



## Video Game and Technology Addiction Treatment

Video gaming addiction (VGA) and other extreme and excessive forms of compulsive technology use are part of process addiction disorders. Process addictions are behavioral addictions that involve a compulsion to engage in rewarding non-substance-related behavior. Sometimes, these are referred to as a natural reward despite the negative consequences to the person's physical, mental, social, or financial well-being.

Young adults who become entangled in process addictions often have a strong history of social isolation due to the "pseudo-connection" they often feel when using technology or gaming. As humans, we are hard-wired for social connection, and when deprived of it, are prone to engage in behaviors that essentially medicate this need.

### TREATMENT PHILOSOPHY

Developed in partnership with nationally recognized clinical resources, our Video Game and Technology Addiction Treatment Program consists of a whole-person approach with four phases.

#### PHASE 1

Access to the internet and digital screens is restricted and each client is reintroduced to the naturalistic rewards of real-time living. An emphasis is placed on rebalancing the mind, body, and emotions along with good nutrition, adequate sleep, exercise, and social interaction.

#### PHASE 2

Consisting of more active social interaction, communication, real-time activities, and a healthy lifestyle, Phase 2 also includes education (of both the client and their family members) on the dynamics of internet and technology addiction. In this phase we focus on stress management, improving social skills, teaching clients how to cope with boredom, and how to avoid triggers and urges to go online.

#### PHASE 3

In this step-down phase, clients are gradually weaned off of the externally imposed structure of the program to assume semi-independent responsibilities. Phase 3 includes the reintroduction of technology to the client with the support of the Lifeskills Clinical Team.

#### PHASE 4

The final phase of the program includes discharge planning, structuring aftercare, and, eventually, helping the client to resume a more balanced life (e.g., work, school, social activities, and healthy self-care).

## **ABOUT LIFESKILLS SOUTH FLORIDA**

For over 30 years, Lifeskills has provided customized, evidence-based mental health treatment and is recognized as a national center of clinical excellence. Lifeskills is dually licensed to treat complex psychiatric, substance use, and process addiction disorders for adults and their families.

## **ADMISSIONS AND INSURANCE**

Lifeskills South Florida is a private-pay facility that can work with out-of-network benefits for men and women ages 18 years and older. We do not accept Medicaid or Medicare.



Contact an admissions professional at  
**844.949.4169** to learn more.

***100% Confidential***

**[lifeskillssouthflorida.com](http://lifeskillssouthflorida.com)**

