



OUTPATIENT GROUP TREATMENT FOR PROBLEM GAMBLERS (Phase 2)

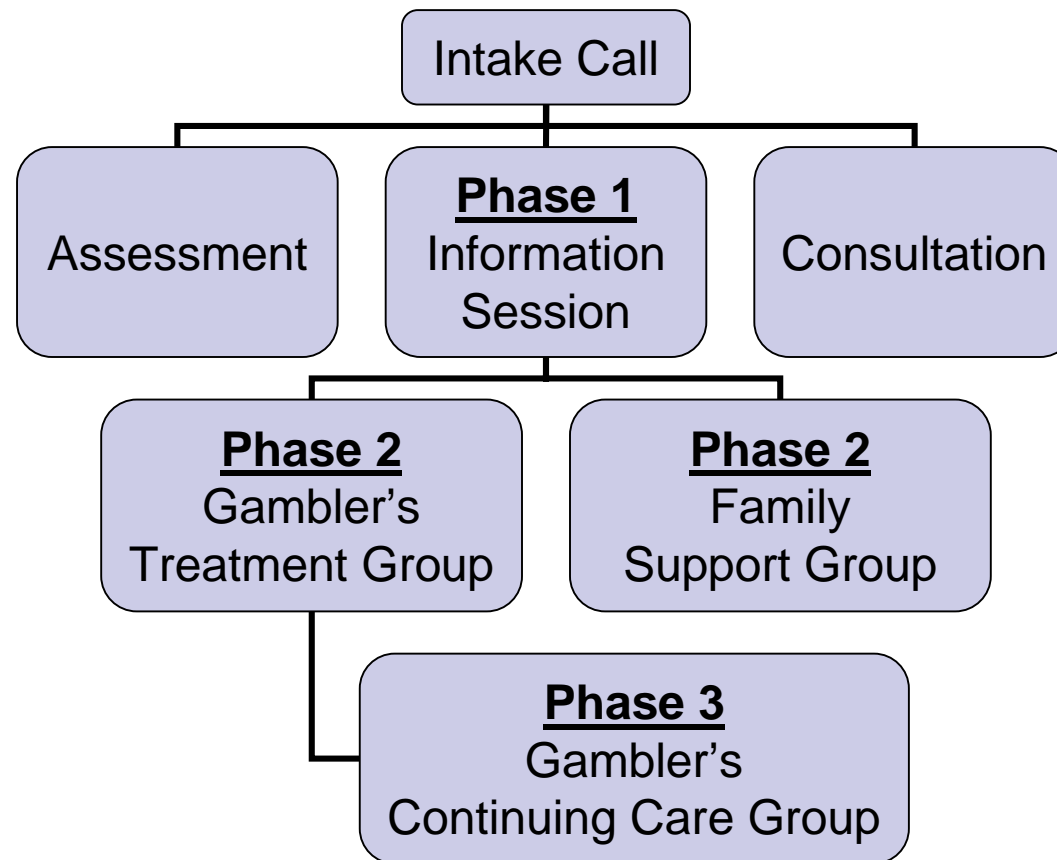
Rideauwood Addiction and Family Services

