

## Counseling

Written by Dr. Kimberly Young

Thursday, 15 March 2012 00:00 - Last Updated Friday, 09 March 2012 14:32

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### Counseling



I began to study Internet addiction in 1994 and over the years realized the growing impact of cyberspace on children and families. Internet addiction is a type of compulsive disorder that can impact individuals, couples, and families. Based upon clinical research, the disorder can impact those who also suffer from depression, anxiety-related disorders, relationships problems, and other addictive behaviors.

I have developed the first empirically-based treatment model to cure Internet addiction. My **Digital Detox Rehab™** program

consists of a specialized Cognitive-Behavioral Therapy techniques for Internet Addictions, which is called

**CBT-IA ©**

. This specialized program consists of weekly sessions or we can arrange half-day or full-day intensives. This program is not only for the individual who suffers from Internet addiction but family education and consultation is a large part of recovery.

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For those unable to travel to my office for the weekly sessions, we can arrange telephone sessions at the same rates. Unfortunately, health insurance does not cover treatment for Internet addiction or related issues such as coping with online affairs, online sex addiction, online gaming, Internet gambling problems, or eBay addiction. Often, Internet addicts suffer from depression, anxiety, obsessive-compulsive disorder, social phobia, or substance abuse, if this is the case, this type of dual diagnosis may be covered by your insurance provider. Please check with your provider first. The research has found that CBT-IA has been an effective recovery method across patients. You read the study in the ARTICLES section of our site.

**Hours are by appointment. □ Use my [contact form](#) to arrange an appointment today.**

For more information, visit our [Frequently Asked Questions About Our Services](#)