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Note The Escalating Speed of Technological Change

• Radio took 38 years to reach 50 million US homes
• Television - took 13 years to reach 50 million US homes
• Internet - took 4 years to reach 50 million US homes
• Social Networking - took 16 months to reach 50 million
• Smart Phone apps - took 9 months to reach 50 million

Whatever is yet to come is now here before we even know it.

For example, consider the lowly QR Code

So, how many of these obsolescent 20th century devices have hauled with you into the 21st?

• Paper Money
• Pen’s, Pencils
• Door Keys
• VCR’s, VHS Tapes and Betamax
• Paper Maps and Map Books
• Translator Radios
• Film Developers
• Books
• 16mm, 35mm film
• Records (LP’s and 45’s)
• Calculators
• Watches and
• Alarm Clocks
• CD’s and DVD’s
• CV Radio
• Pen and Paper
• Hand Held Make-Up Mirrors
• Broadcast Media (TV, Radio)
• Newspapers and Newsstands
• Magazines
• Paper checks
• XXX Theaters
• Bookstores
• ATM’s or Credit Cards
• Flashlights
• Encyclopedias / Dictionaries
• Typewriters, Ribbon
• Car Records, Bills, Checks
• Pen Pals
• Fax Machines
• Street Prostitution
• Land-line Telephones
• Pick-up Bars
• Sony Walkmans, cassettes tapes

• 8-Track Players and tapes
• Televisions and CRT monitors
• Photographs
• Scrapbooks
• Postboxes
• Post Offices
• Libraries (in current form)
While the functions of nearly all of those ANALOG WORLD devices are still desired, we no longer need the devices themselves, as most have been replaced by this single one...

map, phonebook, music player, film player, book, notebook, radio, address book, compass, blood pressure monitor, calendar, photo album, friend/community finder, Scrabble board, advertisement, camera (video + still), store, credit card, airline ticket, coins, cash, cash register, gaming platform, ATM, dictionary, flashlight, bank, clock, travel agent, newspaper, magazine +

So we are grieving these profound cultural changes right? We can't not be. And what best determines how you are adjusting to the grief process?

YOUR AGE!

So where are you in your Analog to Digital world grief process?

Denial and Isolation
Anger
Bargaining
Depression
Acceptance
or somewhere going back and forth …

New Worlds, Shifting Concepts

In one example today, infidelity can no longer be defined in physical terms. I think of it more globally as the keeping of secrets in an intimate relationship.

And today, what you consider to be a relationship, depends mostly on - you got it!

How old you are …

Surprise! We are right in the middle of a New Generation Gap

<table>
<thead>
<tr>
<th>The Old Gap</th>
<th>The New Gap</th>
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<tbody>
<tr>
<td>• Sexual Mores</td>
<td>• Sexual Mores</td>
</tr>
<tr>
<td>• Rock &amp; Roll</td>
<td>• Video Games</td>
</tr>
<tr>
<td>• Television and Telephones</td>
<td>• Digital Immigrants vs. Digital Natives</td>
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<tr>
<td>• Recreational Drug Use</td>
<td>• Rude Interpersonal Communication</td>
</tr>
<tr>
<td>• Liberalism (Gender, Social &amp; Racial equality)</td>
<td>• Fantasy = Real Life</td>
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<tr>
<td>• Children seen &amp; not heard</td>
<td>• Ongoing immediate interconnectivity</td>
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<tr>
<td>• Personal Privacy</td>
<td>• Neural Development</td>
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<tr>
<td>“We Won’t Listen to you!”</td>
<td>• Personal Privacy</td>
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<td>“We Can’t See or Hear You!”</td>
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If helping clients means “being able to enter their world,” then being underinformed, dismissive or judgmental regarding digital media means not fully understanding the world of our clients. Today this most often involves the world of younger people and parents … but not for long.
Understanding Tech and the Addictions

The Escalation of Addictive Behavior has been, and always will be driven by...

Technological Advance

Why does technological advance evoke behavioral escalation (in the addictions)?

1. Increasing access xyz means decreasing inhibitors to impulsivity
2. The human brain hungers for any new stimulation that leads to rapid fire Dopamine release (pleasure).
3. Increasing accessibility thru phones and pads means more ubiquitous and ‘private’ technical interactions
4. Those with preexisting social/emotional deficits no longer need to evolve a social skill set in order function (meaning learn, work, shop, have sex, date and build community.)
5. Many ‘illegal street issues’- drug sales, prostitution, anonymous sex etc. are no longer on the street, they’re online.

