, like there's one called

Jeremy R. Eberle: machine Leaders, and their whole goal is to be

Jeremy R. Eberle: the mission, and so they They'll be drawn towards the game where it's really complex. It takes a lot of time.

Jeremy R. Eberle: and there's a lot of intricacy involved, but they Won't want anybody else to watch it. So it's not usually like a super popular game.

Jeremy R. Eberle: but you will have people that are drawn towards first person shooters game, and you can give them candy crush.

Jeremy R. Eberle: and they're not going to get addicted to that. Now, if you give them fortnight, or you give them call of duty. Now, this is something that's tripping trippingly, Trigger a little. But so I hope that kind of answers the question. You have people that are drawn more towards the competitive side. They're going to be drawn towards more than the first person Shooter games. There might be people that are
looking to escape more. They're gonna have

Jeremy R. Eberle: more the open world games where they can create and things like that.

Jessie O'Brien, NAADAC: All right. Thank you. Next question. Is there a correlation between time spent gaming as a child and developing Adhd? Or is it rather that

Jessie O'Brien, NAADAC: children with those disorders are more attracted to gaming?

Jeremy R. Eberle: I think it's a little bit of both to be perfectly honest with you. There's not been any research definitively showing that yet, like the amount of Time

Jeremy R. Eberle: triggers, this we already knew that individuals that had gaining use Disorder and adhd

Jeremy R. Eberle: People with Adhd. We're drawn towards the what we have also seen is the inverse, where it can be hard for them. They may not have had the symptoms before, but now, after coming out of the room, this is what they are having. A harder time

Jeremy R. Eberle: staying focused on on other tasks.

Jeremy R. Eberle: I think the other part also is that we, you know, as you can see from the slide.

Jeremy R. Eberle: You know they they want like no more than 3 h per week, and

Jeremy R. Eberle: the thing that we oftentimes desire greatly, as we all do is for some form of you know, 2 h a night, or you know how many days per week, and that is really kind of child dependent.

Jeremy R. Eberle: And so there's there's a

Jeremy R. Eberle: the situation called a flow. State

Jeremy R. Eberle: that your kiddos that we, as a humans, get into, and it's kind of where we we tune out the rest of the world, and we're just focused on the event or the

Jeremy R. Eberle: activity in front of us, and we all seek it. It feels great. But how long should we stay there, and that again is up to the up to every individual.

Jeremy R. Eberle: so as kind of a good rule of thumb

Jeremy R. Eberle: a lot of times, if i'm talking like I said. I got 10 year olds. He has twins, and

Jeremy R. Eberle: a lot of times if you call out their name, and they can't hear you. They've been in it too long. And so because they've tuned out the rest of the world.

Jeremy R. Eberle: And so that's kind of again, it's very. It's very individualized. And so, unfortunately, we don't have
Jeremy R. Eberle: a time stamp that we can put on flying.

Jeremy R. Eberle: That answers the question.

Jessie O’Brien, NAADAC: I went to a

Jessie O’Brien, NAADAC: or I. I was talking to a friend recently who told me they went to a presentation

Jessie O’Brien, NAADAC: and on adolescents and sort of social life. And and they were. They saw both

that said. Video games are so integral to growing up these days that not playing video games tends to be

an indicator that a child is socially disconnected.

Jeremy R. Eberle: not not necessarily incorrect. It. Like it is, it has definitely

Jeremy R. Eberle: permeated most of our lives that industry is the video game. Industry makes more

money, and then movies sports and

Jeremy R. Eberle: music combined. And so it is very much

Jeremy R. Eberle: assign the popularity to be able to play the games, and so that's

Jeremy R. Eberle: very accurate.

Jeremy R. Eberle: Again, it's it's not a matter of playing

this problem.

Jeremy R. Eberle: It's. When does it start to become when the game starts purely qualified

Jeremy R. Eberle: for for a person? And we were working with a family one time, and the mom was the

the child that we were working with was on the autistic spectrum, and the mom was very concerned.
Okay, If he doesn't play these games he's going to get left behind. There's nothing to say or talk about

with his peers.

Jeremy R. Eberle: And so it's not like we want to take it away. It's like it's probably fine.

Jeremy R. Eberle: But again, how long can that kido be in the game before anger starts to, you know, act

out, and at the same time in getting him off of the game.

Jeremy R. Eberle: You know that is different than you know. I I don't know about you like growing up.
Mom or Dad may just walk by and turn off the television. And you know, you do that to one of these

gamers, and they're gonna really they're gonna lose their mind.

Jeremy R. Eberle: And so that's where for this individual it would be able to say, okay, you have 20 min,

and there, oftentimes you have to be like a physical touch to sort of help. Bring them back out of it, and

you know you've got 20 min. You've got 10 min in 3 min. We're going to turn this off so that there was a
definite shut down period.

Jeremy R. Eberle: and if it one particular interaction it was like, okay, but wait a second. I'm just building this. It's gonna take about this much more time.

Jeremy R. Eberle: and that was awesome, because that was the child being able to converse with the parent. Here's my goal. Here is what I'm doing. and you know. So when they were able to have a dialogue about it, it definitely worked with getting them out of the gaming in a way that was healthier and much happier in the whole.

