

A curious case of grief induced gaming addiction

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Abstract

The case is of a 22 year old male with gaming addiction. History revealed that his addiction developed when Gaming became his escape from reality after he lost one of his closest friends. In a span for 3 months his gaming escalated and with occasional bouts of small scale sports gambling as well. After rapport building, FRAMES was used as a brief intervention method. Psychoeducation was started and articles on gaming addiction were given to read in the sessions and after. Mindfulness and Cognitive Behaviour Therapy were used along with supportive therapy and family therapy to help him recover from his addiction as well as prevent future relapses. His gaming behaviour has reduced from 6-8 hours in a day to 30 minutes before going to bed 2-3 times in a week in a span of 1.5 months with weekly therapy sessions.

Speaker Publications:

1. “May is Mental Illness Awareness month. You are not alone”

[4th International Conference on Addiction Therapy;](#)
Webinar- November 27, 2020.

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<https://addictiontherapy.conferenceseries.com/>



Biography:

Nishtha Budhiraja has done her bachelor's in Psychology from the University of Delhi, a master in Psychology from Ambedkar University Delhi. She was then granted a scholarship by the University of Essex and studied Cognitive Neuropsychology there and stayed back to further her research and professional skills at the University. She is the Co-Founder of Saamarthya- Door towards Possibilities, a child and mental health clinic in New Delhi (India) with over a decade of experience in the area of child, adolescent and adult development and mental health. She is currently in the process of setting up her own Not for Profit Organization that aims to primarily work in the area of child and parental mental health.