

Article extracted from a *fictional* press report published in one of the most popular Interactive Media magazines in the US - October 28th, 2016:

“First they were designed for sheer Entertainment. Then some of them started to be used to support Education, Training, Health, Behaviors and Social Change. And the list continued to grow... Today, many people consider that a ‘milestone’ in the video game industry was reached when the now popular video games from the ‘Press Play to Grow Series™’ first appeared in the market. Since the release of ‘ID™’ in May 2012 - the first ‘Trojan Horse’ developmental video game which became a best-seller with more than 4 million units sold - the gaming community have witnessed significant evidence coming from various academic and non-academic sources reporting successful personal and professional development results. Examples range from efficient transference of skills from ‘virtual’ to ‘real life’ to all kinds of developmental growth in multiple skills and lines of intelligence. Based on contemporary integral and developmental psychology frameworks specifically designed to catalyze personal and spiritual growth, these new video games have been proving that entertainment can be skillfully (and smoothly) integrated with customized developmental education and practices. Based on the E-learning & video game designer Clark Quinn who suggested more than a decade ago that ‘learning can and should be hard fun!’, we now ask the question: Is it now the best time we ever had to enjoy the same ‘hard fun’ by playing with our own ‘personal and spiritual unfolding’? The answer seems to be a... AAA ‘hardcore’ yes!

The major evidence up to date for those unprecedented developmental achievements promoted through these video games has just been released from the recent Fall Edition of the Harvard’s Developmental Psychology journal. Various developmental psychology tests and integral ‘psychographs’ applied during a period of 3 years on players from various ages, ethnicities, interests, and cultural backgrounds have been reporting a steady increase of 15% to 40% of growth in some of the basic lines of intelligence (cognitive, interpersonal, moral, and self-identity, among others) - including deep and qualitative shifts in levels of personal responsibility, critical thinking, maturity, care for self and others, relationships and self-identity, throughout all different stages of psychological development.

Following this trend, an increasing number of coaches, mentors, therapists, counselors, teachers, and even spiritual leaders are increasingly turning their minds, hearts and attention to

actively join some of the pioneering helping professionals who have been gradually but steadily proving the unprecedented successes of this revolutionary ‘techno- psycho-developmental’ trend. In addition to that, due to the high praise and amazing popularity of the new Human Developmental Ratings (HDR) recently incorporated in the International Entertainment Software Rating Board (IESRB), these professionals are now able to pick and chose those games that better fit with their various educational and developmental goals and aspirations. Likewise, the already multi-millionaire Self-help and Wellness industries seem to be already enjoying a significant share of profits from what seems to be an unstoppable demand for ‘Trojan Horse’ developmental video games, a booming phenomenon that is now being popularly called by ‘real life gaming’. From the first ‘Press Play to Grow™’ best selling release ‘ID™’ to the recent successful sequel ‘Lila, the Game of Life™’ - these industries have been reporting continuous growth in sales of new self-help books and wellness DVDs that offer accompanying ‘Interactive Workshop™’ video game kits. Together with the increasing demand of the revolutionary wireless PsychoDev 3D™ biofeedback 3D interfaces, their combined sales culminated in a staggering 250% of growth in 2015 in comparison with the past year, an equivalent in profits of approximately US\$...”

This fictional account summarizes some of the main topics of my still ongoing 9-months long *mixed-methods research* about the potentials of creating interfaces between video games and *human development*, inquiring into the question of how to design new and alternative video games to catalyze human development in terms of *personal* and *spiritual growth*.