Jessie O'Brien, NAADAC: Got it? Thank you.

Jessie O'Brien, NAADAC: Do you want another question. Or do you want to keep going? Okay? Well, insurance cover achievement for this diagnosis? I know it is not in the Dsm. 5 yet. Is there another disorder that is used to treat

Jessie O'Brien, NAADAC: this disorder in lieu of not being approved yet. I guess another decoding that people use. Maybe

Jeremy R. Eberle: a lot of times. I think it does depend a little bit. Insurance will not cover it

Jeremy R. Eberle: on its own. In Nebraska we're lucky in the fact that

Jeremy R. Eberle: gamblers assistance program sees this as another form of gambling

Jeremy R. Eberle: and sort of training

Jeremy R. Eberle: training young gamblers.

Jeremy R. Eberle: and so they allowed to treat it under them.

Jeremy R. Eberle: But also there are, you will see a lot of those core molded disorders.

Jeremy R. Eberle: Anxiety, anxiety, depression, will be there, and you're going to treat well as we get into the true one portion of it. You'll see how we work on treating

Jeremy R. Eberle: those issues so that they can. They have more avenues to to explore the

Jeremy R. Eberle: Thank you, Jesse. Yes, and so some of the things that other countries are trying in China. Anybody, 18 or under, are restricted from playing for more than 3 h per week. What happens is that I believe it's 80'clock Friday night They get to play, and then there's a time period on

Jeremy R. Eberle: Saturday, and then on Sunday, and that that is governed by China that is not governed by the household or by the family. and you know, so it took that decision out of the home to make sure
they're playing. Time is definitely being restricted.

Jeremy R. Eberle: And so it

Jeremy R. Eberle: South Korea has over 400 tech addiction centers in 2,011. They developed the Cinderella law.

Jeremy R. Eberle: which is that video game is on the age of 15, not allowed to play video games after midnight.

Jeremy R. Eberle: One of the things. South Korea had a couple of really not in cases that happened.

Jeremy R. Eberle: In one instance.

Jeremy R. Eberle: A couple had a baby that they were. They're a physical live baby. and that child ended up dying for malnourishment because Mom and Dad were busy playing a game where they were feeding a virtual.

Jeremy R. Eberle: and that they They kind of forgot to take care of their kid.

Jeremy R. Eberle: And there was another situation where an individual had been dead for 72 h, and the Internet cafe sitting next to other gamers who were playing, and it wasn't until he started to smell bad that somebody noticed.

Jeremy R. Eberle: Then he wasn't functional.

Jeremy R. Eberle: And so after that they really started to take a more proactive approach to the treatment of this.

Jeremy R. Eberle: Okay. the treatment part we're going to get on to now.

Jeremy R. Eberle: So while this may appear outdated, we want to explain why we use this in

Jeremy R. Eberle: as sort of a a guide post, because you look at the values of stages 4, 5, and 6. You really see that that's where our

Jeremy R. Eberle: our youth are struggling when it comes to

Jeremy R. Eberle: gaming is developing these these categories, these values in my life, and because they're not developing, and they just, they seem to be stopped

Jeremy R. Eberle: in

Jeremy R. Eberle: at somewhere in this this age range mentally, even regardless of biological age.

Jeremy R. Eberle: And so
Jeremy R. Eberle: we use this as sort of a guidepost, and we'll see us reference it throughout the so we should have.

Jeremy R. Eberle: Okay, so stage 4 intimacy versus inferiority or industry versus inferiority.

Jeremy R. Eberle: Intimacy is later, son. So one of the things that I think is important, and we'll see that we use some motivation in this, too.

Jeremy R. Eberle: is in order to teach someone a sense of competency. First, I need to know what they want to achieve. My gamers usually come in with different goals necessarily to me. Their family may have. or may I? I can have for them honestly when I hear their sort. Some of them will. I want it to stop being okay, and in some situations that is possible you can do some harm reduction.

Jeremy R. Eberle: But first you need to start with. Can you achieve your goal?

Jeremy R. Eberle: So I want to know what is your goal first. and then we'll start to explore those barriers and see what we can do around those barriers right now with an individual.

Jeremy R. Eberle: he wants to better connect with his girlfriend. She has a problem with the and so it says.

Jeremy R. Eberle: I've kind of got it figured out that to meet the needs of our house and our relationship I can still play an hour and a half about.

Jeremy R. Eberle: and so his goal is an hour and a half, an I, and to not go over that. and he's doing really good. And then she went out of town for a weekend. and that he kind of binged on that. But it was more a matter of being able to look at. Okay. But how do you determine what you want to achieve? And why are you with us? Because it isn't just about connecting to it about any of the responsibilities that he feels in the house.


Jeremy R. Eberle: she wasn't there, so it wasn't a problem on that end. But in terms of giving the responsibilities done. he said, I had to scramble to clean, and I didn't do a very good job by the time she got home, because it basically just bins for for 2 and a half days.

Jeremy R. Eberle: and so he was able to have that insight into his behavior to see like while it looked harmless. It actually caused me a lot of stress. I want to p you back
on that, too, because in purples, one of the things that we often see is that you know, an individual may say.

