

Video Gaming, Gaming Disorder, and Internet Gaming Disorder: Clinical Considerations in Gaming Disorder and Voices of Recovery

Presented by: Marc Potenza, MD, PhD and Hilarie Cash, PhD

Date/Time: November 16, 2020 from 12:30pm-4:45pm EST
Cost: \$70
CEU's: 4

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Join two leading experts in the field for an in-depth look at Gaming Disorder and its impact. In the first half, Dr. Marc Potenza will discuss definitions of both Gaming Disorder and Internet Gaming Disorder and review the latest research on how to effectively identify and treat this issue. Later in the session Dr. Dr. Hilarie Cash, Co-Founder and Chief Clinical Officer of reSTART Life, an Internet Addiction Recovery Program will facilitate the sharing of real-life stories from the families of those who have struggled with Gaming Disorder and will discuss how to recognize signs of a developing problem and how to support someone who is in recovery from a gaming disorder.

Learning Objectives:

1. Understand the diagnostic criteria for gaming disorder and internet gaming disorder
2. Learn about empirically supported treatments for gaming disorder and internet gaming disorder
3. Identify key elements about gaming that can contribute to risky gaming and addictive behaviors
4. Identify how gaming problems can affect the whole family
5. Understand ways that family can support their loved one's recovery from gaming

Presenters Bio's:

Dr. Marc Potenza, Ph.D is a board-certified psychiatrist with sub-specialty training in addiction psychiatry. He has trained at Yale University receiving a combined BS/MS with Honors in Molecular Biochemistry and Biophysics and a PhD in Cell Biology, the latter concurrent with the MD through the Medical Scientist Training Program. He completed internship, psychiatric residency and addiction psychiatry fellowship training at Yale. Currently, he is a Professor of Psychiatry, Child Study and Neuroscience at the Yale University School of Medicine where he is the Director of the Division on Addictions Research, the Problem Gambling Clinic, the Center of Excellence in Gambling Research, the Women and Addictive Disorders Core of Women's Health Research at Yale and the Yale Research Program on Impulsivity and Impulse Control Disorders. He is also a Senior Research Scientist at the Connecticut Council on Problem Gambling. He is on the editorial boards of fifteen journals (including editor-in-chief of *Current Addiction Reports*) and has received multiple national and international awards for excellence in research and clinical care. Dr. Potenza's research has applied brain imaging, genetic, epidemiological and clinical trials methodologies to gain knowledge and improve prevention and treatment strategies for addictive disorders.

Dr. Hilarie Cash PH.D., LMHC, CSAT has been working in the field of mental health as a private practitioner for over 30 years. For the last 20 she has specialized in the emerging field of Internet and video game addiction, working with families and individuals struggling to cope with problems related to pornography and romantic chat, video gaming, surfing, social networking, etc. In 2008 she co-authored *Video Games and Your Kids: How Parents Stay in Control* with family therapist and parenting coach, Kim McDaniel, MA. In 2009 she teamed up with Cosette Rae, MSW and Gary Simmons to found the first treatment center of its kind. The reSTART Center for Digital Technology Sustainability provides a 45-90 day retreat for mainly young adult men. The center offers these men a place to free themselves of the compulsive drive to stay connected to digital technology, develop a plan for moderated use, strengthen their life skills and physical fitness, and then implement their plans in a semi-independent transitional living experience that includes work, academics, and therapy. Co-Founder and Chief Clinical Officer of reSTART Life, an Internet Addiction Recovery Program.