Behavioral Addictions and Co-Occurring Disorders

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 gain a better understanding of the key issues associated with individuals exhibiting Behavioral Addictions, as well as the unique characteristic of each type.

• Participants will learn the similarities and differences between Behavioral and Chemical Addictions and the implications it has upon treatment strategies.

• Participants will become more familiar with the power of the Internet and what implications this has for assessment and treatment.
Past views of mental health 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, or professional?
The Spectrum of Substance Use
The Spectrum of Substance Use

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

Addiction is defined as any related, compulsive behavior which interferes with normal living and causes severe stress on family, friends, loved ones, and one’s work environment.
Behavioral Addictions

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

*The Three C’s and a T*

- Loss of **C**ontrol
- **C**ompulsion
- **C**ontinued use despite (-) consequences
- **T**hinking (obsession)
What can cause an addiction to a substance or behavior?

How is addiction related to Mental Health?
CUBIS
CUBIS

- Chemical Imbalance
- Unresolved Issue(s)
- Belief (which is distorted)
- Inability to Cope
- Stimulus-Response Relationship
Dopamine
Alcohol / Drug and/or a Behavior

Glutamate
Hypofrontality

prefrontal cortex
nucleus accumbens
MID-BRAIN
VTA

Alcohol / Drug and/or a Behavior
Olds & Milner, 1954
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)**  
Behaviors, Situations, Feelings

**Relief (reward)**  
Alcohol, Drugs, Gambling, Sex, Buying, Internet, Food, Exercise, Gaming

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

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Health, Wellness, Happiness, Peace, Purpose, Meaning

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Lindner Center of HOPE | UC Health
What is a behavioral addiction?

- Problem Gambling
- Sexual Addiction
- Internet Addiction
- Compulsive Buying
Problem Gambling

DSM-5 - Addiction and Related Disorders

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. GONE (illegal acts)
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 or in your own home
- Growing problem with women, elderly, young adults
- Escape Gamblers & Risk Gamblers
- The decrease in the perception of the value of cash - i.e. 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
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
What is an addiction?

The Three C’s and a T

- Loss of Control
- Compulsion
- Continued use despite (-) consequences
- Thinking (obsession)
What is a behavioral addiction?

- Problem Gambling
- Sexual Addiction
- Internet Addiction
- Compulsive Buying
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
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

Behaviors consisting of…

Pornography, Masturbation, Prostitution, Cyber-Sex,

and could also involve…

Exhibitionism, Voyeurism, Bestiality, Incest, Child Molestation, Rape
What is Cybersex?

- Accessing Online Pornography
- Real Time with a Real or Fantasy Partner
- Multimedia Software
Accessing Online Pornography
Cybersex: Computer rendering
Cybersex: Anime pornography
Internet Pornography Statistics

- Internet Pornography Statistics: Pornographic websites 4.2 million (12% of total websites)
- Pornographic pages: 420 million
- Daily pornographic search engine requests: 68 million (25% of total search engine requests)
- Daily pornographic emails: 2.5 billion (8% of total emails)
- Internet users who view porn: 42.7%
- Received unwanted exposure to sexual material: 34%
- Average daily pornographic emails/user: 4.5 per Internet user
Real Time with a Fantasy or Live Partner
Char1: Adam
Eva: Hi Eval
Adam: Hi Eva!
Eva: Hi Adam! How are you today?
Adam: I am bored. Would you like to talk to me?
Eva: Why not? And not only talk... I am bored too.
Adam: Fine! What about to go in a private room?
I am happy that you can feel my secret wishes :)

Message to: Adam
Send
Internet Stimulation

Real Touch ™

Manufactured by: Interactive Life Forms (ILF)
Media Software
What is a behavioral addiction?

➢ Problem Gambling
➢ Sexual Addiction
➢ Internet Addiction
➢ Compulsive Buying
Internet Addiction

- Gaming
- Virtual Worlds
- Information & Technology
Internet Gaming

• Variety of themes
  • violence, fantasy, sports
• Quests
• Domination
• Alliances
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
Internet Addiction

- Gaming
- Virtual Worlds
- Information & Technology
Virtual Worlds
Internet Addiction

- Gaming
- Virtual Worlds
- Information & Technology
Information & Technology
Social Networking
What is a behavioral addiction?

- Problem Gambling
- Sexual Addiction
- Internet Addiction
- Compulsive Buying
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>
</tr>
<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>
</tr>
<tr>
<td>High relapse rate</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Loss of control</td>
<td>YES</td>
<td>YES</td>
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<tr>
<td>Lying to support use/activity</td>
<td>YES</td>
<td>YES</td>
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<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>
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<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>
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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
• 12 Step Support Group
• Ongoing monitoring and Relapse Prevention
The Power of the Internet

1. Accessibility
2. Affordability
3. Intensity
4. Anonymity
5. World of Fantasy
6. Disinhibition
7. Isolation
8. Pseudo-intimacy
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

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

- Alcohol
- Drugs
- Gambling
- Sex
- Internet
- Buying
Dopamine and/or a Behavior = SURVIVAL

Glutamate

MID-BRAIN

prefrontal cortex

nucleus accumbens

Dopamine

Hypofrontality
The Pathway

Trigger (cue)

- Behaviors
- Situations
- Feelings

Pathway / Routine / Habit

Relief (reward)

- Alcohol, Drugs, Gambling, Sex
- Buying, Internet

- Therapy, Rx, Diet, Exercise, Spirituality, New Skills, Family/Friends Community Support

- Health, Wellness, Happiness, Peace Meaning
Meaning
Thank You!

chris.tuell@lindnercenter.org
(513) 536-0640