Jeremy R. Eberle: you know okay, Well, I game when she's asleep, or when he's, you know.

Jeremy R. Eberle: when one of the or the other is is asleep.

Jeremy R. Eberle: And what happens then is that they're not getting that physical touch either. And so, even though it's not necessarily your partner may not be awake.

Jeremy R. Eberle: You're also not creating intimacy. And so you're Oh, excuse me, so that's my There, there's still that sense of separation.

Jeremy R. Eberle: No, the goal was achieved where i'm. Only gaming when it doesn't affect anybody.

Jeremy R. Eberle: but in reality it does affect others. And so, even even looking at like

Jeremy R. Eberle: how they're wanting to gain, or what does that take away from or add to the relationship is good. To be able to utilize sort of that weight of. Is this a good goal? Or is it not

Jeremy R. Eberle: one of the things that I I really want to stress when working with the

Jeremy R. Eberle: is how much work needs to be done. We build on confidence to you

Jeremy R. Eberle: that they can be a change in their own life.

Jeremy R. Eberle: I will have a lot of them come in and say like, well, I I can't socialize without the

Jeremy R. Eberle: I can be a different person in the game, but I can't do it without that. and it's because at some point in their development

Jeremy R. Eberle: they made a decision about themselves. One individual I worked with it was the fifth grade.

Jeremy R. Eberle: The went to try and make a friend

Jeremy R. Eberle: with this new kid, and new kid rejected him, and he's like Well, I must be bad at making friends.

Jeremy R. Eberle: and that was the conclusion he reached, and at 25 that was still the conclusion he had about herself.

Jeremy R. Eberle: although he Hasn't, tried it, since that was still the conclusion that he had, so he immediately made a decision

Jeremy R. Eberle: about himself in the fifth grade that he felt was here remarkable. and so, being able to
kind of help them rewrite that narrative of okay, that is, who I was. But is that who I am?

Jeremy R. Eberle: Because you seem to have that ability in the game to make friends. So what's different about online you versus in real life, you and so I want to show them they have a lot of these skills that they believe they don't have.

Jeremy R. Eberle: It's just that they struggle to implement them when there's a chance of rejection.

Jeremy R. Eberle: thanks to face

Jeremy R. Eberle: utilizing their competitive drive.

Jeremy R. Eberle: I don't want to take that away from them. I want them to use it towards achieving their goals. And so, looking at.

Jeremy R. Eberle: you know

Jeremy R. Eberle: my individual wanted to find a job. He set a goal for himself that he was going to apply for 5 jobs that would.

Jeremy R. Eberle: And

Jeremy R. Eberle: he text me the next day, and he's like I did 5 jobs today.


Jeremy R. Eberle: What if you set a new goal? And it had not occurred to

Jeremy R. Eberle: use it? Oh, I guess I could do that.

Jeremy R. Eberle: So you set a goal for? Okay? Well, then, maybe if I do that, I could do it. 35 jobs this week. Well, that's a possibility.

Jeremy R. Eberle: He came in with 30, and so, but I think I could do 35.

Jeremy R. Eberle: And so it was something that he was not challenging himself to view more

Jeremy R. Eberle: one of the things that's interesting there, I want to make sure I touch on. Here is individuals with gaming use, disorder and failure.

Jeremy R. Eberle: Public failure can be very ownful for any of us, as you know.

Jeremy R. Eberle: For some reason I have a lot of my individuals that really really struggle with this concept of it will

Jeremy R. Eberle: to have a friend and see them not succeed in James.
Jeremy R. Eberle: It almost feels like they would rather be caught with their kind of staff. It's just that acutely painful, because it's so much their identity.

Jeremy R. Eberle: good at the game. So, failing at the game. or failing to achieve their goals.

Jeremy R. Eberle: is something that we have to normalize that we all sort of failed to live up to our standards of perfection. But it's definitely, very real and painful.

Jeremy R. Eberle: in working with family members in this particular area. It's being able to help the families understand again what the individual's goal is versus what the family goal is may not match right away.

Jeremy R. Eberle: and you know, having your family members just sort of, you know.

Jeremy R. Eberle: Let's let's sort of achieve one thing at a time, because they always want to make the plan better. And so we we struggle with that a little bit, and then also not rescuing failure.

Jeremy R. Eberle: And so you know, so that there can be some confidence that is built in my ability to, you know, not make the goal, but try again another day. And so that's, you know, helping family members like, Where can they be supported? And where can they help success? And where do they need to? Just sort of back off?

Jeremy R. Eberle: Yeah, Exactly.

Jeremy R. Eberle: Okay. Resetting the definition right? Play just real quick to that. No, that that is definitely more important. And we'll talk about that with treatment strategies for families. But resetting that definition

Jeremy R. Eberle: in terms of like you mean outside, you tend to

Jeremy R. Eberle: with people in real life

Jeremy R. Eberle: being able to see that that's not just playing the video game.

Jeremy R. Eberle: I, When we work with families we really want to work on like. How do you qualify other things as as playing? So

Jeremy R. Eberle: okay. So I mentioned the fear of failure, both professionally and socially.

