Control the Controller: Understanding and Resolving Video Game Addiction

Ciaran O'Connor

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Control the Controller: Understanding and Resolving Video Game Addiction Ciaran O'Connor Control the Controller looks at how gaming and addiction have come together so rapidly in recent years. Mobile-based gaming and free-to-play games have revolutionized the gaming world. But, what are the implications of this? How does it affect the current thinking on addiction? The book addresses gamers, their families, mental health professionals, and game developers in this thorough and fascinating discussion of the nature of video game addiction. Many questions are answered, including how we can recognize a gaming addiction, what causes it, and what we can do to return an addict to healthy behavior. A step-by-step process for this is outlined, making the book an invaluable title for all who are affected by video game addiction and all those who encounter it. *** "...counselor and psychotherapist Ciaran O'Connor draws upon years of experience and expertise in working with gamers and games designers to cogently address one of the growing social issues of the modern digital world -- the use and abuse of computer gaming. Exceptionally well written, organized and presented...strongly recommended addition to professional and academic library collections. - Midwest Book Review, MBR Bookwatch, Dunford's Bookshelf, January 2015 *** "This is a focused and well done book. ...For those not familiar with the designing of video games and their different genres, this book can be very helpful. ...It does an excellent job of detailing the strategies that can be used to assist people and, also addresses the challenges that can be found when dealing with addictive individuals with their resistances and cognitive distortions." - Journal of Child & Family Behaviour Therapy, 2015 [Subject: Mental Health, Addictive Behavior, Psychology]Ëœ

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