Introduction to “Behavioural Addictions”

May 9 2019
Learning Objectives

1. Describe behavioral addictions and their impacts
2. Recognize co-occurring issues
3. Name relevant screening tools
4. Identify treatment referral resources
Who’s in the room?
Addicted to what?
Are Addictive Behaviors or Activities Real Addictions?

By Elizabeth Hartney, PhD | Reviewed by Steven Gans, MD
Updated January 18, 2018
DSM 5 Changes for Pathological Gambling

- Include Pathological (Disordered) Gambling within Addiction and Related Disorders
- Lower Threshold for Pathological (Disordered) Gambling Diagnosis
- Eliminate Illegal Act Criterion for Pathological (Disordered) Gambling

http://www.dsm5.org/ProposedRevisions/Pages/Substance-RelatedDisorders.aspx
WHO to recognize gaming disorder as mental health condition in 2018

By Susan Scoville, CNN

Updated 7:01 PM ET, Wed December 27, 2017
Problematic Technology Use

https://www.youtube.com/embed/CpbwUlRVZeE?start=784&end=1020&vq=hd720
Common features?
<table>
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<tr>
<th>Core Component</th>
<th>Definition</th>
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<tr>
<td><strong>Salience</strong></td>
<td>The behaviour becomes the most important thing in the person’s life and dominates their thinking, feeling and behaviour.</td>
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<td><strong>Mood modification</strong></td>
<td>The behaviour produces a “rush” or an escape.</td>
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<td>Often used as a coping strategy to avoid unpleasant emotions.</td>
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<td><strong>Tolerance</strong></td>
<td>Person needs to engage in the behaviour more frequently/intensely to have the same effect on their mood.</td>
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<td><strong>Withdrawal symptoms</strong></td>
<td>Unpleasant feelings which occur when a person stops the behaviour.</td>
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<td><strong>Conflict</strong></td>
<td>Negatively affects relationship with self, others and functioning.</td>
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<td><strong>Relapse</strong></td>
<td>Person trying to stop the behaviour often ends up returning to it.</td>
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Impact?
- 49 problem gambling funded agencies
- Services are free and confidential
- Often offer one-on-one and group counselling
- Available for anyone affected by PG, including family members
• Live information and referral specialists

• Free, confidential, available 24/7

• Can provide info about local treatment services specific to your client’s needs and the type of behavioural addiction involved
1. What other supports have been helpful with navigating the treatment system and connecting clients with the right services?

2. When making a referral for a client with a behavioural addiction, what is helpful to emphasize to the client?
Questions?

Please contact us with ANY questions:

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Thank You