Jeremy R. Eberle: One of the things it's been interesting to me is that a lot of individuals, the participating
games are very smart. They can see a lot of negative outcomes and try and mean behaviors. So a lot of times it will.

Jeremy R. Eberle: you know, talk about decision paralysis from Eric myself. But

Jeremy R. Eberle: why smart people hurt that if you can be anything

Jeremy R. Eberle: like how terrifying is that? That's really scary. If i'm smart enough to be anything I may not want to try all those things. So now, suddenly i’m taking fewer genes, or only participating in games that i'll win, because

Jeremy R. Eberle: then

Jeremy R. Eberle: I don't experience that feeling the failure

Jeremy R. Eberle: I have, I think I told you. Well, I mentioned for the gamer that won't

Jeremy R. Eberle: wait there, won't play unless you feels like it's good enough to win.

Jeremy R. Eberle: I also have an individual who, in order to try out, is this gaming.

Jeremy R. Eberle: You know, skills? He definitely looked for a group that was much younger than him.

Jeremy R. Eberle: And so, you know, he was 18, playing with a bunch of 10 year olds, and they were just the 10 year old was like. Oh, my gosh! You're so great! You're so great!

Jeremy R. Eberle: And that fed him enough so that he had the confidence to then try people his age.

Jeremy R. Eberle: and so it's definitely. They won't play until they feel like they're competent, or they're They're good at the skills to

Jeremy R. Eberle: to be competitive

Jeremy R. Eberle: by an individual this difficulty breaking the market as an influencer or a sports player. I' an individual that was very suicidal, because it couldn't get it

Jeremy R. Eberle: a subscriber count over 400.

Jeremy R. Eberle: I was experiencing a high degree of suicide because i'm not good enough. Never mind that. The algorithm constantly changes for things like Youtube, and which

Jeremy R. Eberle: to promote different things. It was I'm not good enough to predict what's going to be the next popular game. Well, if you guys don't want to watch.

Jeremy R. Eberle: and so a lot of his sense of industry was caught up in how many subscribers he had.
Jeremy R. Eberle: So it was interesting to watch how

Jeremy R. Eberle: we had to walk through that. And even though full time Job doing fine otherwise, but that was the only thing is making them very, very suicide at all.

Jeremy R. Eberle: Again, without confidence. These clients Don't, know who they are outside of the game. and we've talked about that with inferior failure, because if i’m if i'm not good here.

Jeremy R. Eberle: and i'm not good in real life. Where am I doing?

Jeremy R. Eberle: And so a lot of times they just differ back to the game because I can get better at the game.

Jeremy R. Eberle: But I don't know that I can get better at life.


Jeremy R. Eberle: It's for the definition where we're looking for is to know who you are and to be the same person as required.

Jeremy R. Eberle: Typically, what we're seeing is, this is a time when people would try on new behaviors. Anyway, this would be

Jeremy R. Eberle: the equivalent of going to college and trying on.

Jeremy R. Eberle: I'm going to be

Jeremy R. Eberle: fashion choices things like that. Well, now we're doing this with our avatar. I have people trying out different genders.

Jeremy R. Eberle: trying different looks as their avatar

Jeremy R. Eberle: and sort of getting a L. They can sometimes get a little bit lost, and there's those 2 things, and then view those as 2 separate people. So the individual was talking about the didn't feel like he was very good at socializing

Jeremy R. Eberle: because of something that happened in the fifth grade. He could tell me his avatar was very good

Jeremy R. Eberle: and forming relationships. He was not.

Jeremy R. Eberle: And

Jeremy R. Eberle: so looking at like, Why, who is voicing

Jeremy R. Eberle: the
Jeremy R. Eberle: But that's me playing this person? So if he was in a role he could do well if he wasn't in a role in his mind, it wasn't

Jeremy R. Eberle: wasn't at all possible.

Jeremy R. Eberle: So we have to do some skill building so that they can get a static view themselves like it's the same person from.

Jeremy R. Eberle: and both of those situations.

Jeremy R. Eberle: whether it's in real life or not in real life it's merely that the fear is higher.

Jeremy R. Eberle: a lot of times for us to have the values, cards, or can be very helpful for this to figure out

Jeremy R. Eberle: what is important. Who do you want to be? And how do we start pursuing it? Those behaviors?

Jeremy R. Eberle: So

Jeremy R. Eberle: all that.

Jeremy R. Eberle: Yeah, I think we've covered that that part.

Jeremy R. Eberle: Okay, stage 6 intimacy versus isolation again helping them with intimate relationship difficulties. helping a lot of them with their relationship with pornography

Jeremy R. Eberle: in terms of how often are we using it. Is it a barrier?

Jeremy R. Eberle: Because we will have a lot of individuals? There's significant others. We'll talk about a lack of sex drive. Well, that's not necessarily accurate that they don't have a sex drive it's just being spent

Jeremy R. Eberle: in pornography. Because

Jeremy R. Eberle: I've got to explain it to me. Really. Well, it was like, walk me through.

Jeremy R. Eberle: Why, you would rather turn to pornography, because it's always there. Ever turn to me down. I don't have to do the dishes

Jeremy R. Eberle: in order for it to work. and it just it's simpler where I

Jeremy R. Eberle: Yeah, definitely seeing this in young couples, and also with the the Pornography news lot of times, the violence of pornography is something that we're seeing then being acted out in couples.

