

# Maladaptive Daydreaming – Evidence for a Pathological Form of Absorption

Sunday, April 2  
3:30 PM - 5:00 PM



## Primary Presenter(s)

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Daydreaming is a common mental activity that can help solve problems, trigger creativity, and inspire great works of art and science. Evidence suggests that some people have a capacity for vivid absorptive fantasy that is experienced with an acute sense of presence. This ability to script an alternate reality that can offer an intense experience appears to be highly gratifying. In fact, the experience seems so rewarding that if curbed, elicits a yearning to resume it that is akin to addiction. For individuals who are coping with past and current distress, life in a fantasized alternate world, seems a soothing, affect regulating alternative. However, when daydreaming becomes compulsive and time consuming, the consequences can be dire: Daydreaming activity can interfere and sometimes even replace real-life social, academic and vocational activities. This workshop will describe the discovery process of a dissociative and addictive mental activity reported in various internet venues by thousands of individuals seeking support and coping advice. The workshop will also offer a review of the latest empirical data collected on the subject. A video clip featuring a testimony of a maladaptive daydreamer will be screened.

## Learning Objectives:

- Articulate the difference between normal and maladaptive daydreaming (MD).
- Describe the grassroots process that has contributed to the evolution of the construct of MD.
- Identify suggested diagnostic criteria for MD.