Behavioral Addictions
Understanding Gambling, Pornography, Compulsive Shopping and Gaming Addictions

Chris Tuell, Ed.D., LPCC-S, LICDC-CS
Clinical Director of Addiction Services
Lindner Center of HOPE
Assistant Professor
Department of Psychiatry - University of Cincinnati
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Learning Objectives

• Participants will learn the similarities and differences between Behavioral and Chemical Addictions, and the implication it has upon treatment strategies for individuals with co-occurring disorders.

• Participants will become more familiar with the CUBIS Model of Addiction, and the relationship between mental health and addictive behaviors.

• Participants will understand the key issues associated with individuals exhibiting Behavioral Addictions, as well as the unique characteristics of each type.
Past views of mental illness and/or addiction

- Weak
- Bad
- A failure
- Lacking in morals
- Lacking will power
- Criminal
- Hopeless
What is the personal impact that mental health and/or addiction have upon my own life?

How might this impact me as a loved one, as a professional?
The Spectrum of Alcohol Use

Some people do not drink.

25% of those over the age of 18 report a lifetime of abstinence from alcohol.

30% of the population has not consumed alcohol in the past year.
The Spectrum of Alcohol Use

Some people drink, and it is not problematic.

60% of those over the age of 18, report a use of alcohol that is controlled and safe.
Some people drink, and it is problematic.

- 60-80% of those with substance use disorders also have another psychiatric disorder.
- 25,692 – Is the number of annual alcohol-induced deaths, excluding accidents and homicides per year.
- 95% of alcoholics die from their disease and die approximately 26 years earlier than their normal life expectancy.
The Spectrum of Alcohol Use

Some people drink, and it is problematic.

- Misuse
- Abuse
- Dependence
- Addiction
The Spectrum of Substance Use

- No Use
- Use But Not Problematic
- Misuse
- Abuse
- Dependence
- Addiction
What is an addiction?

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.*

ASAM - 2011
What is a behavioral addiction?

Behavioral addictions are patterns of behavior, which follow a cycle similar to that of substance dependence. This begins with the individual experiencing pleasure in association with a behavior and seeking that behavior out, initially as a way of enhancing their experience of life, and later, as a way of coping with stress.
Behavioral Addictions

- Sexual
- Gaming
- Gambling
- Spending
- Socializing
- Information Gathering
What is an addiction?

The Three C’s and a T

- Loss of Control
- Compulsion
- Continued use despite (-) consequences
- Thinking (obsession)
What can cause an addiction to a substance or behavior?

How is addiction related to Mental Illness?
CUBIS

- Chemical Imbalance
- Unresolved Issue(s)
- Belief (which is distorted)
- Inability to Cope
- Stimulus-Response Relationship
Glutamate

Hypofrontality

prefrontal cortex

nucleus accumbens

MID-BRAIN

VTA

Alcohol / Drug and/or a Behavior = SURVIVAL

Dopamine

MID-BRAIN
Olds & Milner, 1954

[Image of rat in laboratory setting]
CUBIS TREATMENT

- Chemical Imbalance - Medication
- Unresolved Issue(s) - Psychotherapy
- Belief (which is distorted) - CBT
- Inability to Cope – New Skills
- S-R Relationship – Education
The Pathway

Trigger (cue)  Pathway / Routine / Habit  Relief (reward)

Behaviors
Situations
Feelings

Alcohol, Drugs,
Gambling, Sex
Buying, Internet, Food,
Exercise, Gaming

Therapy, Rx,
Diet, Exercise,
Mind/Body, Spirituality,
New Skills,
Healthy: Family & Friends,
Community Support

Health,
Wellness,
Happiness,
Peace,
Purpose,
Meaning

Lindner Center of HOPE | Health
Problem Gambling

DSM-IV - Impulse-Control Disorders

312.31 Pathological Gambling

1. Preoccupation
2. Need to increase $ to achieve effect
3. Unsuccessful efforts to control
4. Restless/irritable when attempting to cut down or stop
5. Gambles as a way to escape from problems
6. After losing money, returns to “chase” one’s losses
7. Lies or conceal involvement from family, therapist, etc.
8. Has committed illegal acts, to finance gambling
9. Lost significant relationships due to gambling
10. Relies on others for money to relieve financial stress
Problem Gambling