Jeremy R. Eberle: And so I have a lot of couples that come in, and either the sex drag is very low, or when there is sex drive, getting partner is not always comfortable in the act that they're that they're
performing.

Jeremy R. Eberle: and so being able to be very comfortable in being able to talk about sexuality. And what is. You know something that is intimate. And how do you Redefine?

Jeremy R. Eberle: You know how how couples to sort of engage with one level.

Jeremy R. Eberle: because that is, they definitely don't know. And we are seeing a lot of games that have pornographic

Jeremy R. Eberle: components to them.

Jeremy R. Eberle: Again, you want to point out the difference between the personal narrative and the game narrative, as they may think. Their avatar is very essentially active, but they are not well. It's still the same person who side.

Jeremy R. Eberle: But you're more confident in this part.

Jeremy R. Eberle: You are in real life, and so, being able to

Jeremy R. Eberle: walk them through that and started to role play conversations about how to be more confident in real life.

Jeremy R. Eberle: Okay, we're gonna we're gonna try and get through this as quick. I want to be cognizant of time. So

Jeremy R. Eberle: a lot of

Jeremy R. Eberle: our individuals may have at least about the world to keep them stuck. So we will use the the motivational interview to challenge these belief and break them out of contemplation stage.

Jeremy R. Eberle: I want to get them in trying new activities and be able to see like that's where successes. Maybe it's finding a job finding a new hobby or relationships. Maybe one for one person is simply being able to smile at all.

Jeremy R. Eberle: for when he was on his college campus another guy was taking a shower. 5 days out of 7

Jeremy R. Eberle: was where we had to start. The being able to start there helps them see the the Change agent. They can be in their world.

Jeremy R. Eberle: So in working with family members. We do hear a lot about the you know the personal hygiene we've been had all the roommates that have. You know, My, i'm supposed to tell you. My roommate thinks that i'm messing.

Jeremy R. Eberle: And so, you know, we have had lots of complaints about that, because we are so
wrapped up in the game. The personal hygiene does take a back seat, and so it may be a goal of brushing your teeth once a day.

Jeremy R. Eberle: you know, preferably 3 times. But that's okay. or taking a shower once a day.

Jeremy R. Eberle: So it's definitely that motivational piece of it, which then also helps them feel competent when they want to, and confident when they want to interact outside again.

Jeremy R. Eberle: And so it's. It's really sort of starting from kind of a scratch when you want to help them re-engage in a life

Jeremy R. Eberle: Okay, with different different phases, different stages. You'll want to try some different things. So with

Jeremy R. Eberle: pre contemplation clients like, I'm just trying to build report because a lot of times these individuals are coming in because of the outside question. So that's where I start with what you want out of therapy. Now, what everybody else

Jeremy R. Eberle: wants out of therapy, because they they'll be me as the person who's going to take the vans away. I would love to find that kind of power and me

Jeremy R. Eberle: when dealing with any of the people behavior. But I don't have that kind of power.

Jeremy R. Eberle: so I want them to see that. like we're gonna work on the goals you want for yourself. And so then we can get into the advantages of disabilities.

But first I have to build that report.

Jeremy R. Eberle: We're not going to get

Jeremy R. Eberle: once they get into contemplation. By this point they're seeing some issues in their lives, but they may still want to keep it so you can try some arm reduction things, doing pros and cons lists a lot of times. I like to use their terms. So

Jeremy R. Eberle: when we go for a job. Dinner leveled up today

Jeremy R. Eberle: so that they can start to you. I'll use their vernacular, but also be part of like this is what leveling up in life looks like.

Jeremy R. Eberle: and helping them try to find that balance if they're trying to harm them.

Jeremy R. Eberle: So my individual that wanted to do an hour and a half ago. That's not an outrageous goal.

Jeremy R. Eberle: But
Jeremy R. Eberle: what do we do when we, when we struggle with that? How do we

Jeremy R. Eberle: rebound when we've had

Jeremy R. Eberle: a a bad day, because a lot of times they're like, Well, i'm just yes, i'm just gonna have
to do this forever. Now. Well, No, not necessarily get a bad weekend. Not necessarily bad life.

Jeremy R. Eberle: Helping them see if they can maintain that boundary

Jeremy R. Eberle: and physical and emotional connection with the outside world is is very important. So
we'll prescribe things like walks.

Jeremy R. Eberle: conversation with family members and friends.

Jeremy R. Eberle: The So

Jeremy R. Eberle: once we once we've gotten out of that, and we're getting into some of the motivation, if
if I can at all get somebody to take 90 days off from their game, I would be happy to do that. I don't often
get to start them

Jeremy R. Eberle: most of the time. They're wanting to start with harm reduction.

Jeremy R. Eberle: So but when I can get them there.

Jeremy R. Eberle: and

Jeremy R. Eberle: that's that's a lot of fun. So we'll start to do things like developing the new hobbies
logging productivity. See what a week looks like without the zoom versus a week with the

Jeremy R. Eberle: and

Jeremy R. Eberle: when i'm working with individuals in the contemplation

and pre contemplation phases, I am always looking to kind of get us to

Jeremy R. Eberle: where we can start to look at taking a break and doing other things. and then helping
them pass through those stages of 4, 5, and 6. But

Jeremy R. Eberle: it first we have to get them to that motivated was

Jeremy R. Eberle: definitely the goal is to expand the activities so that they see themselves being able to.
You know.

