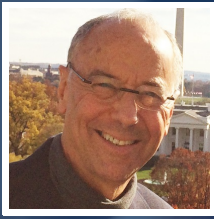


Video Games: an Effective Psychiatric Treatment



Bruce E. Wexler
Professor of Psychiatry

CURRENT RESEARCH

Computer brain training and physical exercises are improving treatment for children and adults, and helping children do better in school

Many have heard that crossword puzzles keep the brain young as does exercise but increasing evidence is pointing to similar cognitive or physical tasks as a way to circumnavigate taking medicines for certain psychiatric conditions, and to improve thinking and learning in elementary school children. Dr. Bruce Wexler, Professor of Psychiatry at Yale University, works to develop non-pharmacological treatments for psychiatric conditions, such as autism, schizophrenia, cognitive impairment associated with aging, obsessive-compulsive disorder, and depression, by harnessing neuroplasticity through computer-presented and physical brain-training exercises. Motivated by the desire to better understand the wonderful mystery of the human brain and to apply that understanding to help others, his research has made treatment without medication a reality and holds up in improving education outcomes in inner city schools. For example, rather than Adderall being prescribed to young children with ADD or ADHD as a temporary treatment of symptoms, Dr. Wexler's games can promote development of brain systems necessary for self-regulation and focused attention!

Dr. Wexler's research ranges broadly from basic to applied; on any given day, you can find him creating and evaluating computer-based games or physical exercises, working with computer programmers and athlete trainers, reviewing data, visiting schools, and conducting brain imaging studies. Thus far, thousands of school children are already using programs that have been deployed by Dr. Wexler's team in languages including English, Korean, Spanish, Turkish, Portuguese, and Danish, and have furthermore generated a database of over 150 million data points. Dr. Wexler has...

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AFFILIATION



Yale University

EDUCATION

- B.A., in Government, Magna Cum Laude, 1969 , Harvard College
- M.D., 1973 , Albert Einstein
- Special Student, 1973 , Anna Freud's Hampstead Clinic
- Institute of Neurology, Queen's Square London, 1973
- Intern, in Medicine, 1973-1974 , Bronx Medical Hospital Center
- and 1 more.

AWARDS

- NIH Director's Award for High Impact, High Innovation Medical Research, 2011
- Kempf Award for contributions as researcher and mentor to psychobiological research in psychiatry, American Psychiatric Association, 2103
- Brain and Culture selected as an "Outstanding Academic Title of 2007" by Choice Magazine

RESEARCH AREAS

Education, Technology

FUNDING REQUEST

Your contributions will support the continued research of Dr. Bruce Wexler, Professor of Psychiatry at Yale University, as he creates and evaluates computer-presented games and physical exercises to treat psychiatric conditions without medication and improve thinking and learning abilities in young children. Donations can fund the development of next generation computer or physical exercises, support the work of post-doctoral fellows and visiting faculty in Dr. Wexler's research group, help develop new programs for new disorders, or support implementation of the school-based program in schools in your community. Join in finding effective treatments for children without prescribing medicine, and applying neuroscience research and computer technology to improve education outcomes.