DSM-5 - *Addiction and Related Disorders*

**Behavioral Addiction**

1. Preoccupation
2. Need to increase $ to achieve effect
3. Unsuccessful efforts to control
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5. Gambles as a way to escape from problems
6. After losing money, returns to “chase” one’s losses
7. Lies or conceal involvement from family, therapist, etc.
8. **GONE** – illegal acts to finance gambling.
9. Lost significant relationships due to gambling
10. Relies on others for money to relieve financial stress
Problem Gambling

- Ability to gamble 24 hours a day at a casino.
- Suicide rates
- Growing problem with women, elderly, young adults
- Escape Gamblers, Risk Gamblers, Mixed Gamblers
- The decrease in the perception of the value of cash. Players are forgetting that they are spending money.
Problem Online Gambling

- Over 2,600 online gambling sites from traditional betting, to casino gambling, to lotteries

- Ability to gamble 24 hours a day at a casino or in your own home

- College students
Risk Factors

- Early big win
- Easy access
- Cognitive irrational beliefs
- Lack of an awareness of money in & out
- Recent loss
- Issues of boredom or loneliness
- Impulsive
- Financial issues
- Few interest or hobbies
- Lack life direction or purpose
- Abuse or trauma history
- Mental health issues
- Other history of addictions
- Having a parent with a history of gambling
- Connecting myself (esteem) to gambling.
Patterns of Compulsive Gambling

- **Escape Gamblers**
  - escape gamblers seek the emotional numbing and trance-like state that they experience through gambling.
  - they are seeking sedation and anonymity.
  - play anonymous games (video gambling, slots, lotteries).
  - majority of this type of gambler is female.
  - more likely to gamble alone and seek out the sensation of escaping from daily problems or concerns.
Patterns of Compulsive Gambling

- **Action Gamblers**
  - the compulsion often begins when someone who has been a recreational gambler has a big win.
  - gambling tends to be viewed as skills to be learned and as a desirable way to make a living.
  - described as an unequaled rush of sensation, feelings of powerful, special.
  - it is not about the money, it's about the risk and danger.
The Case of Sally

- 73 year old female
- Does not believe in the use of AOD
- Unresolved issues concerning the death of her husband (grief, abandonment, loss)
- Limited social connectedness
- Feels the need to escape from reality
The Case of Buddy

• 58 year old male

• Successful professional

• Previous history of cocaine use

• Has the belief that he is a professional gambler and can earn his living by gambling.

• Has lost over $500,000 due to gambling
I was on a high, a rush that was better than cocaine, better than sex, better than being there when my son was born. I didn’t care about whether or how much I won or lost, I just wanted to stay at the table.
Habib and Dixon, 2010

- Neurobehavioral Evidence for the “Near-Miss” Effect in Pathological Gamblers
Behavioral Addictions

- Problem Gambling
- Sexual Addiction
- Internet Addiction
- Compulsive Buying
What is the Number # 1 Internet search phrase in the world?

“Free Porn”
Sexual Addiction

…is a pathological relationship with a mood altering experience.

Patrick Carnes, Ph.D.
Sexual Addiction

Myths

1. Sex addicts are sexual offenders.
2. Few people have this problem.
3. Only men struggle with sexual addiction.
4. Sexual addiction is a moral weakness.
5. Sex addiction is all about sex.
What is Sexual Addiction?

- It is defined by repetitive patterns of sexual behavior utilized to self-medicate and/or stabilize emotional distress.

- Sex addiction is also not automatically diagnosed in people who have active mania (due to bipolar or some other disorder) or in people who are actively abusing drugs or alcohol, as these other emotional and addictive challenges must first be ruled out.
Sexually Addictive Behaviors

- Compulsive masturbation with or without pornography
- Ongoing abuse of soft- and hard-core porn
- Multiple affairs and brief “serial” relationships
- Attending strip clubs, adult bookstores and similar sex-focused environments
- Prostitution, or use of prostitutes and “sensual” massage
- Compulsive use of cybersex
- Ongoing anonymous sexual hookups with people met online or in person
- Repeated patterns of unsafe sex
- Seeking sexual experiences without regard to the immediate or long-term consequences
- Exhibitionism or voyeurism
The Case of Rob

• 32 year old male

• Victim of sexual abuse beginning at the age of 9

• Victimized for five years

• Excessive downloading of pornography

• Problems with intimacy

• Initial presentation - Major Depression
the spice cabinet
Sexual Addiction is characterized by...