Jeremy R. Eberle: sort of decompress in multiple ways rather than in one way. And when there's a
stressor there is many things that they can do rather than one activity that they've been doing to prevent a
stress. And so that's when you have a motivated individual, they're willing to be a little more exploratory,
and they trust the therapeutic relationship in that

Jeremy R. Eberle: to try new things. Which, again is a is a lot of fun in the therapy.

Jeremy R. Eberle: Okay, if I have somebody that is willing to try to

Jeremy R. Eberle: You just continue their gaming. One of the things that i'm looking for is, how do I help them? Replace some of the chemicals that we're naturally get them. So

Jeremy R. Eberle: we'll look for other areas. They can participate in dopamine based activities so they can be competitive in other areas. Whether it's a cell or with others

Jeremy R. Eberle: exercise listening to music.

Jeremy R. Eberle: One of the biggest things I talked to about by me with my individuals is creating lists that have tangible rewards. So

Jeremy R. Eberle: apply, you know, when I apply for a job or an interact with 5 new people, what is my reward out that I get out of that.

Jeremy R. Eberle: as Janet mentioned, like being able to broaden that scope of what are other rewards I can use besides getting back again.

Jeremy R. Eberle: and then we have some

Jeremy R. Eberle: so diet things that individuals can do to kind of help with dopamine deficiencies that are happening as they're in the with all phase.

Jeremy R. Eberle: Again serotonin. So if I have individuals that are really wanting that created zoom or being able to participate in this open world games, i'll folks that a little bit more towards some of these activities.

Jeremy R. Eberle: Coding activities is so learning how to code is something that a lot of my team gaming individuals are really excited about. They want to do that.

Jeremy R. Eberle: and it's also a way to be creative. So they really get excited about that.

Jeremy R. Eberle: Trying New things will help with serotonin. adding some vitamins

Jeremy R. Eberle: and getting out getting outside. Basically as many times i'd get it somebody outside. I'm

Jeremy R. Eberle: if they're missing the connections that they form on those

Jeremy R. Eberle: on those games. Because again, lot of those relationships are transactional. So the minute you stop playing the game, the relationship style.
Jeremy R. Eberle: and that can be really, really
difficult for individuals. So we talk about spending time with friends in real life,
participating in some kind of volunteer or altruistic behavior.

Jeremy R. Eberle: I do. The 5 friends activity with Dunbar. Sometimes you know who are your 5 friends?
How do you know they're in your 5 like that?

Jeremy R. Eberle: If they're really socially anxious. And this, and they don't have many relationships, but
they seem pretty capable of taking care of a PET,

Jeremy R. Eberle: All. you know, participating with something like that can be helpful

Jeremy R. Eberle: as well

Jeremy R. Eberle: to reduce some of the anxiety the weighted length. It's very much help the stuff in the
most tactile to the sensories, and also very good yoga with some music and creating

Jeremy R. Eberle: anything that they can. The the oxytocin definitely is, you know. getting that from
having real light interactions again.

Jeremy R. Eberle: Okay, strategies for panel.

Jeremy R. Eberle: This is when we have younger individuals. So

Jeremy R. Eberle: some of the things we talked about is talking to some of the teams about what they're
experiencing online. Explain to your kids what highlight real phenomena on it, just because it looks like
all your friends are always out and good time doesn't mean that that's what's happening.

Jeremy R. Eberle: Nobody posts the trash on Facebook.

Jeremy R. Eberle: And so

Jeremy R. Eberle: or if they're experiencing fomo, they're afraid of missing out. So they need to be
online, you know, being able to talk to the kids about these experiences is really important.

Jeremy R. Eberle: It's also I I just want to plug in there. There's also strategies for panel, you know, just
to kind of go back and reiterate sometimes, especially with our college students, sometimes families.
Aren't always

Jeremy R. Eberle: as supported as we need them to be

Jeremy R. Eberle: in the treatment process. And so it is kind of assessing. Where and when should family
members be brought in? And so when we're talking about listening to them about what they're
experiencing online sometimes. That's not always safe or family members to be able to hear, because
they're still exploring. Who am I
Jeremy R. Eberle: when we go back to the Erickson stages of development. Sometimes they're dealing with sexuality. They're dealing with religious beliefs. And so.

Jeremy R. Eberle: you know, really kind of talk to your individual first before you bring in family members full force, and then, when it is appropriate definitely, families can be very supportive and helpful.

Jeremy R. Eberle: Okay, setting rules and boundaries. I want to make sure I hit this most user agreement because it's on the quiz. Most user agreement suggests the age of 13 before things are introduced

Jeremy R. Eberle: a lot of times. We're introducing these devices and or these

Jeremy R. Eberle: games before that age. But I think that's not a bad thing to kind of have.

Jeremy R. Eberle: and as a as a marker modeling this appropriate screen time is also very important. I get this from a lot of parents that their kids will say, Well, you're on your phone all the time, and they'll say, I get to be. I'm a i'm a parent.

