

# Gambling Counseling Part 1-4

## **Gambling Counseling part 1-4: Counseling for enhanced outcomes**

**Jerry Bauerkemper**

**Consultant IDPH**

# Goals for the next four sessions

- ▶ Understand Dr. Robert Custer's "V" chart and how recovery is measured
- ▶ Develop a treatment planning process using stages of recovery as a basis for the plan
- ▶ Look at milestones of recovery in each stage of recovery

# Biggest Challenge?

- ▶ The biggest challenge in working with Disordered gamblers is:
  - ▶ 1.
  - ▶ 2.
  - ▶ 3.
  - ▶ 4.
  - ▶ 5.

# Biggest Challenge?

- ▶ The biggest challenge in working with Disordered gamblers is:
  - ▶ 1. Shame/ Getting them to seek help
  - ▶ 2. Grief
  - ▶ 3. Loss
  - ▶ 4. Financial
  - ▶ 5. What do I do now?

# Why Do we need Disordered Gambling Treatment

▶ ???????

# Lifetime Comorbidity

Kessler et al., 2008 (National Comorbidity Survey Replication)

- ✓ Although nearly half (49%) of those with lifetime pathological (now called disordered) gambling problem received treatment for mental health or substance abuse problems, none reported treatment for gambling problems

# DSM-5 9 Questions

## Assessment: Gambling Disorder

1. Are you preoccupied with gambling (e.g. preoccupied with relieving past gambling experiences, handicapping, or planning the next venture, or thinking of ways to get money with which to gamble?)
2. Do you need to gamble with increasing amounts of money in order to achieve the desired excitement?
3. **Have you made repeated unsuccessful efforts to control, cut back, or stop gambling?**
4. Are you restless or irritable when attempting to cut down or stop gambling?
5. **Do you gamble as a way of escaping from problems or of relieving feelings of helplessness, guilt, anxiety, or depression?**

# DSM-5 9 Questions

## Assessment: Gambling Disorder

- 6. After losing money gambling, do you often return another day to get even?**
- 7. Do you lie to family members, therapists, or to others to conceal the extent of involvement with gambling?**
- 8. Have you jeopardized or lost a significant relationship, job or education or career opportunity because of gambling?**
- 9. Do you rely on others to provide money to relieve a desperate financial situation caused by gambling?**

*Mild: 4-5 criteria met*

*Moderate: 6-7 criteria met*

*Severe: 8-9 criteria met*



# Recovery defined

- ▶ Clients ask: How long will this treatment take?
- ▶ Answer: When the criteria you checked are alleviated you will complete treatment.

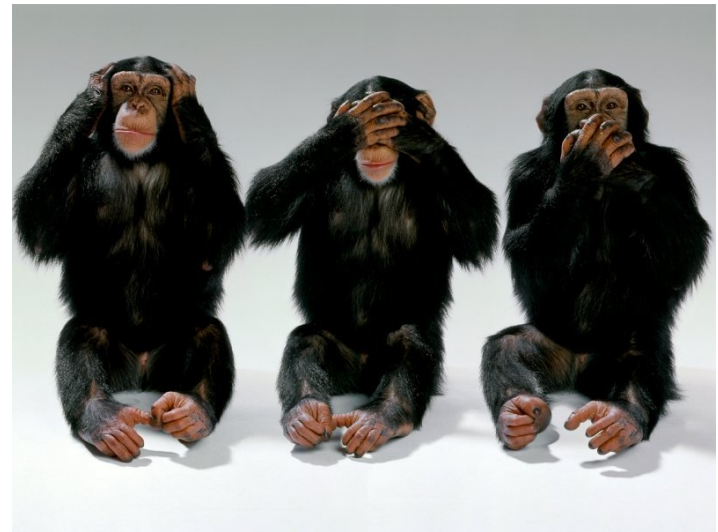
# Let's talk about SHAME

- ▶ A good definition:
- ▶ It's not just my behavior, but there is something wrong or bad about me !!!
- ▶ Healthy Shame
- ▶ Toxic Shame: Shame that inhibits growth!

# Immediate shame and toxic residual shame...

ii shame  
on  
you

residual



# Healthy Shame

- ▶ I do not like my behaviors and their outcomes
- ▶ I do not want to continue this path anymore

# What is real Loss

- ▶ Social structure, routines, family or work
- ▶ Savings, retirement funds,
- ▶ Order & responsibility within home or workplace
- ▶ Accepted roles as financial head of house, disciplinarian, or social planner
- ▶ Separation, divorce, legal difficulties
- ▶ Drivers' license
- ▶ Death, dismemberment
- ▶ Technology data
- ▶ Affection,
- ▶ ????????