Jane Aston & Bob McCaw

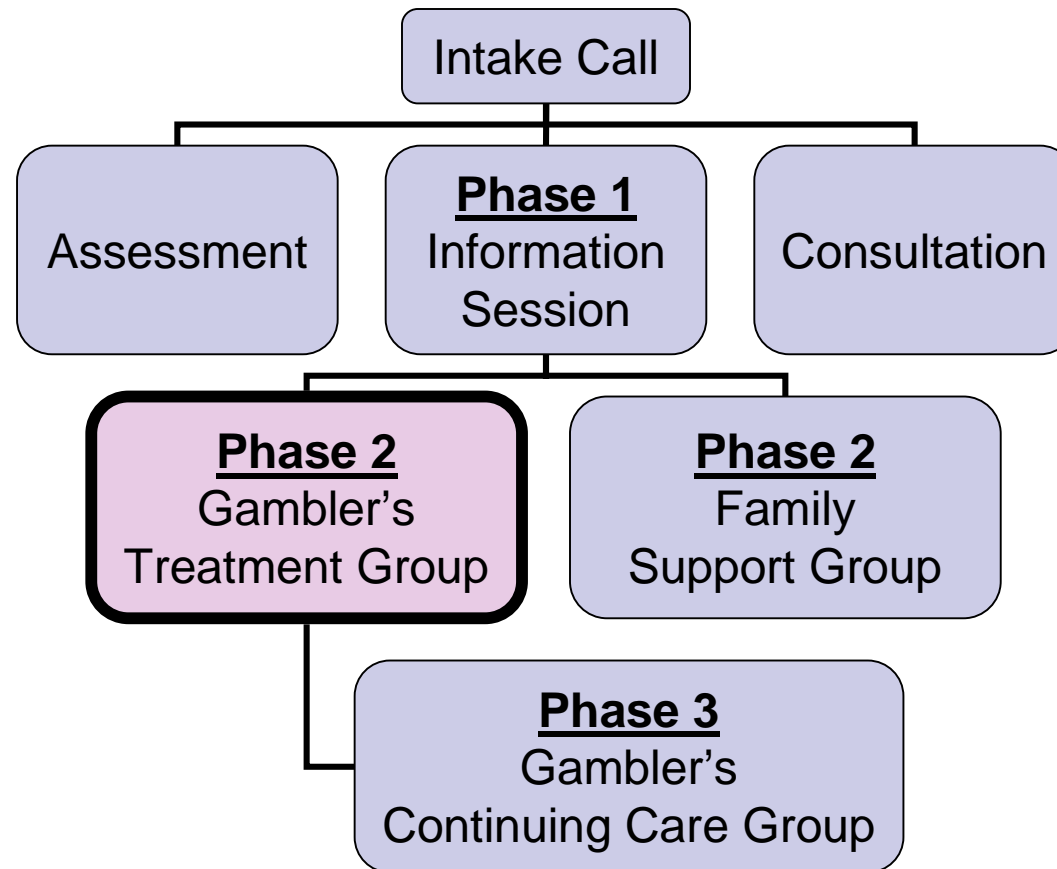
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PROGRAM STRUCTURE



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Highlighted box is the area to be detailed in this presentation.



WEEKLY GROUPS

- 1 Information Session
- 1 Family Support Group
- 2 Gambler's Treatment Groups
- 1 Gambler's Continuing Care Group



PHASE 2—TREATMENT FOR GAMBLERS STRUCTURE:

- Weekly 2 hour evening group treatment.
- Group includes both process and task.
- First hour is traditional group therapy with each client checking in.
- 5 minute break.
- Second hour is structured group learning.
- Intake is continuous.
- Components are presented in a continuous loop.



PHASE 2—TREATMENT FOR GAMBLERS STRUCTURE:

- Approximately 12-14 weeks to complete the treatment cycle.
- Clients may stay as long as needed in this phase.
- Counsellor's Aides are used for peer support.
- Medallion is presented for completion of this phase.
- Abstinent clients are invited to move on to the Phase 3 Continuing Care Group.



PHASE 2-TREATMENT FOR GAMBLERS

PHILOSOPHY:

- Clients are admitted to group treatment at any stage of change.
- Level of participation in group is determined by client.
- Clients are invited to reconnect at any time, should they drop out.



TREATMENT GOALS:

- Our goals are to increase client motivation for change, and to keep the client engaged in the treatment process.
- Client goals are self selected, although realistic recommendations are made to them during assessment and at the information sessions.
- Clients may receive respectful feedback on their goals and gambling behaviour in group, though not censure.



GOALS

Abstinence or Harm Reduction?

GAMBLING BEHAVIOUR



Social
Gambling

Problem
Gambling

Pathological
Gambling

REDUCE

?

ABSTAIN



PHASE 2-TREATMENT FOR GAMBLERS COMPONENTS:

- Group treatment and feedback + Triggers & coping strategies.
- Stages of change + Decisional balance.
- Cognitive restructuring.
- Emotions and defenses.
- The meaning of money.
- Grieving losses.
- Relapse prevention.
- Recovery pie.
- Stress reduction.
- Relationships.
- Communication skills.



PHASE 2-TREATMENT FOR GAMBLERS

DESCRIPTION OF THE COMPONENTS



WEEK 1

Group treatment and feedback, Triggers and coping strategies:

- Explanation of group treatment using the Johari Window.
- Guidelines for group feedback.
- Behaviour chain.
- Triggers: events, thoughts, feelings.
- Coping strategies: actions, thinking, feelings.



WEEK 2

Stages of change and decisional balance:

- Explanation of the Stages of Change and suggestions for moving to the next stage.
- Decisional balance as a group exercise.



