

Will you check your phone during this breakout?

The consequences & complexities of the OTHER addictive disorders

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I spend **more time** than I should on my cell phone



Agitated when my cell phone is not in sight.



Nervous when my cell phone's battery is almost exhausted.



Spending more and more time on my cell phone.

ASAM 'new'

addiction definition:

Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.



Gaming

Shopping

Internet

Shoplifting

Cell Phone

Food

Sugar

Sex

Work

Exercise



Research on impulse control or behavioral addictions.....

2004

2017



A woman in a white tank top is seated at a table, her hands clasped near her chest. The table is set with a plate of spaghetti, a bowl of fried items, and several bottles. The entire scene is overlaid with a semi-transparent blue filter. The text 'Eating Disorders' is centered in the upper right, and '13%' is prominently displayed in the lower right.

Eating Disorders

13%

Nicotine: 13%

Exercise 4%

Internet 9%

Love/sex 6%

13.2%
SUD



Similarities

01 Natural history

02 Phenomenology

03 Tolerance

04 Comorbidity

05 Genetic contribution

06 Neurobiology

DESK REFERENCE
TO THE
DIAGNOSTIC CRITERIA
FROM
DSM-5

AMERICAN PSYCHIATRIC ASSOCIATION

01

Using more often and for longer than was intended.

02

Persistent desire or unsuccessful efforts to **cut down or quit**.

03

A great deal of **time** is spent in activities necessary to use

04

Craving, or a strong desire to use



05

Recurrent use resulting in a failure to fulfill **major role** obligations

06

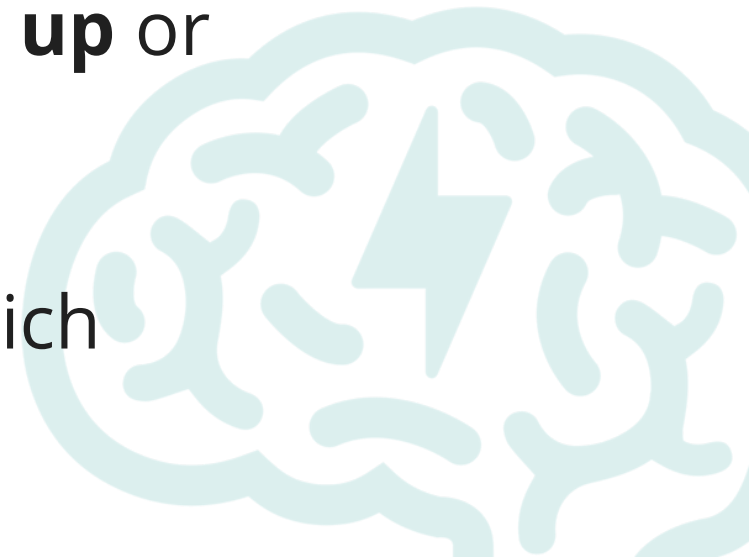
Continued use despite having persistent or recurrent **social or interpersonal problems**

07

Important social, occupational, or recreational **activities are given up** or reduced because of use.

08

Recurrent use in situations in which it is **physically hazardous**.



09

Use despite knowledge of having a persistent or recurrent **physical or psychological problems**

10

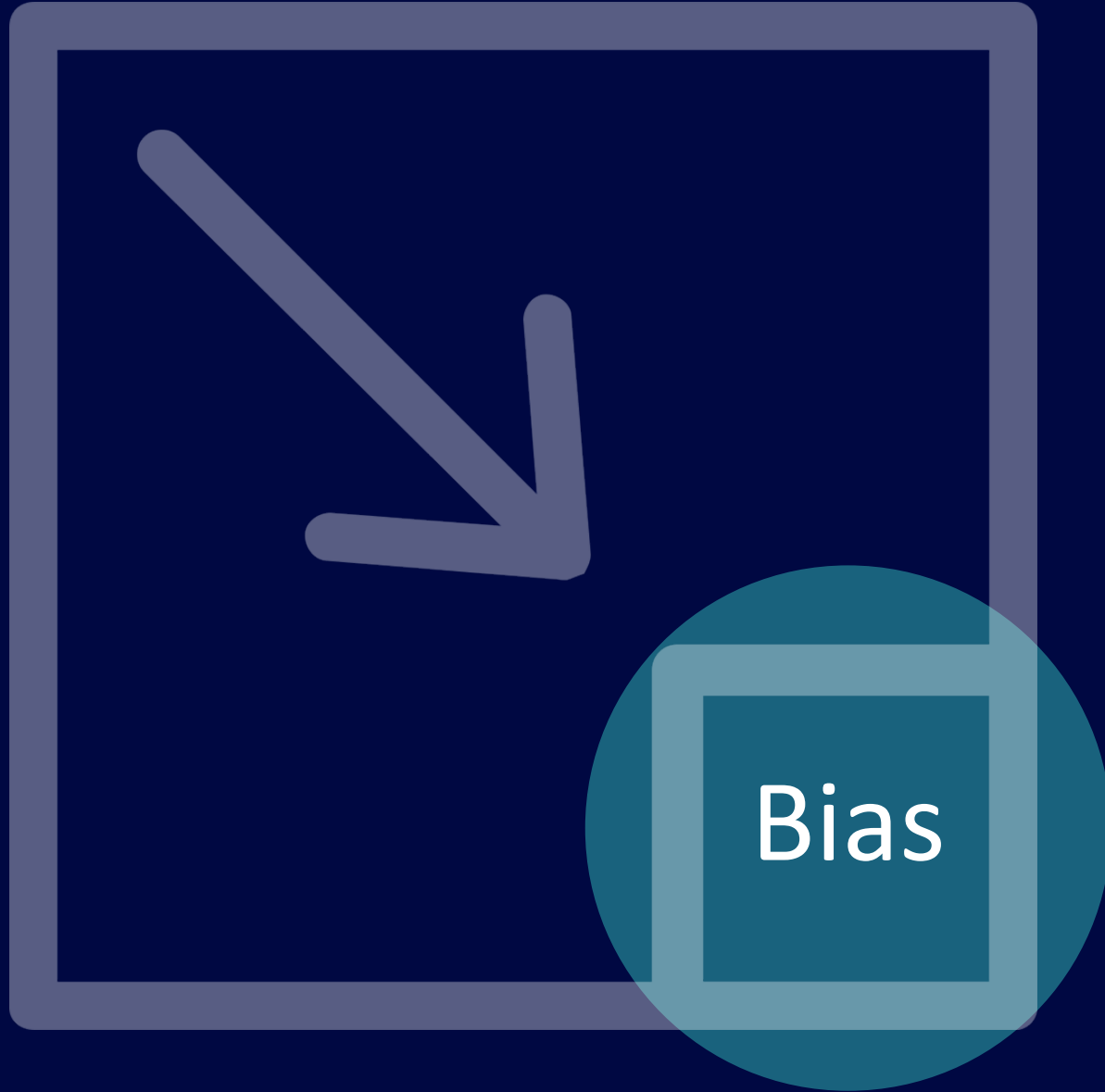
Increase in **tolerance**

11

Withdrawal, or use to avoid







Determines **what** disclosures we get

Determines **how** we respond



**Awareness
of bias**



**Openness to client
experience**



**Empathic
inquiry**



**Collaborative
work**

A close-up photograph of a person's hands holding a small amount of dark sand. The person is wearing a light blue or grey dress. The background is a blurred beach scene with waves. The text "Self Compassion" and "Self awareness" is overlaid in a white, cursive font.

Self Compassion

Self awareness

Thank you!

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