(Smith, 2006)

# What is Addiction Loss

- ▶ Loss from substance use disorders
- ▶ Loss from disordered gambling
- ▶ Loss from corollary diagnostics: fetishism, sexting, electronics, email, candy crush & gaming



# Loss of Self



- ▶ Who was that?
- ▶ Who *am I* now?
- ▶ Whom do I want to be?

# What constitutes successful outcomes?

- ▶ Abstinence/ harm reduction
- ▶ Improved employment status
- ▶ Reduced gambling related problems
- ▶ Reduced family relationships and problems
- ▶ Reduced/eliminated gambling frequency
- ▶ Reduction in gambling activity
- ▶ Improved financial status
- ▶ Reduced hospitalization
- ▶ Reduced loss of home or business
- ▶ Reduced bankruptcy/legal entanglements



# Gamblers enter counseling in Critical Phase

- ▶ Presenting problem
- ▶ Looking for answers vs help
- ▶ Not always sure you can help
- ▶ Easier softer way?
- ▶ Do you know about gambling?
- ▶ How much does it cost I'm broke

# There is a path to recovery!

- ▶ Dr. Robert Custer developed a model of recovery
- ▶ This plan developed for 45 yr. old white males
- ▶ Easily adapted to fit today's gamblers

# A Chart of Compulsive Gambling and Recovery



Larger version of this chart: [click here](#)

HOPELESSNESS  
 SUICIDAL IDEATION  
 ARRESTS  
 ALCOHOL & DRUG ABUSE  
 EMOTIONAL BREAKDOWN  
 WITHDRAWAL SYMPTOMS

# Goals for day two

- ▶ Look at Dr. Custer's Critical Phase of recovery
- ▶ Give examples of recovery assignments for this phase
- ▶ Look at similarities and differences between action and escape gamblers in the critical phase of recovery

# Disordered Gambling and Recovery

Return to work  
Decision Making

Spiritual Needs  
Examined

Responsible  
Thinking

Hopeful

*Critical Phase*

Paying bills, budget  
Problem Solving

Thinking Clearer

Personal Stock

Realistic, stops gambling

# Developing hope and an honest desire for help

Are you looking at all areas needing change?

1. Step 1
  1. Intake and stages of change
  2. Assignments to assess the damage
  3. Assessments of the support
  4. Initial planning for recovery (roadmaps)

# Stages of Change

- ▶ Pre-Contemplation
- ▶ Contemplation
- ▶ Preparation
- ▶ Action
- ▶ Maintenance

# Responsible Thinking

1. Begin work on presenting problem
2. Attendance in group/individual/support
3. Set the agenda
4. Cravings report
5. Thought Process Wheel



# Review the intake?

1. Intake and stages of change
  - ▶ Does intake identify stages of change in all areas of need
  - ▶ Does intake identify presenting problem as defined by client
  - ▶ Does the intake have counselors assessment of needs
  - ▶ Was there verification of clients statements (collateral contacts)
  - ▶ Is there anyone else in support of recovery?

# How much damage has gambling caused

## Assignments to assess the damage

- ▶ Are you looking for the consequences of the behavior
- ▶ Are you assessing the priorities based on obtaining knowledge of damage
- ▶ Are you working to solve clients presenting problem
- ▶ What about money? What about family?

# Who is with me? Who is against me?

## 1. Assessments of the support

- ▶ Who referred gambler or family member? Are they an ongoing support
- ▶ Family are they too upset to be a support and are they willing to attend recovery counseling?
- ▶ Does client want this a secret and if so is the reason legitimate

# Client trust

## Initial planning for recovery (roadmaps)

- ▶ Do you identify a plan for client
- ▶ Does the plan include presenting problem
- ▶ Did the client agree to return to counseling and is an appointment set up?
- ▶ Did you instill hope in the recovery/counseling process
- ▶ Did the client leave the office with an assignment to bring back?

