

# Stuck to the Screen

## Understanding and Treating Internet and Gaming Disorder

Presenter: Hilarie Cash, PhD

In this full-day training on Gaming Disorder and Internet Addiction, Hilarie Cash, PhD, will cover a variety of topics pertaining to the effect that technology has on our society. Technology addiction impacts people of all ages, focusing pointedly on youth. Its impact on interpersonal relationships, neurobiology, development, social skills, and other important areas can be difficult to effectively address.

For effective treatment, it's essential to know how to diagnose the addictions and their co-occurring disorders, as well as to understand the gaming culture and its connected societal and relational issues.

Finally, Dr. Cash will cover strategies for clinicians to work effectively with clients and their families.



### Objectives:

- Participants will be able to identify three characteristics of video game culture.
- Participants will be able to list at least one neurochemical and one brain structure involved in Internet and video game addiction.
- Participants will be able to name at least two of the co-morbid mental health problems that commonly occur with Internet and video game addiction.
- Participants will be able to list at least two of the societal problems that fuel Internet and video game addiction.
- Participants will be able to identify two or more of the ages at which different technologies are appropriate for children.
- Participants will be able to name at least one way children's overuse of screens can impact them socially, sexually, and physically.

### Friday, April 16th, 2021 / Location: Zoom

Check In 8:15-8:30am <sup>\*</sup>Workshop 8:30-4:30pm

<i>*Early registration discount expires 4/2/21.</i>	Members	Non-Members
Early Registration*: Standard Fee	\$90	\$110
Early Registration*: Registered Interns & Retirees	\$45	\$55
Students	\$20	\$20
Late Registration: Standard Fee	\$110	\$130
Late Registration: Registered interns and retirees	\$65	\$75

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#### 6.25 CEUs

#### Cancellation Policy:

More than 30 days notice: full refund.

2-4 weeks: 50% refund. Less than 2 weeks : no refund.

For more information contact: [info@MHREN.org](mailto:info@MHREN.org)

In 2009 Dr. Hilarie Cash co-founded reSTART Life, PLLC, where she is Chief Clinical Officer. reSTART Life, PLLC, is a residential program (first in the US or Canada) designed explicitly for adults and adolescents who are experiencing addiction to the Internet and video games.



She began her work in the emerging field of Internet addiction in the mid-90's. By 1999 she had co-founded an outpatient clinic called Internet/Computer Addiction Services (now closed) in Redmond, WA. In 2008, she co-authored the book *Video Games and Your Kids: How Parents Stay in Control*, and in 2009, she co-founded reSTART Life. All of these ongoing endeavors have brought her recognition as one of the nation's leading experts in the growing field of Internet and video game addiction.

**\*\* Please log-in to the meeting at 8:00am to confirm registrant's training attendance and to troubleshoot potential technical problems. Participants are welcome to cover their camera and mute their microphones until 8:30am.**