- Loss of control over sexual thoughts and behaviors.
- Escalation in frequency and intensity of sexual activities.
- Negative consequences resulting from sexual behaviors.
- Losing significant amounts of time as well as interest in other activities as a result of pursuing or engaging in sexual activities.
- Irritability, defensiveness or anger when trying to stop a particular sexual behavior.
What is Cybersex?

- Accessing Online Pornography
- Real Time with a Real or Fantasy Partner
- Multimedia Software
Accessing Online Pornography
## Areas of Pornography

<table>
<thead>
<tr>
<th>Amateur</th>
<th>American</th>
<th>Anal Sex</th>
<th>Anime</th>
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</thead>
<tbody>
<tr>
<td>Arab / Arabian</td>
<td>Asian Woman</td>
<td>Ass</td>
<td>Ass gaping</td>
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<td>Ass fucked</td>
<td>Babysitter</td>
<td>BBW</td>
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<td>BDSM</td>
<td>Beach Sex</td>
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<td>Big Cock</td>
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<td>Big Girl</td>
<td>Big Tits</td>
<td>Black Girls</td>
<td>Black Hair</td>
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<td>Blonde</td>
<td>Blowjob</td>
<td>Bondage</td>
<td>Brazilian</td>
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<td>Brunette</td>
<td>Butt</td>
<td>Cam videos</td>
<td>Casting</td>
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<td>Chubby</td>
<td>Classic View</td>
<td>Classic Porn</td>
<td>Clips (small)</td>
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<td>College</td>
<td>Compilation</td>
<td>Creampie</td>
<td>Cumshot</td>
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<td>Deepthroat</td>
<td>Doctor</td>
<td>Ebony</td>
<td>Ex-Girlfriend</td>
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<td>Exhibitionism</td>
<td>Fat</td>
<td>Female Ejaculation</td>
<td>Fisting</td>
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<td>France</td>
<td>Fucked / Fucking</td>
<td>Gagging</td>
<td>French /</td>
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<tr>
<td>Fucked</td>
<td>Gape / Gaping</td>
<td>Goddess</td>
<td>Fisting</td>
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<td>Gangbang</td>
<td>Granny</td>
<td>Gay Porn</td>
<td>German</td>
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<td>Girlfriend / GF</td>
<td>Heels</td>
<td>Hairy pussy</td>
<td>Handjob</td>
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<td>Hardcore</td>
<td>India / Indian girls</td>
<td>Homemade</td>
<td>Huge Tits</td>
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<td>Images (XXX)</td>
<td>Latina</td>
<td>Interracial</td>
<td>Italian</td>
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<tr>
<td>Japanese</td>
<td>Masturbation</td>
<td>Lesbian</td>
<td>Maid</td>
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<tr>
<td>Massage</td>
<td>Nurse</td>
<td>Mature Women</td>
<td>Milf</td>
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<tr>
<td>Mom videos</td>
<td>Orgy</td>
<td>Office / Work</td>
<td>Oiled</td>
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<td>Orgasm (female)</td>
<td>Pornstar</td>
<td>Party</td>
<td>Pics / Pictures</td>
</tr>
<tr>
<td>Photos</td>
<td>Pre-sperm</td>
<td>POV (Point of view)</td>
<td>Pregnant</td>
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</table>
Cybersex: Computer rendering
Cybersex: Anime pornography
Real Time with a Fantasy or Live Partner
Media Software
The Power of the Internet
The Power of the Internet

Accessibility
The Power of the Internet

Affordability
The Power of the Internet

Anonymity
Cooper’s *Triple-A Engine*

- Accessibility
- Affordability
- Anonymity

Cooper et al., 1999
The Power of the Internet

Adventurous
The Power of the Internet

Accelerated Intimacy
The Power of the Internet

Intensity
The Power of the Internet

Disinhibition
The Power of the Internet

Stimulating
The Power of the Internet

Hypnotic
The Power of the Internet

Escape
The Power of the Internet

World of Fantasy
The Power of the Internet

Isolation
The Power of the Internet

Pseudo-intimacy
Internet Addiction

- Gaming
- Virtual Worlds
- Information & Technology
Internet Gaming

• Variety of themes
  • violence, fantasy, sports
• Quests
• Domination
• Alliances
Top 5 Warning Signs of Gaming Addiction

1. Disrupted regular life pattern. If a person plays games all night long and sleeps in the daytime, that can be a warning he or she should seek professional help.