# Personal Stock

1. Begin work on finance and budget sheets
2. Read the Addictive Personality (1 chapter per session)
3. Write letter to the addiction
4. Setup restitution plan (4 weeks maximum)

# Finances are essential

## Begin work on finance and budget sheets

- ▶ How comfortable and competent are you working with budgets and debt reconciliation (4 of 9 criteria include money)
- ▶ Is there evidence of financial management in file

# Assignments for recovery

Read the Addictive Personality (1 chapter per session)

- ▶ Give client homework assignments after each session?
- ▶ You and client follow up on assignment
- ▶ Did the assignment (intervention work)

# Assignments continued

## Write letter to the addiction

- ▶ Do assignments show evidence of clients education to the addiction?
- ▶ Are assignments shared with S/O or other supportive person(s)
- ▶ Is client capable of completing the assignment



# Remember the Drug is Money

## Setup restitution plan (4 weeks maximum)

- ▶ Is budget plan and restitution plan in place as close to 4 weeks as possible (bills are due)
- ▶ Is there consistent time set in counseling session to review money?

# Things that counselor should know

- ▶ Gamblers stash
- ▶ Gamblers value placed on money
- ▶ Gamblers motivation to gamble

# The Gambler's Stash



- ▶ A “stash” is any source for cash that the problem gambler does not disclose to a spouse, partner, treatment professional, financial advisor, or others attempting to help the gambler’s recovery. It might be cash stuffed in an unknown safe deposit box, an unreported credit card, pawned jewelry, unreported pay from work, a secret bank account, or individuals such as a loan shark. Income from a business the gambler owns, especially a business that deals a lot in cash can be easy to hide.

# The Gambler's Stash

- ▶ To uncover these stashes, begin by asking the problem gambler to tell you about them. Be firm and blunt. “Jog” the gambler’s memory by suggesting places he/she may have hidden money—just in case the gambler “can’t remember.” Emphasize that lack of cooperation and honesty will only make the financial and psychological recovery efforts more difficult. A loved one familiar with the gambler’s finances also may be able to help the gambler remember.



**What does money mean  
to the problem gambler and/or family  
member?**

***Have the client define:***

**Money**

**Values**

**Beliefs**

# A Brief Money Exercise

- ▶ 1. People with money are...
- ▶ 2. When I have money, I usually...
- ▶ 3. My Dad thought money was...
- ▶ 4. My Mom thought money was...
- ▶ 5. If I could afford it, I would....
- ▶ 6. Money makes people...
- ▶ 7. To have more money, I need to....
- ▶ 8. In my family, money always caused...

# A Brief Money Exercise

- ▶ 9. If I had more money, I'm afraid I would...
- ▶ 10. Money is...

What else do you know about money as a result of the life you have lived so far?

**--Open for discussion (Handouts)**

Brian H. Farr, LPC

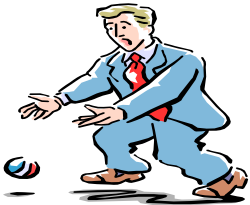
# Goals for day three

- ▶ Continue with understanding of critical phase
- ▶ Discuss rebuilding phase of recovery
- ▶ Discuss assignments and milestones of rebuilding phase



