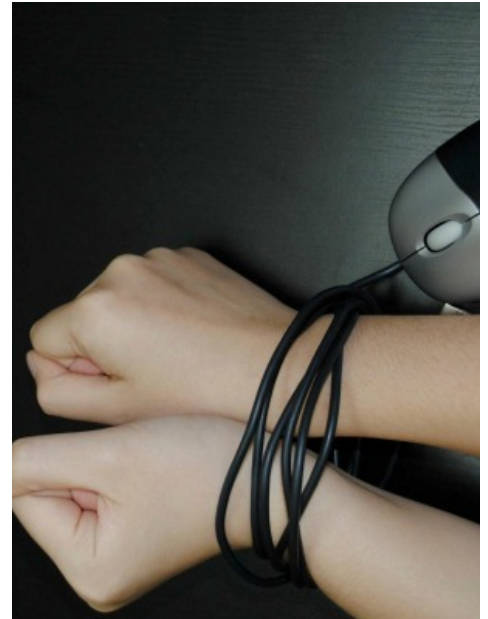


# Internet Addiction 'Gaming'



More than 5 million kids may be addicted to video games. 31% of males and 13% of females report that they have felt "addicted" to video games.

*Call Today*  
*214-499-0396*

**Know someone spending too much time playing video games or on the Internet?** It may be a sign of technological addiction. Internet addicts suffer from emotional problems such as depression and anxiety-related disorders and often use the fantasy world of the Internet to psychologically escape unpleasant feelings or stressful situations.

**Treatment focuses on identifying** the source of stressful situations or unpleasant feelings while recognizing how problematic usage is affecting the

individual's life. After doing so, the goal is to create new and healthier outlets of expression or enjoyment in place of technology.

**If you know someone who is having** problems related to addiction we can help. Our specialist, Daniel Folmer, MEd, LPC-Intern, under the supervision of Dr. Kay Trotter, has an undergraduate degree in rehabilitation studies, with a minor in addictions, and a master's in counseling. He has been a regular guest speaker on the subject at the University of North

Texas addictions department and was a guest on the Canadian Broadcasting Corporation's investigative journalism program, "The Fifth Estate."

## **SYMPTOMS OF INTERNET ADDICTION**

- Sense of euphoria while at computer
- Inability to stop the activity
- Craving more and more online activity
- Neglect of family and friends
- Lying about online activities
- Problems with school
- Feeling empty, depressed and irritable when not at the computer