2. If the potential gaming or Internet addict loses his or her job, or stops going to school in order to be online or to play a digital game.

3. Need for a bigger fix. Does the gamer have to play for longer and longer periods in order to get the same level of enjoyment from the game?

4. Withdrawal. Some Internet and gaming addicts become irritable or anxious when they disconnect, or when they are forced to do so.

5. Cravings. Some Internet and gaming addicts experience cravings, or the need to play the game or be online when they are away from the digital world.
The Case of Jerry

- 15 year old male
- Oppositional Defiant Disorder
- Social isolate
- Hx of downloading pornography
- Has played Internet games 14-16 hours non-stop
What are Virtual Worlds?

A virtual **world** or massively multiplayer online world (MMOW) is a **computer-based simulated environment** populated by many users who can create a personal **avatar**, and simultaneously and independently explore the virtual world, participate in its activities or communicate with others.
Virtual Worlds
Information & Technology
Compulsive Buying / Spending
The Case of Millie

- 45 year old female
- Family of origin issues
- Impulse-Control Disorder
- Patient’s father was physically & emotionally absent
- Hx of alcoholism with both parents
- In 2009, maxed-out five credit cards
- Patient’s mother had Hx of spending issues
- Dynamic regarding spouse – caretaker role
<table>
<thead>
<tr>
<th>Symptoms or Behaviors</th>
<th>AOD</th>
<th>Behavioral Addictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cravings</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td>Denial of problem’s severity</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Disruption of families</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td>High relapse rate</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td>Loss of control</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Lying to support use/activity</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Preoccupation with use/activity</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Progressive disorder</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Tolerance developed</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Used as a means of escaping</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Withdrawal symptoms common</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>
General Treatment Areas

- Diagnostic Assessment
- Individual, Couple, Family Therapy
- CBT, Cognitive distortions / impairments
- Situational, behavioral, and emotional triggers
- Relationship issues
- A lifestyle of wellness (mind, body, spirit)
- Medication
- Community Support Group
- Ongoing monitoring and Relapse Prevention
Assessment Instruments

Sexual Addiction
• Sex Addiction Screening Test (SAST)
• Cybersex Addiction Checklist

Gambling
• South Oaks Gambling Screen (SOGS)
• Massachusetts Gambling Screen (MAGS)

Compulsive Buying
• Compulsive Buying Scale

Internet Addiction
• Internet Addiction Test (IAT)
Reading List

**Sex**
- Out of the Shadows – Patrick Carnes; False Intimacy - Schaumburg
- Sex Addiction Workbook – Sbraga & O’Donohue; Women, Sex, and Addiction - Kasl

**Gambling**
- Hats & Eyeglasses – Frankel; Nicotine Dreams: A Story of CG - Cunningham
- The Gambling Addiction Patient Workbook - Perkinson

**Internet & Gaming**
- Internet Addiction: A handbook and guide - Young
- Caught in the Net – Young; Untangling the Web – Weiss & Schneider
- Game Addiction: The Experience and the Effects – Clark & Scott
- Unplugged: My Journey into the Dark World of Video Game Addiction – Van Cleave

**Buying**
- To Buy or Not to Buy – Benson; Spent – Palaian; Born to Spend – Arenson

Handbook of Addictive Disorders: A practical guide to diagnosis and treatment edited by Robert Coombs
CUBIS TREATMENT

• Chemical Imbalance - Medication
• Unresolved Issue(s) - Psychotherapy
• Belief (which is distorted) - CBT
• Inability to Cope – New Skills
• S-R Relationship – Education
Chemical and Behavioral Addictions

- Alcohol
- Drugs
- Gambling
- Sex
- Internet
- Buying
Dopamine
Alcohol / Drug and/or a Behavior
MID-BRAIN
Glutamate
Hypofrontality
prefrontal cortex
nucleus accumbens
VTA
Alcohol / Drug and/or a Behavior = SURVIVAL
The Pathway

Trigger (cue)  Pathway / Routine / Habit  Relief (reward)

Therapy, Rx, Diet, Exercise, Mind/Body, Spirituality, New Skills, Healthy: Family & Friends Community Support

Health, Wellness, Happiness, Peace, Purpose Meaning

Behaviors Situations Feelings

Alcohol, Drugs, Gambling, Sex Buying, Internet, Food, Exercise, Gaming

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Meaning
Thank You!

chris.tuell@lindnercenter.org

(513) 536-0640