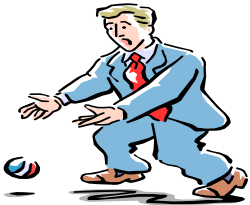
# Gambling Motivational Chart

Success/Win



Loss/Escape

# Action Gambler



Winner on a  
losing streak

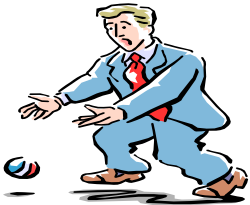
**X**

Chase losses

Emotional Win

# Recovering Action Gambler

Recovering Lifestyle



# Recovery

Counseling

GA

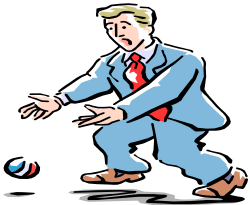
Treatment

New Life Style

Gambling Stops

X

# Escape Gambler



Gambles to  
escape

Gambling as a  
coping skill

X

Severe emotional pain

# Escape Gambler

Gambling Stops



**Recovery**  
Coping Skill

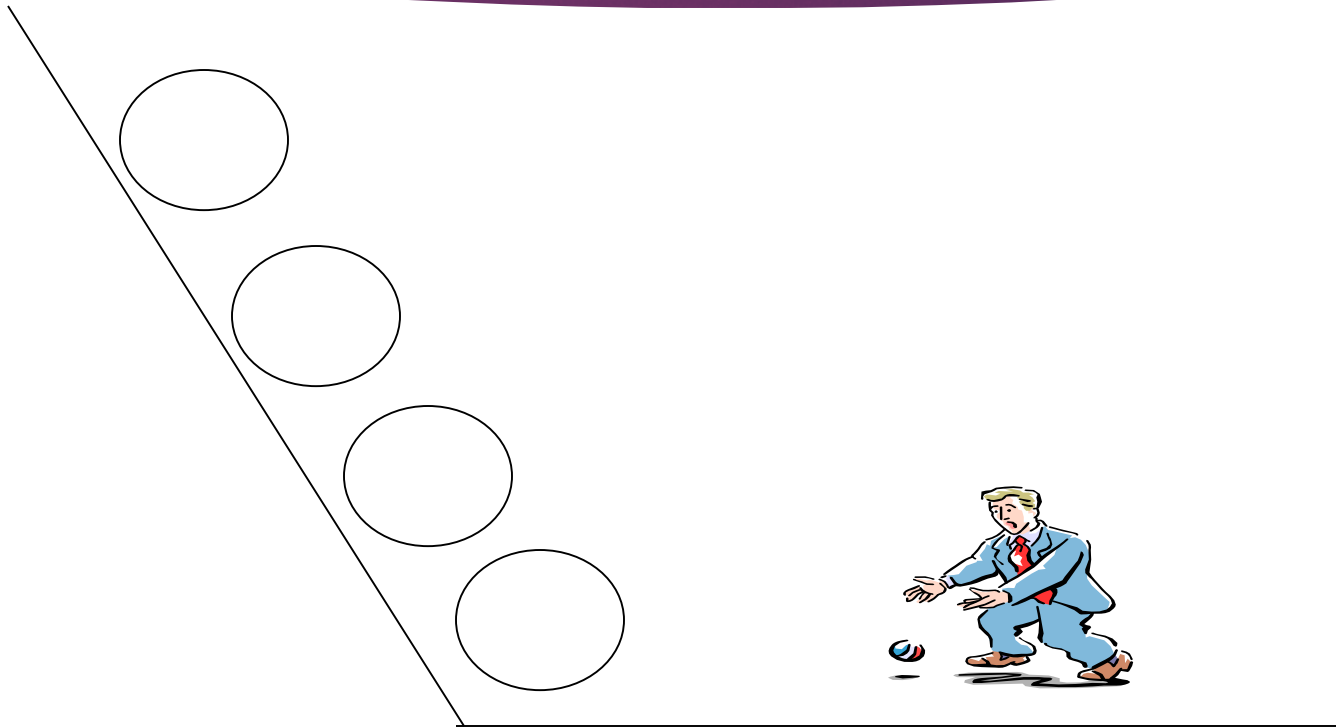
Coping Skill

Coping Skill

Coping Skill

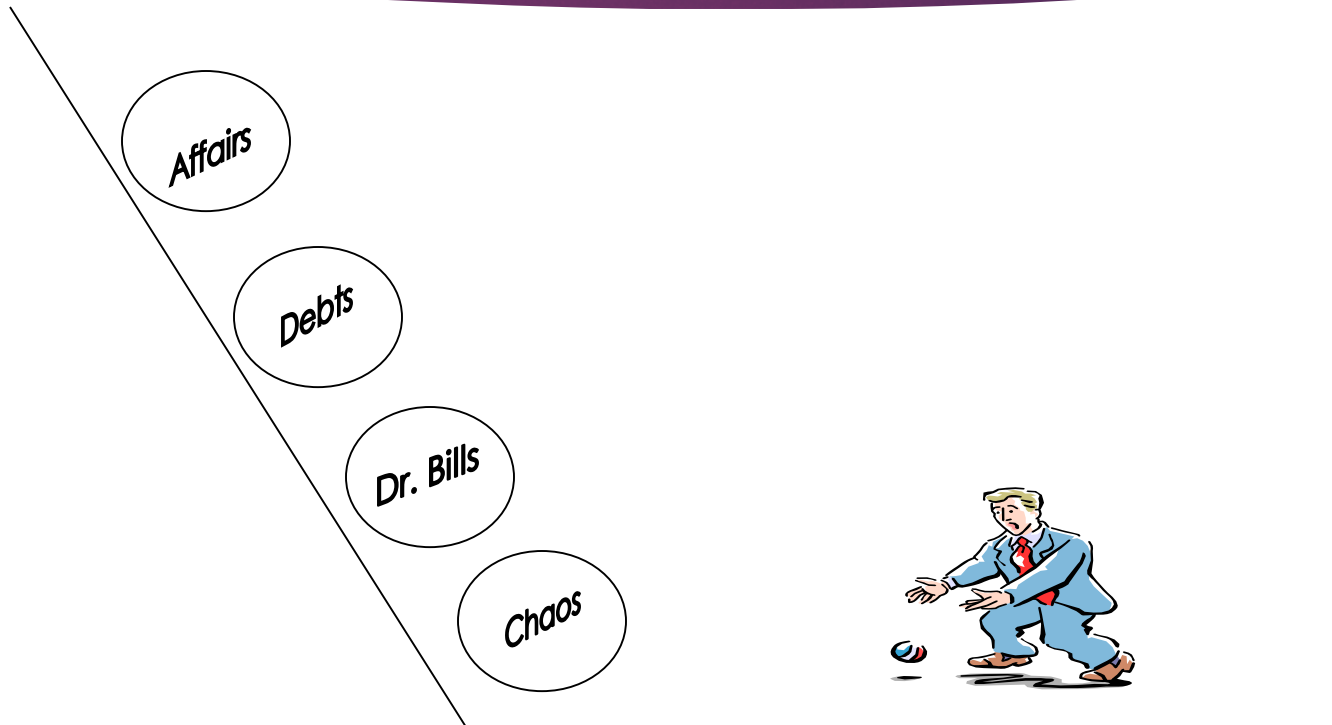
**X**

# CHAOS ASSESSMENT



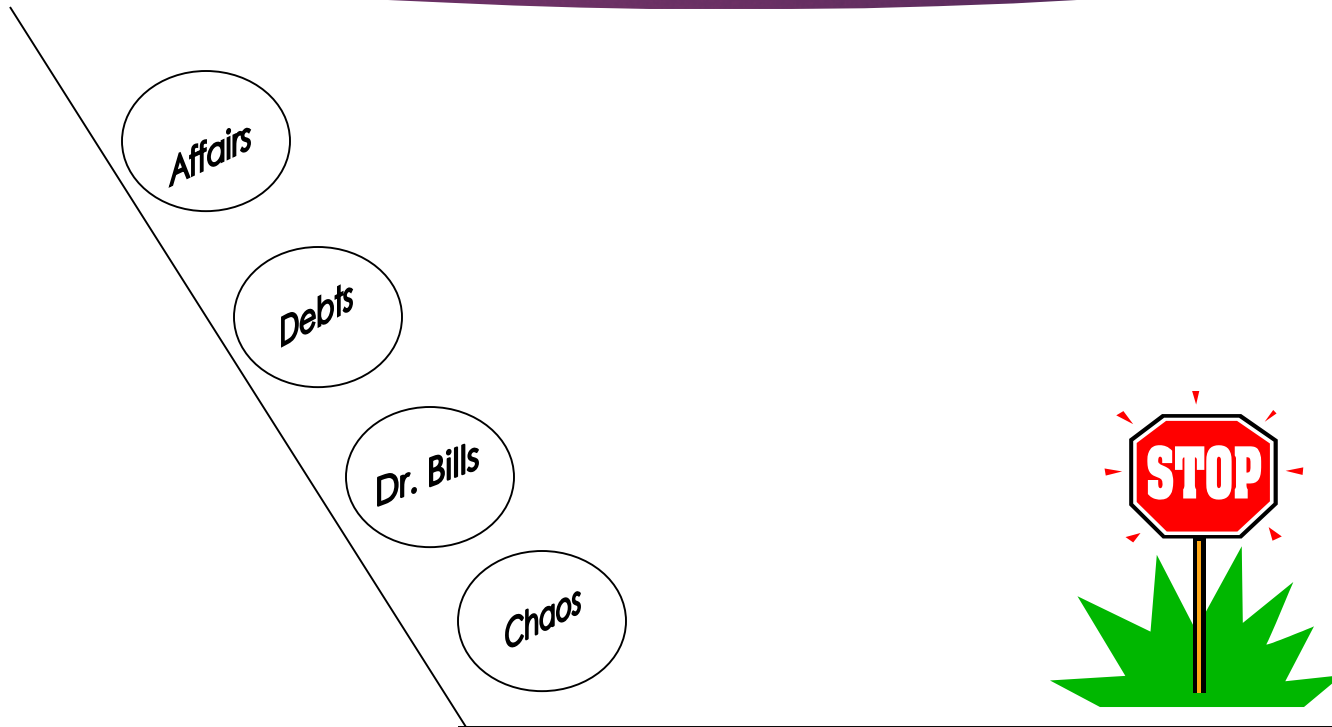
Fill the boulders with chaos causing problems

# CHAOS ASSESSMENT



Fill the boulders with chaos causing problems

# CHAOS ASSESSMENT



What can you do to stop the boulders?



