

# Chapter 16

## Addictions

### ADDITIONAL RESOURCES

YouTube, as usual, has range of relevant thoughtful videos. Here are some interesting highlights.

Addiction in general:

- A broad overview of the neuroscience of addiction:  
<https://www.youtube.com/watch?v=bwZcPwIRcc>

Alcohol dependence:

- Interesting video showing CBT and the downward arrow technique, used in alcohol dependence in action: <https://www.youtube.com/watch?v=YfY58kxQi1U>
- Video (role play) of motivational approaches to helping people with alcohol problems: <https://www.youtube.com/watch?v=yqJkupJitaU>

Opiate addiction:

- Nice TED-Ed video on opiate addiction mechanisms: <https://www.youtube.com/watch?v=V0CdS128-q4>
- Interesting TEDX talk on opiates and how the opioid epidemic arose in the US: <https://www.youtube.com/watch?v=BLj9VMhDHeQ>
- Trying to avoid the verbal and confident TEDX talks on opioid addiction, here is Joy's story... <https://www.youtube.com/watch?v=PfwO4rrd5CM>

Gambling addiction:

- Gambling problems can start early:  
<https://www.youtube.com/watch?v=IHYaGAQogaw....> and can be exacerbated by world events: <https://www.youtube.com/watch?v=O-fslCeMK-s>

- A Canadian video shows both how gambling disorders present, and how governments may actually benefit from them: <https://www.youtube.com/watch?v=m3aDOTSgh94>

## Gaming addiction

- BBC video on gaming addiction: <https://www.youtube.com/watch?v=R83287N6kFg>
- Video about Korean (Korea has some of the highest rates of gaming addiction) treatment for gaming addicts: <https://www.youtube.com/watch?v=uOm5aXXjzzM> – its even tougher in China: <https://www.youtube.com/watch?v=WtQevsY3OYw>

## Try also reading...

P. A. (2017) *The Alcoholic / Addict Within: Our Brain, Genetics, Psychology and the Twelve Steps as Psychotherapy*.

- A self-published, but well reviewed story of addiction and treatment by a GP with alcohol addiction. Talks through one approach to intervention: The Twelve Step (AA) approach.

King, T. (2019) *Addiction Nation: What the Opioid Crisis Reveals about Us*. Herald Press.

- Not one for everyone, but a critically praised mirror of the book of a previous generation (Prozac Nation), it examines the personal and societal impact of the US opioid epidemic.

Lewis, M. (2013) *Memoirs of an Addicted Brain: A Neuroscientist Examines his Former Life on Drugs*. PublicAffairs.

- Another 'different' tack on addiction, this time from a developmental neuroscientist using his own experience to examine the mechanisms of addiction.