**Personal Interest**

I am an emerging adult who has grown up during a technological revolution. I identify as a "gamer." Video games have integrated themselves into my everyday life, and so my life journey can thus be tracked via the video games I have played. Over the years, platforming video games have developed my fine motor skills, puzzle games have sharpened my thought processing, and strategy video games have improved my cognitive flexibility while adventure video games have inspired me creatively.

**Emerging Adulthood**

- In An Age of Uncertainty...
  - Social transformations of the twentieth century have fundamentally reconfigured dominant narrative of selfhood (Giddens, 1991)
- Intimacy vs Isolation: Learning to be open and share the self with others while maintaining a sense of self-identity plays a critical role in this stage.

**Background**

- Erikson’s Theory of Psychosocial Development...
- Gaps in therapy services and the potential for video games to address these gaps.