

# **Foundations in Gaming Disorder**

## **Agenda**

This 15.5-hour course is designed to provide the foundation of critical knowledge needed to address at-risk gaming and Gaming Disorder and will cover the spectrum of gaming disorder prevention through assessment, treatment, and recovery.

Upon completion, clinicians will be equipped to screen, identify, and treat Gaming Disorder. Prevention specialists will be better equipped to understand risk and protective factors and implement science-based prevention strategies. All participants will be able to articulate the impact of gaming disorder on special populations as well as the connection between Gaming Disorder and other behavioral health and addiction issues.

## **Day 1**

**Tuesday, September 21, 2021, 11:45am-5pm EST**

Presenters: Marc Potenza and Bruce Wolcott

Topic: *Gaming Disorder; the Basics*

Learning Objectives:

1. Participants will be able to state why Gaming Disorder is important to address
2. Participants will be able to identify common platforms, game trends, and game designs
3. Participants will be able to state criteria for Gaming Disorder
4. Participants will be able to identify key difference between gaming and other disorders

## **Day 2**

**Wednesday, September 22, 2021, 11:45am-5pm EST**

Presenters: Cliff Sussman, Hilarie Cash, Ed Spector and Tana Russell

Topic: *Gaming Disorder; Strategies for Counseling and Treatment*

Learning Objectives:

1. Participants will be able to identify the convergence between gambling and gaming
2. Participants will be able to explain how gaming disorder treatment connects with Gambling Disorder, Mental Health and Substance Use Disorders
3. Identify specialized strategies in treating Gaming with Co-Occurring Disorders in both residential and outpatient settings

### **Day 3**

**Tuesday, October 5, 2021, 11:45am-5pm EST**

Presenters: Hilarie Cash, Cliff Sussman

Topic: *Clinical Case Formulation and Treatment Strategies*

Learning Objectives:

1. Participants will understand basic screening and assessment tools and practices for Gaming Disorder
2. Participants will be able to set gaming disorder related treatment goals and expectations.
3. Participants will be able to use a case study to complete a Gaming Disorder Screening, basic assessment, and initial treatment plan goals
4. Participants will be able to identify 3 science-based prevention strategies

### **Day 4**

**Wednesday, October 6, 2021, 11:45am-3:30pm EST**

Presenter: Karen Hlady

Topic: *Prevention Frameworks in Gaming Disorder*

Learning Objectives:

1. Participants will be able to identify 3 science-based prevention strategies for disordered gaming
2. Participants will be able to identify an evidence-based logic model and understand how it can be helpful in addressing gaming disorder
3. Participants will work with the presenter to practice developing prevention goals and utilize a logic model to addressing specific prevention strategies

### **Presenter Bios:**

#### **Clifford Sussman, MD**

Dr. Sussman has been in private practice in psychiatry for children, adolescents, and young adults for 13 years in Washington, DC, where he specializes in treating internet and video game addiction. He is an expert consultant to the Internet and Video Game Use Disorder Track at Caron Renaissance in Florida. He also treats patients with comorbid conditions, such as ADHD and Autism Spectrum Disorder. He completed an adult psychiatry residency at Western Psychiatric Institute and Clinic in Pittsburgh, PA, and a child and adolescent psychiatry fellowship at Children's National Medical Center in Washington, DC. Dr. Sussman's expertise on digital addictions has been featured in several well-known media sources, including the New York Times, HBO's Real Sports with Bryant Gumbel, TIME Magazine for Kids, Attention Magazine, Bethesda Magazine, and the bestselling book *Raising a Screen Smart Kid* by Juliana Miner. His most recent live Webinar for OperationParent.org, to help parents manage screen time in the pandemic had around 2000 registrants. As an author of peer-reviewed literature, he is a frequent public speaker. Website: [www.cliffordsussmanmd.com](http://www.cliffordsussmanmd.com)

**Ed Spector, Psy.D**

Dr. Spector is a nationally recognized expert in digital addiction. Since 2009, Dr. Spector has specialized in the treatment of compulsive tech use in his Maryland based private practice. His work has been recognized via media appearances on Good Morning America, Matter of Fact with Soledad O'Brien, NPR's the Diane Rehm show, as well as Channel 4 and Channel 5 local News. He is a presenter at national conferences focusing on innovative and ground breaking treatments for addiction and mental health as it relates to digital media. He has consulted with or been highlighted in numerous articles about digital wellness including the Washington Post, the New York Times, Voice of America, The Baltimore Sun, Scholastic Magazine, [rewire.org](http://rewire.org) <<http://rewire.org>> , and Bethesda Magazine. He resides in Washington DC with his wife, 2 kids and 2 fish tanks.

**Marc Potenza, M.D, Ph.D**

Dr. Potenza 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. 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. 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.

**Hilarie Cash, PhD, WSCGC-I, LMHC, CSAT**

Dr. Cash 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. Hilaire is Co-Founder and Chief Clinical Officer of reSTART Life, an Internet Addiction Recovery Program. The reSTART Center for Digital Technology Sustainability provides a *45-90-day* retreat for mainly young adult men.

**Tana Russell, SUDP, WSCGC-II, NCTTP**

Tana Russell completed her Bachelor's in Criminal Justice from Harding University. She joined the Evergreen Council on Problem Gambling as Assistant Director in September 2019. Tana has been practicing in the fields of Drug/Alcohol counseling since 2009, tobacco treatment since 2009, and is a certified gambling counselor since 2015. She worked for 8 years for the Arkansas Department of Community Corrections, first as a parole officer for over 5 years, then as a CADC Substance Abuse Program Leader and Drug Court Counselor. She has written program curriculum for a tobacco cessation education course and a co-occurring Gambling and Substance Use Disorder (GSUD) Relapse Prevention Treatment program, designed specifically to include both alcohol/drug and gambling terminology. She has worked with adults and adolescents, in the criminal justice, health care and OTP/MAT (Opioid Therapy Program/Medication Assisted Treatment) settings.

**Karen Hlady, MA, GIS, IGDC**

Karen Hlady is currently contracted as a Prevention Specialist and Community Engagement Service Provider with Gambling Support BC. She has focused her work on culturally responsive support services for youth and families since 1995, including working in youth addictions, outreach services, and alternative education, prior to shifting into Prevention Services with Gambling Support BC in 2014. She currently serves as a director on the Canadian Problem Gambling Certification Board as well as sitting on the IGDC gaming certification steering committee. Karen holds a master's degree in Leadership Studies, a Gambling Information Specialist Certification and an (pending) International Gaming Disorder Certificate.

**Bruce Wolcott, B.A**

Bruce Wolcott earned a BA in Media Communications at Evergreen State College, and has over 20 years of experience in various aspects of media production. He studied film-making in Rome, Italy, worked as media production coordinator for the Pacific Science Center in Seattle, and as a visual effects designer and producer, for a wide range of Seattle-area clients. At Bellevue College he's taught media theory classes since 1998 including: *Digital Imaging*, *Visual Storytelling*, *History of Animation*, *Technology of Persuasion*, *Video Game Theory*, and *Writing for the Web*. From 2010-2012, he team-taught a hybrid online course called the *Fundamentals of Interactive Entertainment* for the University of Tasmania. Bruce currently delivers online course management classes for faculty at the Bellevue College eLearning Center. He's co-authored two textbooks: *Design and Storytelling: Media Literacy for the Digital Age* (Pearson), and *Digital Futurama* (Kendall/Hunt). His current interests are in collaborative Web-based learning environments and exploring XR technologies - the application of real-time interactive immersive simulations for teaching and learning. In 2017 he was given the Bellevue College Margin of Excellence award for teaching.