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As Video Game Addiction Soars Among Teens, Local Therapy Group Hires Specialized Clinician
The Powered Up Programs for Teens and Parents Work Hand-in-Hand to Set Realistic Gaming Boundaries

Pittsburgh, Pennsylvania: The Better Institute is welcoming a new clinician to their highly-regarded and uniquely specialized group of therapists. Matt Missar, a recent Master's graduate of the University of Pittsburgh's Social Work Program, and two-year intern with The Better Institute, will officially join the counseling group as a Licensed Social Worker in April 2022. Missar, who holds an International Gaming Disorder Certificate (IGDC) from the International Gambling Counselor Certification Board (IGCCB) will specialize in running the Powered Up Programs for both teens who struggle with video game boundaries and parents who are seeking help for their children.

"I'm thrilled about both of our Powered Up programs! I believe that these two programs truly meet a growing need in helping both parents and teens develop healthy relationships with gaming. Video games are such a huge part of our culture that cannot be ignored. Our programs focus on embracing video games in a balanced and sustainable way, and I believe that this is the key to creating a healthy relationship with gaming," said Matt Missar, LSW.

The Powered Up Player™ and Powered Up Parent™ are two individual programs offered by The Better Institute. The Powered Up Player™ is geared toward teens ages 12-18 who struggle with unhealthy boundaries around gaming. The Powered Up Parent™ is designed for parents who may be facing stress or relationship strain in the household due to gaming habits. Each program shares common goals: to adopt a healthy relationship with gaming, to learn how to set firm and realistic boundaries around gaming, and to create more balance in the home for both teens and parents.

The Powered Up Player™ program consists of six levels that educate teens about healthy gaming habits while presenting the information in a highly interactive and appealing manner. The Powered Up Parent™ program consists of three levels that guide parents on how to set appropriate gaming boundaries and also tips on how to improve their relationship with their gaming teen.

Features and benefits of The Powered Up programs include:

- Entertaining videos that guide teens and parents through the courses
- Insights from experts in the field of healthy gaming
- A step-by-step outline for creating personalized gaming balance
- Practical strategies to improve teen gaming behaviors
- Interviews from parents and professionals who are knowledgeable about healthy gaming

“The Powered Up Parent course is a great resource for helping parents develop healthier relationships with their children around gaming. The Powered Up Player course is a way for kids to learn more about healthy gaming and develop more balance in their lives. The course is presented in a fun and exciting way, which leads to an engaging experience,” says Rob Bumbaco, LCSW, CMC, COO and Co-Founder of the Better Institute. “We are extremely excited that Matt will be joining The Better Institute as a Licensed Social Worker. Matt’s dedication to the field of social work and his commitment to his clients make him a great addition. Matt’s expertise in problem gaming and his work with adolescents has added a new dimension to our practice.”

Both Powered Up Programs can be purchased individually for \$59 each, or the Powered Up Bundle™ can be purchased for \$99. To learn more about the Powered Up Bundle™, visit <https://www.poweredupcourse.com/bundles/powered-up-bundle>.

While both programs are self-paced and can be completed at home, the efficacy of the outcome is increased when partnered with therapeutic counseling from Matt Missar, LSW, and the experienced clinicians at The Better Institute. For more information on The Powered Up Player and Powered Up Parent programs, visit: <https://www.poweredupcourse.com/courses/powered-up-player>.

About The Better Institute: The Better Institute houses a team of expert clinicians who vary in licensed speciality areas, but share a common goal: to help clients get better. The Better Institute was founded to deliver progressive therapies that improve clients’ quality of life. They combine data-backed strategies with an empathetic approach to design innovative, practical, customized programs that set clients up for success. Areas of concentration include: career coaching, mental health and wellness, recovery from at-risk behaviors, performance psychology for athletes, confidence-building and skill development for couples and families. The Better Institute serves the South Hills from their location in Mt. Lebanon. They also offer convenient teletherapy online to meet the needs of parent’s demanding schedules. Learn more at: <https://betterinstitute.com>

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