



International Gaming Disorder Certificate (IGDC)

Training Outline

The IGDC (15 hours) training aims to increase the knowledge and expertise addressing gaming disorders in their current outreach, prevention, and clinical settings. Best-practices and evidenced based approaches are emerging for the treatment of gaming and digital misuse, as well as the intersection with problem gambling and gambling disorders. Other high risk groups for co-occurring issues include other mental health and substance use disorders. This certificate is intended for individuals that work in a variety of settings where gaming disorders are secondary or prevention is primary, but need to effectively screen, intervene, and refer. For licensed clinicians obtaining this certificate, it is intended to increase knowledge and clinical skills in treatment interventions for problematic and disordered gaming.

Successful completion of a 15-hour training, all professionals should be able to demonstrate a working knowledge of problematic and disordered gaming, understanding of gaming-specific counseling skills, screen and assess clients, and formulate a case.

- I. Basic Knowledge of Problem and Disordered Gaming
 - A. Introduction to Gaming
 1. What are digital games?
 2. Game types
 3. Gaming history
 4. Gaming industry
 5. Gaming design
 6. Gaming innovations
 - B. Definitions of Gaming Disorder
 1. World Health Organizations
 2. DSM-5
 3. Defining addiction
 4. Relationship to Gambling
 5. Distinction from Substance Use Disorders
 6. Distinction within Behavioral Process Disorders

- C. Problematic & Disordered Gaming
 - 1. Terminology
 - 2. Etiology and Progression of the Disorder
 - 3. Prevalence of gaming problems
 - 4. Risk factors
 - a. Individual differences
 - b. External factors
 - c. Gaming-related factors
 - 5. Profiles of problem gamers
 - D. Cognitive Features of Gaming
 - 1. Human-game interaction
 - 2. Differentiation and similarity with gambling
 - 3. Attitudes toward gaming, play and digital spaces
 - 4. Interpersonal and intrapersonal conflict
 - 5. Meaning, purpose and role of Gaming
 - 6. Psycho Spiritual Implications of Gaming
 - 7. Transference and Countertransference
 - 8. Digital Bias
 - 9. Irrational Thinking/Cognitive Distortions
 - 10. Cultural Beliefs and Attitudes
 - 11. Family system structural implications
- II. Gaming Counseling Skills
- A. Skills for Gaming Counselling
 - 1. Engaging and motivating clients with Gaming Disorder
 - 2. Therapeutic Alliance
 - 3. Appropriate Language
 - 4. Motivational Interviewing and Enhancement strategies
 - 5. Client and family psycho-education
 - 6. Family/concerned others intervention
 - 7. Digital Use Management Issues
 - a. Types of digital use
 - b. Digital Boundaries
 - c. Quantity and quality of digital use
 - d. Top and bottom lines of digital use
 - B. Relationship to Substance Use Disorder, Gambling and Mental Health
 - 1. Integration of problem gaming into substance use disorder and mental health treatment

2. Impact of gaming on recovery from substance use and mental health disorders
3. Impact of substance use and mental health disorders on problem gaming

III. Case Formulation

- A. Core Psychopathology
- B. Gaming Disorder Models
- C. Case Formulation Framework
- D. Screening and assessment
 1. Internet Gaming Disorder DSM-5 IGD criteria
 2. Gaming Disorder WHO ICD-11
 3. Hazardous gaming - WHO ICD-11
 4. Assessment of gaming pattern and associated problems
 - a. Screening: Choosing the right tools
 - b. Problems with screening
 - c. Frequency of gaming behavior
 - d. Context of gaming and types of games
 - e. Beliefs about games
 - f. Motive for gaming
 - g. Activities that support gaming
 - h. Financial expenditure on games
 - i. Social circumstance of gaming
 - j. Family support or other issues
 - k. Education or employment issues
 - l. Health problems and psychological problems/comorbidity
- E. Developmental profile
- F. Reasons for seeking treatment
- G. Gaming Functions
 1. Control
 2. Achievement
 3. Safety/escape
 4. Role avoidance
- H. Interpersonal functions of gaming
 1. Social distinction
 2. Safe communication
- I. Clinical case examples
- J. Treatment goals and expectations
- K. Referral Resources and case management

IV. Practice & Presentation

