

Psychology of the Web And Internet Addiction: Symptomatology & Intervention

Seminar with Dr. Ofer Zur, Ph.D.

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April 7, 2011, from 1:30 pm to 3:30pm

The presentation will review the emerging fields of Psychology of the Internet, Internet Addiction, and Online Gaming. It will review on the increased tension between parents/educators and children regarding Internet use, overuse, and abuse. The lecture will discuss issues of Internet use, over-use, and abuse, and online gaming, and will explore the application of the addiction model to Internet Addiction and Online Gaming Addiction. Additionally, it will provide some ideas about assessment and interventions with those who abuse or become addicted to the Internet or to online gaming.

Syllabus

- Digital Anthropology & Participatory culture
- Digital Immigrants vs. Digital Natives
- Parents, children and the digital divide
- Digital Footprints & Online transparency
- Multitasking, hopping & attention span
- Cyberspace as psychological space
- Cyber Activities: Social Networking, texting, gaming, videos, etc.
- Addiction 101
- Two approaches: Abstinence vs. Control Use (Harm Control)
- On Internet use, over use, abuse, and addiction
- Causes of Internet addictions
- Internet Addiction Disorder: History, definitions, debate, DSM
- Types, scope of Internet addictions
- Signs of Addiction
- Assessment of Internet addiction
- Interventions
- Digital hygiene, Balance, & CyberWellness
- Summary, Q&A, & Evaluation

Timeline

1:30:00 PM to 2:15 PM - Part I: Psychology of the Web

- Digital Anthropology & Participatory culture
- Positive & negative aspects of digital technologies
- Digital Immigrants vs. Digital Natives
- Digital Footprints & Online transparency
- Multitasking, hopping & attention span
- Cyberspace as psychological space
- Cyber Activities: Social Networking, texting, gaming, videos, etc.

2:15 PM to 3:15 PM - Part II: Online Gaming

- Addiction 101
- Abstinence vs. Control Use (Harm Control)
- Causes of Internet addictions
- Internet Addiction Disorder: History, definitions, debate, DSM
- Types, scope of Internet addictions
- Signs of Addiction
- Assessment of Internet addiction
- Interventions

3:15 PM to 3:30 PM - Part III: CyberWellness

- Digital hygiene, Balance, & CyberWellness
- Summary, Q&A, & Evaluation

References/ Resources:

- Prensky, M. (2001). Digital Natives, Digital Immigrants. *On the Horizon*, 9 (5), October 2001. MCB University Press.
- Rosen, L.D. & Weil, M.M. (1997). *The Mental Health Technology Bible*, John Wiley and Sons.
- Shaffer, D. W. (2008). Education in the Digital Age. *Digital Kompetanse*, 1(3), 37-50.
- Suler, J. (2004). Computer and Cyberspace Addiction. *International Journal of Applied Psychoanalytic Studies*, 1, 359-362.
- Young, K., & Klausning, P. (2007). *Breaking Free of the Web: Catholics and Internet addiction*. Cincinnati, OH: St. Anthony's Messenger Press.

Zur, O. & Zur, A. (2010). On Digital Immigrants & Digital Natives: How the digital divide creates conflict between parents and children, teachers and students, and the older and younger generations. Online Publication: <http://www.zurinstitute.com/internetaddiction.html>