Jeremy R. Eberle: Well, that's not like you need to have like device for zones

Jeremy R. Eberle: areas. We're working that thing.

Jeremy R. Eberle: And so that's what we mean by modeling. Appropriate screen time.

Jeremy R. Eberle: One thing to stress. If you're dealing with family, and you're dealing with parents. This is not a matter of fault. It is finding a way to increase positive family time, because a lot of families.

Jeremy R. Eberle: We'll come in and see them a great deal of shame that while I gave this to them I didn't know this would happen. Nobody in this was gonna happen. So it's not a matter of fault. It's a matter of learning. What are we doing now?

Jeremy R. Eberle: What

Jeremy R. Eberle: I want to go through this, especially on dealing with younger kiddos.

Jeremy R. Eberle: One of the things that's really important on this play section is being able to look at

Jeremy R. Eberle: the difference between associative and cooperative play

Jeremy R. Eberle: when they share materials and talk to each other, but they may not be coordinating play versus cooperative. Let me organize themselves into roles with specific goals in mind a lot of times we're seeing less of the cooperative plan. There may be associative play.

Jeremy R. Eberle: but there are things less cooperative play and individuals with gaming this disorder. So that's an important extension.
Jeremy R. Eberle: Here we have some indoor breaks you can take with younger kiddos.

Jeremy R. Eberle: There's a ton of them there. We live in Nebraska. So you know, Good! 5, 6 months out of the year. It's not always that fun to be outside so definitely wanted to give some ideas of what individuals can do in the home inside, depending where age gym memberships are always outbreaks


Jeremy R. Eberle: definitely continued their okay. all sorts of okay. Well, now, we're ready for questions.

Jessie O'Brien, NAADAC: All right. This is a lot of questions with some of the most that i'm saying.

Jessie O'Brien, NAADAC: All right.

anything that we don't get to. Also, we'll email to you so you can answer. And then we post those on our

Jessie O'Brien, NAADAC: on the web page as a resource. So

Jessie O'Brien, NAADAC: okay. So first one here I've worked with several folks. Excuse me in recovery from Sd. Who have developed a gambling problem while maintaining a CD. Recovery, but not recognizing some of the similar behaviors. Drivers. Have you seen anything similar with gaming?

Jeremy R. Eberle: Oh, very much. So yeah, very much. So

Jeremy R. Eberle: the tends to be

Jeremy R. Eberle: that, you know people are drawn to things that will increase the those chemicals in the brain. So

Jeremy R. Eberle: with su their disorders, they will find themselves really really attractive to

Jessie O'Brien, NAADAC: someone, as if there's a correlation between Cannabis specifically and gaming.

Jeremy R. Eberle: Yes, it at least

Jeremy R. Eberle: I I see that a lot and a lot of times with it. It. It appears the cannabis is there. First.

Jeremy R. Eberle: The game is an add on to

Jeremy R. Eberle: the cannabis use that doesn't mean in all instances, but in the majority of instances I've seen, I've seen that when the research tends to bear that out.
Jeremy R. Eberle: Not when individuals get involved in highly competitive games like, we can participate in sports, though they won't.

Jeremy R. Eberle: It won't do that so it'll kind of ruin what they're what they're going for.

Okay.

Jessie O'Brien, NAADAC: This is asking about the correlation between shooter games and actual incidents of violence.

Jeremy R. Eberle: There are, there are some what most of the research tends to indicate is this was an avenue

Jeremy R. Eberle: for individuals to

Jeremy R. Eberle: practice, but not necessarily that it is creating more violence, but it wasn't

Jeremy R. Eberle: an incident to

Jeremy R. Eberle: participate in this behavior without it being socially unacceptable yet. but

Jeremy R. Eberle: in terms of causal relationship. Haven't seen that. But there is some at least anecdotal evidence that they are drawn towards this. And yeah.

yeah.

Jeremy R. Eberle: they are drawn towards first-person shooter games. If they have violent tendencies. I guess what I'm trying to say.

Jessie O'Brien, NAADAC: Okay, thank you.

Jessie O'Brien, NAADAC: Have you seen a lot of using drugs as performance enhancers in gaming use disorder?

Jessie O'Brien, NAADAC: Is there a correlation to higher amounts of drugs used in the higher competitive levels of gaming.

Jeremy R. Eberle: I I haven't seen that in in the competitive market. but like in in the sports, in terms of that. But I have seen some of my gamers tell me they do better when they're hot out

Jeremy R. Eberle: on marijuana. So

Jessie O'Brien, NAADAC: okay.

Is there a detox for gaming use disorder. I know it's not a chemical, but I would imagine there might be withdrawal symptoms.
Jeremy R. Eberle: What was that? Sorry I got distracted by the chat? Is there. Oh, yeah, very much. It detox.

Jeremy R. Eberle: If you're looking at somebody pointing the first week is going to be very, very difficult. There will be a lot of irritability.

Jeremy R. Eberle: A lot of
Jeremy R. Eberle: interestingly sweating happens. A lot lot of increased heart rate things like that.

Hmm.

