

Problematic Internet Use Group



Open Treatment Group
Tuesday Evenings
8:00-9:15pm

The Wellness Institute
1000 High St., Suite E
Worthington, OH 43085

Led by licensed professional counselors

Dr. Paul Granello, Ph.D., LPCC-S
&
Michael Lewis, M.A., LPCC-S

Begins March 1, 2011

\$15.00 per participant/per group fee includes:

- Counseling and treatment for individuals struggling with online use/addiction
- All materials used in/outside of group
- Refreshments

*Some insurances accepted

Do I have an internet use problem?

Problematic internet use primarily consists of negative consequences in multiple life areas such as relationships, marriages, family life, career, academics, finances, self-worth, spirituality, and emotional stability. Those challenged by addictive online use often report an inability to discontinue use despite recognizing and experiencing an ongoing struggle. Shame, guilt, compulsiveness, despair, and isolation often accompany problematic use without a way to break the struggle.

Problematic use may include:

- Pornography
- Gambling
- Gaming
- Social networking/Chatting
- Compulsive shopping
- Compulsive surfing

Questions? Want to register?

Call: 614-505-6874

Sign up on-line:
www.infowellness.org