WEEKS 3 – 6

Cognitive Restructuring:

- Several specific areas of cognitive distortion relating to gambling are described.
- Examples of each type of cognition are given.
- Clients are invited to give their own examples.
- Clients are asked to counter cognitions.
- Use of socratic questions.
- Takes 3-4 sessions.



COGNITIVE DISTORTION

Exaggerated self-efficacy:

- Overconfidence in skills or knowledge or system.
- No awareness of random events.
- Inaccurate perception of the rules of randomness.



Exaggerated self-efficacy

Examples:

- There is a way to win, and I can find it.
- I'm smarter, more knowledgeable than other players.
- If I work hard enough, I will win.
- My method works, I just need enough money to get to the payout point.
- Hot or cold shoe, I can read the deck.
- I can beat the odds/rules.



COGNITIVE CORRECTION

Randomness:

- All gambling has an element of randomness.
- Randomness is those **factors which cannot be predicted or controlled.**
- % chance vs % skill in games.
- Games are sometimes manipulated to increase the element of randomness.
- Payout rates are calculated over time.
- Slots payouts are controlled by Random Number Generators.



COGNITIVE CORRECTION: The Odds

- The law of the odds:

The longer you play, the more you will lose.

- The odds are always in favor of the house.
- Over the long run, although you will win, you will always lose more than you win.

Possibility vs Probability

(win)

(lose)



WEEK 7

Emotions and defences:

- A chart of emotions and lists of emotions are handed out. Unfamiliar emotions are defined.
- Clients are asked to identify emotions they are experiencing presently.
- Clients are asked to identify emotions they felt while gambling. These are written on the blackboard.
- Ego defence mechanisms are explained and a list is given out.
- Clients are asked to identify and give an example of one that would apply to them.
- Discussion of the need for emotional connection and healing, and the role of defenses in disconnection.



WEEK 8


The Meaning of Money:

- Interactive board exercise.
- Questions: What is important to you?
What do you value?
If I had money
- What were you taught about money?
- What do you believe about money?
- Did gambling get me what I value?

Fantasy
(unattainable)

vs

Hopes, Dreams, Plans
(attainable)



WEEK 8 (continued)

Grieving Losses:

Grieving exercise:

- Choose a coloured pen. Write on a \$20 bill all the costs of your gambling (financial and intrinsic).
- Share what you have written, and the feelings you experienced as you wrote.
- Discussion of chasing patterns and the need to accept the losses.
- Burn or tear up the \$20 bill.



WEEK 9

Relapse Prevention:

- Relapse as a process; not an event. (ref: CAMH treatment manual (sec. 3.9,p.66)
- Checklist of Symptoms Leading to Relapse is read by clients and discussed.
- Emphasis is on recognition of shifts in attitudes or behaviours that can lead to relapse.
- Review of coping strategies.



WEEK 10

Recovery Pie:

- Interactive board exercise.
- Several levels of self are depicted on a pie chart: physical, intellectual, emotional, social, sexual, spiritual.
- Question: how would you know you were in balance or out of balance in each area?
- Clients are encouraged to identify areas that could be improved. (Personal recovery plan)



WEEK 11

Stress Reduction:

- The relationship between stress and health
- Good stress, bad stress
- Stress as a trigger for gambling
- Identify lifestyle stressors – work, diet, events, family, etc.
- Stress busters
- Worry control



WEEK 12

Relationships:

- Video about relationships is shown.
- Discussion of video.
- Discussion about how relationships are affected by gambling.
- Handout describing characteristics of a healthy relationship is read and discussed.



WEEK 13

Communication Skills:

- Importance of communication
- Patterns of communication
- Assertive communication (DESC)
- Listening skills (BRIEF)



FOLLOW-THROUGH (GAMBLERS)

	<u>1998/99</u>	<u>2002/03</u>
	12 mo..	12 mo.
Phone Intake	67=100%	80=100%
Attend Assessment	85%	86%
Start Phase 1	58%	66%
Complete Phase 1	36%	48%
Enter Phase 2	27%	60%
Complete Phase 2	13%	19%
Enter Phase 3	13%	8%



OUTCOME QUESTIONNAIRE

Name _____

Date _____

Please answer these two questions as your best estimate using numbers.

In the last four weeks,

- How many days did you gamble, approximately? _____
- How much money did you lose, approximately? _____

Comments?



OUTCOME-ABSTINENCE

2002/03

12mo

Clients entering Phase 2 group

45

Achieved consistent abstinence:

64%

Comparison with 1999/2000:

47%



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