# Article information:

Putting the Gaming Experience at the Center of the Therapy—The Video Game T...: Articles, E-Books, & More
[https://eds-p-ebscohost-com.libauth.purdueglobal.edu/eds/detail/detail?vid=22=1ddcbabd-27b1-4514-a481-ec10c3ab4320%40redis=JnNpdGU9ZWRzLWxpdmU%3d](https://eds-p-ebscohost-com.libauth.purdueglobal.edu/eds/detail/detail?vid=22&sid=1ddcbabd-27b1-4514-a481-ec10c3ab4320%40redis&bdata=JnNpdGU9ZWRzLWxpdmU%3d)

# Article summary:

1. Video Game Therapy® (VGT®) is an approach that integrates video games into therapy to promote emotional experimentation, social feeling, and cognitive processes.

2. VGT® uses commercial video games as tools for emotional regulation and personal growth, allowing patients to express themselves in a protected and fun environment.

3. The focus of VGT® is not on the medium of video games, but on how the therapist presents and uses them during therapy sessions to explore emotions, reflect on experiences, and facilitate transformation and therapy.

# Article rating:

Appears strongly imbalanced: The article is written in a biased or one-sided way, and the information it provides is not trustworthy enough to be considered a reliable source. You should consult other sources to find reliable information on the presented issues.

# Article analysis:

The article titled Putting the Gaming Experience at the Center of Therapy—The Video Game Therapy ® Approach discusses the use of video games as a form of therapy for various mental health conditions. While the article provides some interesting insights into the potential benefits of video game therapy, there are several areas where critical analysis is warranted.

One potential bias in the article is its promotional tone towards Video Game Therapy® (VGT®). The article repeatedly emphasizes the positive results and effectiveness of VGT®, without providing a balanced view or discussing any potential drawbacks or limitations. This one-sided reporting raises questions about the objectivity and credibility of the information presented.

Additionally, the article lacks supporting evidence for many of its claims. While it mentions that research has shown video games can be used to treat conditions such as depression, anxiety, PTSD, and addiction, it does not provide specific studies or data to support these statements. Without this evidence, it is difficult to assess the validity and reliability of these claims.

Furthermore, there are missing points of consideration in the article. For example, it does not address potential risks or adverse effects associated with using video games as therapy. While it briefly mentions that adverse effects may occur in specific cases, it does not elaborate on what these effects might be or how they can be mitigated. This omission leaves readers without a complete understanding of the potential risks involved in video game therapy.

The article also fails to explore counterarguments or alternative perspectives on video game therapy. It presents VGT® as an innovative and effective approach without acknowledging any potential criticisms or limitations raised by other researchers or professionals in the field. This lack of critical analysis undermines the credibility and balance of the article.

Moreover, there is a lack of evidence for some claims made in the article. For instance, it states that video games can teach valuable skills such as problem-solving, decision-making, and coping strategies but does not provide specific examples or studies to support this assertion. Without concrete evidence, these claims remain unsubstantiated and speculative.

In terms of potential risks, the article briefly mentions that video games may have adverse effects in specific cases but does not provide any further information or guidance on how to identify and address these risks. This lack of comprehensive discussion on potential risks is a significant oversight, as it fails to provide readers with a balanced understanding of the benefits and drawbacks of video game therapy.

Overall, the article presents an overly positive and one-sided view of video game therapy without providing sufficient evidence, addressing potential risks, or exploring alternative perspectives. It would benefit from a more critical analysis that considers opposing viewpoints, provides supporting evidence for claims made, and acknowledges potential limitations and risks associated with video game therapy.

# Topics for further research:

* Criticisms of video game therapy as a form of treatment for mental health conditions
* Potential risks and adverse effects of using video games as therapy
* Studies and research on the effectiveness of video game therapy for depression
* anxiety
* PTSD
* and addiction
* Alternative approaches to therapy for mental health conditions
* Limitations and drawbacks of video game therapy
* Evidence supporting the claim that video games can teach problem-solving
* decision-making
* and coping strategies

# Report location:

<https://www.fullpicture.app/item/8c742f735e3928c1fbe0cd3f1381b909>