Jessie O'Brien, NAADAC: That's interesting.

Jessie O'Brien, NAADAC: Do you potentially see the feature of this addiction being as destructive as drug alcohol, use disorders. If so, are there treatment plans being outlined that lead to abstinence?

Jeremy R. Eberle: Yes, and yes, okay, I do believe I believe it will be slightly different than it is with substance. Use. then, like alcohol use, because with alcohol a lot of times, all the individuals say like this got me

more social to start

Jeremy R. Eberle: with my gamers, even though they will talk about like. Well, i'm able to socialize online.

Jeremy R. Eberle: It's being able. The treatment plans as far as abstinence is teaching them like. No, you're still the same person. That was funny

Jeremy R. Eberle: on the game.

Just need to be able to broaden your

Jeremy R. Eberle: hobbies into more than just again.

Jeremy R. Eberle: So yes, there are. There are abstinence models that work with this very thing that that we're talking about.

Jeremy R. Eberle: the one that we found the most success with is challenging them to kind of work through

Jeremy R. Eberle: the underlying issues that are happening.

Jeremy R. Eberle: I hope that answered that question.

Jessie O'Brien, NAADAC: Thank you. Okay. This one just moved up to the top here.
Jessie O'Brien, NAADAC: I think it's important to include the narrative of intimacy looking at different orientations in the LGBTQ+ community, for example, asexual identities exist, and they typically value emotional connections as opposed to sexual. So they avoid pornography and gaming.

Jessie O'Brien, NAADAC: They typically mentioned, they were aware of their sexual orientation at a young age before gaming or Internet use. I wonder if there is research regarding asexual folks as linked to gaming or Internet use.

Jeremy R. Eberle: It's a great question. I do not. I have not read any of the research on. I have not found any research on it. Yet I think it would be a very project, because I have. I've had at least one client who

Jeremy R. Eberle: was involved

Jeremy R. Eberle: in very emotional connections.

Jeremy R. Eberle: but was asexual, and and found that to be safer because there was no expectation

Jeremy R. Eberle: of sexual behavior and so developed the emotional connection

Jeremy R. Eberle: online and was able to avoid

Jeremy R. Eberle: the the part that felt very unsafe for not unsafe. Isn't the right word. It was just not what they were into.

Jeremy R. Eberle: and so I do think it's a definite area of further research that you need to address.

Jessie O'Brien, NAADAC: Thank you. Let's see how we did. I'm gonna do one more quick question. What is an appropriate time for a person to be on a game

Jeremy R. Eberle: again. It does. It does depend a lot on on the individual. I like Janet's sort of explanation of if

Jeremy R. Eberle: they're distracted to outside activities. If you try to say their name and they can't fear you, or or no longer paying attention to you. They've been on too long.

Jeremy R. Eberle: and we can kind of pair down from there and be able to say, okay, this seems to be too long for us. We need to do something.

Jeremy R. Eberle: you know, under this amount of time. Suddenly you're getting You're very UN engaged in what's going on, and all

Jessie O'Brien, NAADAC: all right. Well, we are out time, so we'll send the remaining questions to you so that you can go through and answer them.

Thank you both, Jeremy and J. So so informative. Obviously people are very engaged and have a lot of
questions about it. So it was a a wanted topic.

Jessie O'Brien, NAADAC: just a reminder that after this live event you can navigate to the Ce quiz by clicking on the link in the Thank you, Box, or you will receive an email soon after this webinar ends that also contains the link to the Ce quiz.

So once you click on the link to the C Quiz, complete the questions. Some of your answers and pass, then the system will walk you through completing the survey evaluation and accessing your Ce certificates.

Jessie O'Brien, NAADAC: a few upcoming events to put on your radar we are continuing our 2,023 Webinar series, with some amazing webinars on May twelfth we have part 3 of incorporating the family into treatment and recovery, integrating black, indigenous, and people of color, communities and families into recovery systems.

And then, on the nineteenth, we had part 4 in that same series, trauma, integrated family programming and addiction treatment.

Jessie O'Brien, NAADAC: On the 20 fourth we have another Webinar in our Free Webinar series, a fire within, working with the rage of trauma and oppression. And then on the 20 fifth, we have a part 4 of our Peer Recovery Support Series, Peer supervision, leadership, and live experience with our own Kyle brewer.

Jessie O'Brien, NAADAC: Just a reminder. We have an announce the launch of the Rtr Relational Trauma repair certificate program that was created in collaboration with Dr. T on Dayton.

Jessie O'Brien, NAADAC: If you're interested in the certificate program, or the 2 Day training that teaches

Jessie O'Brien, NAADAC: the sociometric processes that are included in Dr. Dayton's latest book.

Jessie O'Brien, NAADAC: i'd recommend. You. Check out the web page at the bottom of this slide there, and just your reminder to if you're not a member of maybe consider joining. There's a lot of really wonderful benefits, including

Jessie O'Brien, NAADAC: access to a lot of free cease, which is a huge benefit. That's my favorite, anyway. Thank you so much for being here today. Thank you so much to Jeremy and Janet for a wonderful presentation. Stay in touch with us. We hope to see you at a Webinar coming up soon, and I hope everyone has a really good rest of your week. Take care.