# Problem Solving (6-8 weeks into treatment minimum)

1. Thought process sheet again
2. Characteristics, feelings and defenses
3. Present to group/sponsor/therapist
4. Re-evaluate budget process and restitution plan
5. Gamblers error of thinking

# Help identify faulty thinking with clients

1. Thought processes and relapses
2. Characteristics, feelings and defenses) (handout)
3. Present to group/sponsor/therapist
4. Re-evaluate budget process and restitution plan
5. Gamblers error of thinking. Are you addressing faulty thinking?

# Spiritual Needs Examined

1. Spiritual assessment (ego vs. spirit)
2. Steps 2 and 3 (One assignment per session) or similar assignments
3. Morals and beliefs vs. value clarifications discussions

# Rebuilding Phase

- ▶ What happens when the client slows or stops being in crisis?
- ▶ What happens after the initial case management is completed?

# Compulsive Gambling and Recovery

Less Irritating Behavior

More Family Time

Family/Friends Begin  
To Trust  
Problems

Self Respect Returning

Accept Self-Weaknesses  
And Strengths

Restitution Plan

Jerry Bauerkemper, NCCG



More Family Time

Less Impatience

Resolve Legal

Develop Goals

New Interests

Improved Spouse/Family  
Relationships

# Accept Self Weaknesses and Strengths

Identify strengths and areas of need that will increase recovery

- ▶ Develop a who I am and who I want to become mentality with client.
- ▶ Identify a step by step plan for reducing areas of need.
- ▶ Identify barriers to successful outcomes to the person they want to be

A. “Feel the Fear and Do It Anyway” (Jeffers)

# New Interests

Help client identify current activities and developing sustainable new activities that reduce time and availability to gamble

- ▶ Journal current activities
- ▶ Plan new activities
- ▶ Engage in Activity(s)

# Develop Goals

1. Develop 30 day, 90 day, 1 year, 5 year goals
  1. Family-Time/Relationship/Finances
  2. Social-Time/Activity/impact
  3. Personal-Work/Financial/Impact on others
    1. Self vs. others
    2. Improvement of reputation
  4. Start of couples/family therapy



# Stops Gambling (9 mo.- year)

1. 90 days no gambling
2. Craving sheets (less activity)
3. Problem solving skills replace panic
4. Family believe there is no gambling

# Preoccupation with Gambling Defenses

1. Balance and Recovery Sheet
2. Relapse Prevention Checklist (handout)
3. Daily Inventory (Workbook)
4. 37 Relapse Warning Signs/Pick 5 and write a paragraph on plan to prevent (handout)

# Understanding of Self and Others

1. Beginning of Traditional Therapy
  1. Abuse (physical/sexual)
  2. Family history
  3. Etc...

# Goals for day four

- ▶ Continue rebuilding phase of recovery
- ▶ Discuss milestones and assignments in growth phase
- ▶ Discuss discharge process and criteria

# Compulsive Gambling and Recovery

Sacrificing for Others

Giving Affection to Others

Insight into Self

More Relaxed  
gambling

**Growth Phase**

Understand self/others

Facing Problems Promptly

Preoccupation with

decreases

# When is it time to discharge

- ▶ Engaged clients fearful of discharge due to lack of support (peers)
- ▶ Creation of other problems including cravings to relapse
- ▶ May be too comfortable in sessions

# One last task

Give back what was given to you

- ▶ Volunteer
- ▶ Help other gambling families
- ▶ Engage others in fun
- ▶ Remember to hold gratitude in your heart

# New Way of Life

1. Discharge
2. Continued support group attendance



# Case study

- ▶ Mine
- ▶ Yours
- ▶ How can I help now with client?

# Resources

## Videos

The Gambler

The Compulsion to Gamble

Gambling and Recovery

Caring for Ourselves

Pressure Relief Volume I, II, III

When a Man Loves a Woman

Addictive Relationships

One Last Bet

28 Days

# Resources

## Books

Feel the Fear and Do It Anyway-Jeffers

The Addictive Personality-Nakken

What to Say-When to Talk to Yourself-Helmnstetter

Your Erroneous Zones-Dyer

Losing Your Shirt-Heineman

Reclaim Your Family From Addiction-Nakken

Behind the 8-Ball-Berman

GA Combo Book-Gamblers Anonymous

# Resources

**Jerry Bauerkemper**

**402-699-6810**

**[Jerry.Bauerkemper@IDPH.Iowa.Gov](mailto:Jerry.Bauerkemper@IDPH.Iowa.Gov)**