



6840 Seaview Road, Sechelt, BC V0N 3A4

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Technology Addiction Resource List

Therapists, Speakers, Treatment Centers, Websites, Books for *Children and Youth*

TECH ADDICTION THERAPISTS/SPEAKERS				
Contact	Website	Ages Treat	Contact info	Location
Ryan Anderson	Telos	13-17 yrs	801-426-8800 ryananderson@telosu.com	Orem, Utah
Jason Brand	Jason Brand	13-17 yrs	510-488-3093 jason@jasonbrand.com	Berkley, Calif.
Stephanie Brown	Stephanie Brown, PhD	Families	650-322-0943 info@stephaniebrownpd.com	Menlo Park, Calif.
Hilarie Cash	reSTART Center for Digital Technology Sustainability	15-17 yrs & speaker	800-682-6934 connect@restartlife.com	Seattle, Wash.
Gail Curran	Optimal Edu Options	8-17 yrs	602.904.1282 gail@OptimalEduOptions.com	Peoria & Tucson, Utah
Andy Doan	Andrew Doan	0-17 yrs & speaker	951-303-6111 andy@andrew-doan.com	Temecula, Calif
Victoria Dunckley	Victoria L. Dunckley, MD	0-17 yrs	714-926-4796 info@drdunckley.com	LA, Calif
David Greenfield	Virtual Addiction	13-17 yrs - outpatient	860-561-8727 drdave@virtual-addiction.com	West Hartford CT
Tracy Markle	Collegiate Coaching Services	11-17 yrs speaker	303-635-6753 tracy@marklesolutions.com	Boulder, Colo.
Kim McDaniel	Thrive Professional Coaching	0-17 yrs	425-208-1385 thriveprofessionalcoaching@gmail.com	Newport Beach, Calif.
Cris Rowan	Zone'in Programs Inc.	0-17 yrs & speaker	888-8zonein crowan@zonein.ca	Vancouver, BC
Ryan Spodek		12-17 yrs	416 318 8424 rspodek@hotmail.com	Toronto, Ont.
Ann Steel	Steel Counseling PLLC	12-17 yrs & speaker	206-707-1683 steelcounseling@gmail.com	Bellevue, Wash.
Min Tan	Min Tan	0-17 yrs	415-265-1750 mintan.mft@gmail.com	San Fran, Calif.
Lynn Telford-Sahl	Addiction Counseling Modesto	13-17 yrs	209-492-8745 lynnelfordsahl@gmail.com	Modesto, Calif.
Kimberly Young	Net Addiction	0-17 yrs & speaker	netaddiction.com@gmail.com 716-375-2076	Bradford PA

TECH ADDICTION CENTERS				
Contact	Website	Ages Treat	Contact info	Location
Addictions Institute	Stephanie Brown, PhD	Families - outpatient	650-329-9779 addictionsinstitute@stephaniebrownpd.com	Menlo Park, Calif.
Center for I & T Addiction	Center for Internet and Technology Addiction	13-17 yrs - outpatient	860-561-8727 drdave@virtual-addiction.com	West Hartford, CT
Last Door	Last Door	14-17 yrs - residential	604-520-3587 youth@lastdoor.org	Coquitlam, BC
Liberty Springs	Liberty Springs	To come!	435-757-2080	Logan, Utah

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email: info@zonein.ca * Toll free tel: 1.888.8zonein (1.888.896.6346) * Toll free fax: 1.877.8zonein (1.877.896.6346) * tel: 604.885.2666 * fax: 604.885.2668



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		13-17 yrs - residential	info@libertysprings.com	
<i>Outback Therapeutic Expeditions</i>	Outback Therapeutic Expeditions	13-17 yrs residential	800-817-1899 pmcavoy@outbacktreatment.com	Lehi, Utah
<i>reSTART Center</i>	reSTART Center for Digital Technology Sustainability	12-17 yrs residential	800-682-6934 connect@restartlife.com	Seattle, Wash.

TECH ADDICTION WEBSITES (see also therapists and center websites)

Name	Website	Type
Center on Media and Child Health	Center on Media and Child Health	Child health - research, blog, toolkits
Citizens for Safe Technology	c4st	Radiation – research, info, strategies
Commercial-Free Childhood	Campaign for a C-F Childhood	Ending commercialization of children
Common Sense Media	Common Sense Media	Media guide for parents
Douglas Gentile PhD	Dr. Douglas Gentile	Video games – research, resources
Dr. Peter Breggin	Psychiatric Drug Facts	Psychotropic meds - research, info
Families Managing Media	Families Managing Media	Tech management - tools, support
On-line Gamers Anonymous	On-line Gamers Anonymous	VG addiction - forum, clinicians
Real Battle Ministries	Real Battle Ministries	Video games - tools, seminars
Sherry Turkle	Sherry Turkle	Social communication - books, info
Tech Addiction	Technology Addiction	Internet and computer addiction
Unplugged Challenge	Unplugged Challenge	Tech unplug tools, techniques
Wowaholics Anonymous	Wowaholics Anonymous	WOW - support forum

Books

Virtual Child – The terrifying truth about what technology is doing to children by *Cris Rowan*

Learning in a digitalized age – Plugged in, turned on, totally engaged? *edited by Lawrence Burke, Chapter 15 The impact of technology overuse on child sensory development by Cris Rowan*

Reset Your Child’s Brain – End meltdowns, raise grades, and boost social skills by reversing the effects of electronic screen-time *by Victoria L. Dunckley, MD*

Video Games & Your Kids: How Parents Stay in Control *by Hilarie Cash and Kim McDaniel*

Hooked on Games: The Lure and Cost of Video Game and Internet Addiction *by Andrew P Doan and Brooke Strickland*

Glow Kids: How Screen Addiction Is Hijacking Our Kids -- And How to Break the Trance *by Nicholas Kardaras*

iDisorder – Understanding Our Obsessions with Technology and Overcoming Its Hold on Us *by Larry D. Rosen*

Wired Child – Reclaiming Childhood in an Digital Age *by Richard Freed, PhD*



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Talking Back to Facebook – The Common Sense Guide to Raising Kids in the Digital Age *by James P. Steyer*

In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior *by Patrick J. Carnes, David L. Delmonico, Elizabeth Griffin and Joseph M. Moriarity*

Internet Addiction: A Handbook and Guide to Evaluation and Treatment *by Kimberly S. Young and Cristiano Nabuco de Abreu*

Tangled in the Web: Understanding Cybersex from Fantasy to Addiction *by Kimberly S. Young*

Caught in the Net: How to Recognize the Signs of Internet Addiction and a Winning Strategy for Recovery *by Kimberly S. Young*

The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age Hardcover *by EdD. Steiner-Adair Catherine and Teresa H. Barker*

Endangered Minds: Why Children Don't Think – And What We Can Do About It, *by Dr. Jane M. Healy, PhD.*

Failure to Connect: How Computers Affect Our Children's Minds-For Better or Worse, *by Dr. Jane M. Healy, PhD*

The End of Absence – Reclaiming what we've lost in a world of constant connection *by Michael Harris*

The Shallows – What the internet is doing to our brains *by Nicholas Carr*

Raising Parents – Attachment, parenting and child safety *by Patricia McKinsey Crittenden*

Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder, *by Richard Louv.*

The Brain's Sense of Movement, *by Dr. Alain Berthoz.*

Touching: The Healing Significance of the Skin, *by Dr. Ashley Montague, Professor of Anthropology and Anatomy.*

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