Internet Gaming Addiction Course Syllabus *

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Psychology of technology
• Introduction to the Psychology of Technology
  o Utility and impact of computer technology
  o Positive & alluring aspects of computers, Internet and online gaming
• Stressful aspects of technology
  o Overwhelmed due to informational overload
  o Undesirable features of the Internet
  o Consequences of techno-stress
• Technology, sense of time and pace of life
  o Co-evolution of speed, technology, community, humanity
  o Technological myths: “Time is money!”
  o Types of time
• Generational digital divide
  o Styles, types, modalities, length, Synchronistic vs. A-synchronistic
  o Multitasking and the generational digital divide
  o Differences in social networking, media consumption, values, relationships to technology, work, authority,
• Solutions: Dealing with techno-stress, digital divide, information overload etc.
  o Application to Singapore

Consequences of watching violence on videos, movies and online gaming
Nature of addiction
• Introduction to addictions
  o Types
  o Diagnosis
  o Addiction as a process

Internet and Gaming Addiction: An Introduction
• Internet addiction:
  o Is it a mental disorder?
  o What is “healthy” or “normal”?
• Internet gaming: Scope of problem across the globe
• Computer games
  o Types & Genre
  o The dynamic of Player-Parent-$$
  o Progression and traps

* Schedule, sequence and timing of presentations may change as needed
Warning Signs of Playing Internet Gaming

- Online Gaming Addiction main warning signs
- Behaviors to look for in assessing excessive usage

Assessment and Causes of Internet Gaming

- Assessment of Internet Gaming Addiction
  - Signs of gaming addiction in children
  - Signs of gaming addiction in adults
  - Internet gaming addiction – Self assessment
  - Beard and Wolf’s Criteria for Maladaptive Internet Use
  - Self assessment of gambling addiction
  - Internet Addiction Test
  - reSTART Internet Addiction Recovery Program – Assessment
  - Survey for youth
  - Diagnosis of Internet or Gaming Addiction: Diagnostic Criteria for Internet Addiction for College (DC-IA-C)
- Causes of gaming addiction
  - Cultural
  - Familial
  - Psychodynamic
  - Socio-cultural
  - Behavioral
  - Bio-medical

Typology-Subtypes

- Cyber-sex Addiction
- Cyber-Relations Addiction
- Net Compulsions
- Information Overload
- Computer Addiction

Risks and Negative Effects of Internet Gaming

- Co-Morbidity
- The special risk at colleges and university campuses
- Negative effects of Internet gaming addition:
  - Physical, Emotional, Work, School, Stalking, Bullying, Porn, Desensitization to violence, Predatory behavior
- Internet Addiction: History and Debate
  - Terminology
  - Alternative view: Phases in use of Internet
    - Gambling and Internet addiction-Are they comparable?
- Treatment options for Internet Gaming Addiction
- What makes the Internet so addictive?
Parents and Children: Most important arena
- Parents’ Attitudes
- Observing and watching the children play online
- Understanding the child’s experience and the allure of the games
- Cycles in parents in-effective behavior
- Self reflection
- What to avoid
- Literacy program for parents
- Children’s developmental needs
- Ways for parents to approach their children

Treatments and Interventions
- Behavioral Modification
  - General principles
  - Application to Internet gaming addiction
- Cognitive Behavioral Therapy (CBT)
  - General principles
  - Application to Internet gaming addiction
- 12 Step (AA) Model
  - General principles
  - Application to Internet gaming addiction
- Harm Reduction Model
  - General principles
  - Application to Internet gaming addiction
- Treatment Centers
  - General principles
  - Application to Internet gaming addiction
- Outward Bound
  - General principles
  - Application to Internet gaming addiction
- Online Gamers Support group
  - General principles
  - Application to Internet gaming addiction

Cyber Wellness – Singapore’s Approach
- Overview and Definition
- General Principles and program goals
- Interventions: CRuSH, etc

Additional Treatment Options
- Self-Help
- Telehealth
- Focus on potential positive use of games & Educational games

Balance: Online-Offline; Fast-Slow-Stillness; Internet-Innernet

Application of the workshop to the Academy of Human Development
- Working with youth & working with parents
- Working with parents and children
- Working with the community and the schools