

## **STUDY PACKAGE CONTINUING EDUCATION CREDIT INFORMATION**

### **Internet Addiction: A Handbook and Guide to Evaluation and Treatment**

Our goal is to provide you with current, accurate and practical information from the most experienced and knowledgeable speakers and authors.

Listed below are the continuing education credit(s) currently available for this self-study package. *Please note: Your state licensing board dictates whether self study is an acceptable form of continuing education. Please refer to your state rules and regulations.*

**COUNSELORS:** PESI, LLC is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. Provider #: 5896. We adhere to NBCC Continuing Education Guidelines. This self-study package qualifies for **5.0** contact hours.

**SOCIAL WORKERS:** PESI, LLC, 1030, is approved as a provider for continuing education by the Association of Social Work Boards, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. [www.aswb.org](http://www.aswb.org). Social workers should contact their regulatory board to determine course approval. Course Level: All Levels. Social Workers will receive **5.0** (Clinical) continuing education clock hours for completing this self-study package.

**PSYCHOLOGISTS:** PESI, LLC is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI, LLC maintains responsibility for these materials and their content. PESI is offering these self-study materials for **5.0** hours of continuing education credit.

**ADDICTION COUNSELORS:** PESI, LLC is a Provider approved by NAADAC Approved Education Provider Program. Provider #: 366. This self-study package qualifies for **6.0** contact hours.

## **Procedures:**

1. Review the material and read the book.
2. If seeking credit, complete the posttest/evaluation form:
  - Complete posttest/evaluation in entirety; including your email address to receive your certificate much faster versus by mail.
  - Upon completion, mail to the address listed on the form along with the CE fee stated on the test. Tests will not be processed without the CE fee included.
  - Completed posttests must be received 6 months from the date printed on the packing slip.

Your completed posttest/evaluation will be graded. If you receive a passing score (70% and above), you will be emailed/faxed/mailed a certificate of successful completion with earned continuing education credits. (Please write your email address on the posttest/evaluation form for fastest response) If you do not pass the posttest, you will be sent a letter indicating areas of deficiency, and another posttest to complete. The posttest must be resubmitted and receive a passing grade before credit can be awarded. We will allow you to re-take as many times as necessary to receive a certificate.

If you have any questions, please feel free to contact our customer service department at 1.800.844.8260.



PO BOX 1000  
Eau Claire, WI 54702  
800-844-8260

## Internet Addiction: A Handbook and Guide to Evaluation and Treatment

For office use only	
Rcvd.	_____
Graded	_____
Cert. sent	_____

Any persons interested in receiving credit may photocopy this form, complete and return with a payment of \$20.00 per person CE fee. A certificate of successful completion will be sent to you. To receive your certificate sooner than two weeks, rush processing is available for a fee of \$10. Please attach check or include credit card information below.

**Mail to: PESI, PO Box 1000, Eau Claire, WI 54702 or fax to PESI (800) 554-9775 (both sides)**

**CE Fee: \$20: (Rush processing fee: \$10) Total to be charged** \_\_\_\_\_

**Credit Card #:** \_\_\_\_\_ **Exp Date:** \_\_\_\_\_ **V-Code\*:** \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)

LAST FIRST M.I.

Name (please print): \_\_\_\_\_

Address: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Signature: \_\_\_\_\_ Email: \_\_\_\_\_

Date Completed: \_\_\_\_\_ Actual time (# of hours) taken to complete this offering: \_\_\_\_\_ hours

**Program Objectives** After completing this publication, I have been able to achieve these objectives:

- |   |            |
|---|------------|
| 1. Identify the criteria used to diagnose Internet addiction.                       | 1. Yes No  |
| 2. Describe the etiology associated with developing Internet addiction              | 2. Yes No  |
| 3. Understand the prevalence rates associated with Internet addiction.              | 3. Yes No  |
| 4. Identify the social needs that Internet usage fulfills.                          | 4. Yes No  |
| 5. Understand the issues surrounding online gambling and gaming addictions.         | 5. Yes No  |
| 6. Understand the issues surrounding cybersex addiction and compulsivity.           | 6. Yes No  |
| 7. Describe treatment techniques for adults suffering from Internet addiction.      | 7. Yes No  |
| 8. Describe ways of dealing with Internet infidelity among couples.                 | 8. Yes No  |
| 9. Describe treatment techniques for adolescents suffering from Internet addiction. | 9. Yes No  |
| 10. Describe prevention methods for Internet addiction for adolescents.             | 10. Yes No |
| 11. Describe the Twelve-Step Recovery in inpatient settings for Internet addicts.   | 11. Yes No |
| 12. Describe future trends in the technology addiction field.                       | 12. Yes No |

PESI LLC  
PO BOX 1000  
Eau Claire, WI 54702-1000

ZNT042735

CE Release Date: 8/04/2010

Participant Profile:

1. Job Title: \_\_\_\_\_ Employment setting: \_\_\_\_\_

1. By using \_\_\_\_\_ as a model, Young first developed an eight-item screening questionnaire to describe symptoms of compulsive online use.
  - a. eating disorders
  - b. sexual addiction
  - c. Twelve-Step Recovery
  - d. pathological gambling
2. An Internet addict's use of the computer is less about using it as an information tool and more about finding
  - a. a recreational outlet for tension
  - b. an effective way to communicate with friends
  - c. a way to increase personal income
  - d. a psychological escape to cope with life's problems
3. The Internet Addiction Impairment Index was developed to help therapists
  - a. classify impairments levels
  - b. facilitate third party reimbursement for treatment
  - c. document progress in treatment
  - d. prevent client relapse
4. Those who suffer from \_\_\_\_\_ may be at greater risk to develop problem Internet use.
  - a. social anxiety
  - b. depression
  - c. loneliness
  - d. all of the above
5. Among adolescent populations, \_\_\_\_\_ has been found to be one of the most addictive online applications.
  - a. chat rooms
  - b. multi-user role-playing games
  - c. online commerce
  - d. virtual casinos
6. Treatment for Internet addiction is similar to those methods used for \_\_\_\_\_ behaviors like pathological gambling or overeating.
  - a. destructive
  - b. compulsive
  - c. psychological
  - d. irrational
7. The primary goal of Internet addiction treatment is
  - a. Internet abstinence
  - b. Moderate Internet use
  - c. Restoring personal self-confidence
  - d. Avoiding loss of employment income
8. Regarding Internet infidelity, having ones needs met through \_\_\_\_\_ will adversely affect an ongoing long term face-to-face relationship.
  - a. online porn
  - b. chat rooms
  - c. interactive gaming
  - d. an online affair
9. According to treatment professionals, \_\_\_\_\_ is the most common model or approach used to understand and treat Internet addiction at this time.
  - a. psychoanalysis
  - b. object relations therapy
  - c. insight therapy
  - d. cognitivebehavioral therapy
10. \_\_\_\_\_ means investigating the underlying issues that led up to the behavior and resolving them in a healthy manner; otherwise, relapse is likely to occur.
  - a. Complete recovery
  - b. Initial evaluation
  - c. Problem identification
  - d. Marital counseling