

## Davranışsal Bağımlılıklar ve Baş Etme

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### Öğrenme Hedefleri

1. Davranışsal bağımlılıkların neler olduğunu açıklar
2. Davranışsal bağımlılıklara sebep olan nedenleri sıralar
3. Davranışsal bağımlılıkları önleme yollarını ve çözüm önerilerini sayar
4. Davranışsal bağımlılıklardaki süreci önleme ve tedavisinde bireye özgü analiz yapabilir.

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### İçindekiler

1. Giriş
2. Davranışsal Bağımlılıklar
  - Kumar Bağımlılığı
  - Problemlerle Oyun Oynama ve Oyun Bağımlılığı
  - Kompulsif Satın Alma Bozukluğu ve Alışveriş Bağımlılığı
  - Seks Bağımlılığı
  - Egzersiz Bağımlılığı
  - Yeme Bağımlılığı
3. Diğer Davranışsal Bağımlılıklarda Öğrencilere, Eğitimcilere ve Ailelere Yönelik Farkındalık ve Baş Etme
4. Konu ile İlgili Bir Vaka ve Analizi
5. Sonuç
6. Konu ile ilgili Film ve Kitap Önerileri
7. Kaynaklar

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## SONUÇ

Davranışsal bağımlılıklar; madde bağımlılığı ile benzerlik gösterse de araştırmalar için tanı kriterlerinin belirlenmesi açısından hala tartışma konusudur. Bireye özgü yaklaşım, davranışsal bağımlılıklarda önemlidir. Bağımlılığın oluşum nedenleri ve bağımlılık döngüsünün devam etmesine yol açan etmenler ele alınmalı ve nüksleri azaltıcı müdahalelerle bireyler desteklenmelidir.

### » Konu ile ilgili Film Önerileri:

- » Mississippi Grind, 2015
- » Vegas'ta Son Şans, 2003
- » 21, 2008
- » Ateşten Kalbe, Akıldan Dumana, 1998
- » The Queen's Gambit, 2020
- » Oyun (Nerve), 2016
- » Thanks for Sharing, 2012
- » "True Life" I'm Addicted to Exercise, 2011
- » Bir Alışverişkoliğin İtirafı (Confessions of a Shopaholic), 2009

### » Konu ile ilgili Kitap Önerileri:

- » Bağımlılık Sanal veya Gerçek, Nevzat Tarhan, Serdar Nurmedov
- » Bağımlılık ve Değişim, Carlo C Diclemente
- » Anahtar Kelimeler: Kumar bağımlılığı, oyun bağımlılığı, problemli oyun oynama, kompulsif satın alma, alış-veriş bağımlılığı, seks bağımlılığı, egzersiz bağımlılığı, yeme bağımlılığı.

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