Think how technology has escalated our ability to more readily obtain:

Intensely Refined Substances (20th century):
- High caloric foods and snacks
- Distilled alcohol
- Cocaine, highly refined marijuana, prescription drugs

And Intensely Refined Experiences (via 21st century digital media)
- Gambling and Gaming
- Shopping
- Sexual content and experiences

Why Addiction?

While majority of us may take pleasure in these more immediate, more intense and more accessible pleasurable substances and experiences, the vulnerable among us end-up addicted. They abuse these same activities to escape, self-soothe, distract and dissociate from stressors (both internal and external)
All addictions involve the maladaptive abuse of intense anticipatory fantasy to induce neurochemical release and leading to addicts literally getting stuck in their heads.

**The Neurochemistry of Mood**
- Serotonin - mood stability
- Dopamine - pleasure
- Adrenaline - energy, jolt
- Endorphins - calm
- Oxytocin - love / jealousy

ADDICTS CALL THIS STATE...
- Being in The Bubble
- Being in the Trance
- Feeling Spaced Out
- Feeling Out of Control
- Powerless (12-step)
- Clinicians think things like ...
  - Dissociative State
  - Self Regulation
  - Self Soothing
  - Affect Management

Has it occurred to you, that the digital/social media world is a unique and separate world and culture from our lives, IRL

One example: What you say to someone in person and how you say it, is *most often not* the best way to say that same information:
- On a phone call or in public
- In an e-mail (so old school!)
- In a text
- On Instagram, twitter, tumbler, linked-in and facebook
- In video gaming platforms like WoW
- In virtual worlds like 2nd life
- Inside a romance/sex app
- When sexting - and oh yeah, how about Jennifer Lawrence and THOSE pictures?

And how educated are you re: the clinical management of Child and Teen related tech issues like:
- 65% of tech savvy kids have an online account unknown to family - double life
- Cyberbullying - did you know that there are about 6 differing forms or more?
- Porn and access to sexual content (by age and gender).
- Gaming - How much is too much? Who is gaming with your kid etc.
- Selfies and sexting (holding and sharing of sexual images)?
- What is ok for kids to send/share/receive by age?
- What environments are safe/unsafe online for kids?
- What is “sex” to a young adult today?
- What is dating/mating /a relationship to a teen?
- The difference between online content filters vs. online content and site blockers vs. phone/pad/computer trackers?
- Do you know when to apply and suggest any of the above Along with where to use with what age person and why?
So how prepared are you today to clinically manage adult-life related tech issues like:

• (Self) Boundaries related to stress, 24/7 email and texts, “work never ends”
• (Time/interactive) Tech Boundaries with kids, family, spouses
• (Sex) Infidelity, affairs, app based hook-ups, webcam sex, porn
• (Ego) Boundaries related to tech = sense of self
• (Connection) Finding ways to connect and through tech
• (Disconnection) Finding ways and reasons to disconnect from tech
• (Parenting) Understanding what kids are doing online, what is acceptable today in their world, what is not (age related).
• (Workplace) Note that 4 different generations now populate the workplace simultaneously!

Waaaaaaaa! I’m an unhappy clinician now : (Why Can’t We Just Put a Plug In It? I liked the way things were …

As we learned with Prohibition in the US, there is no turning back upon new technology or it’s effects. We can only observe with engaged interest not judgment, while noting and dealing with related problems as they arise.

But hey- Today We Have Virtual Friends and Virtual Communities …

And today (like it or not), we now have Immediate 24/7, geolocated unlimited access to sex (free or paid), via the now familiar device below:

- Porn
- Prostitution
- Webcam sex
- Sexting
- Escorts and “Sensual Massage” with directions, phone #, hours, prices, a map etc.
- Hook-up Apps
- Sex Worker-Locator Apps (think UBER)
Below are the most popular app-based, Geo-locating “friend finders” or hook-up apps for casual sex-today.

- **Grinder** - Gay Men / **Quirisher Girls** - Lesbian Women
- **Tinder** - Single straight people under 35
- **Ashley Madison** - Married people

(And an every widening number of apps for specific fetishes and arousal templates (BDSM, Foot Fetish, Role Play etc.)

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So How Can Clinicians Stay Current?

By getting as involved in modern technology and social media as you can- take 4 hours 2 Sundays a month- hire a college student to guide you.

- By learning how to negotiate and understand the world of our young people and highly tech savvy adults.
- By understanding these issues as they present - not how they are slanted by the media or our social peers

Then we can best help our clients to:

- Raise healthy, safe families
- Set and negotiate useful tech-related boundaries
- Separate the issues from the tech

Offer insight based on experience, not judgement or fear

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**“Closer Together: Further Apart” - The Effect of Digital Technology on Addiction, Psychotherapy and our Daily Lives**

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