



Recovery Timeline for Family Members

Denise F. Quirk, M.A.

CEO & Clinical Director, Reno Problem Gambling Center

Red Hawk Counseling (Private Practice - 284-7275)
527 Humboldt Street, Reno, NV.89509(775) 284-5335

Jerry Bauerkemper, CCGC Executive Director
Nebraska Council on Compulsive Gambling

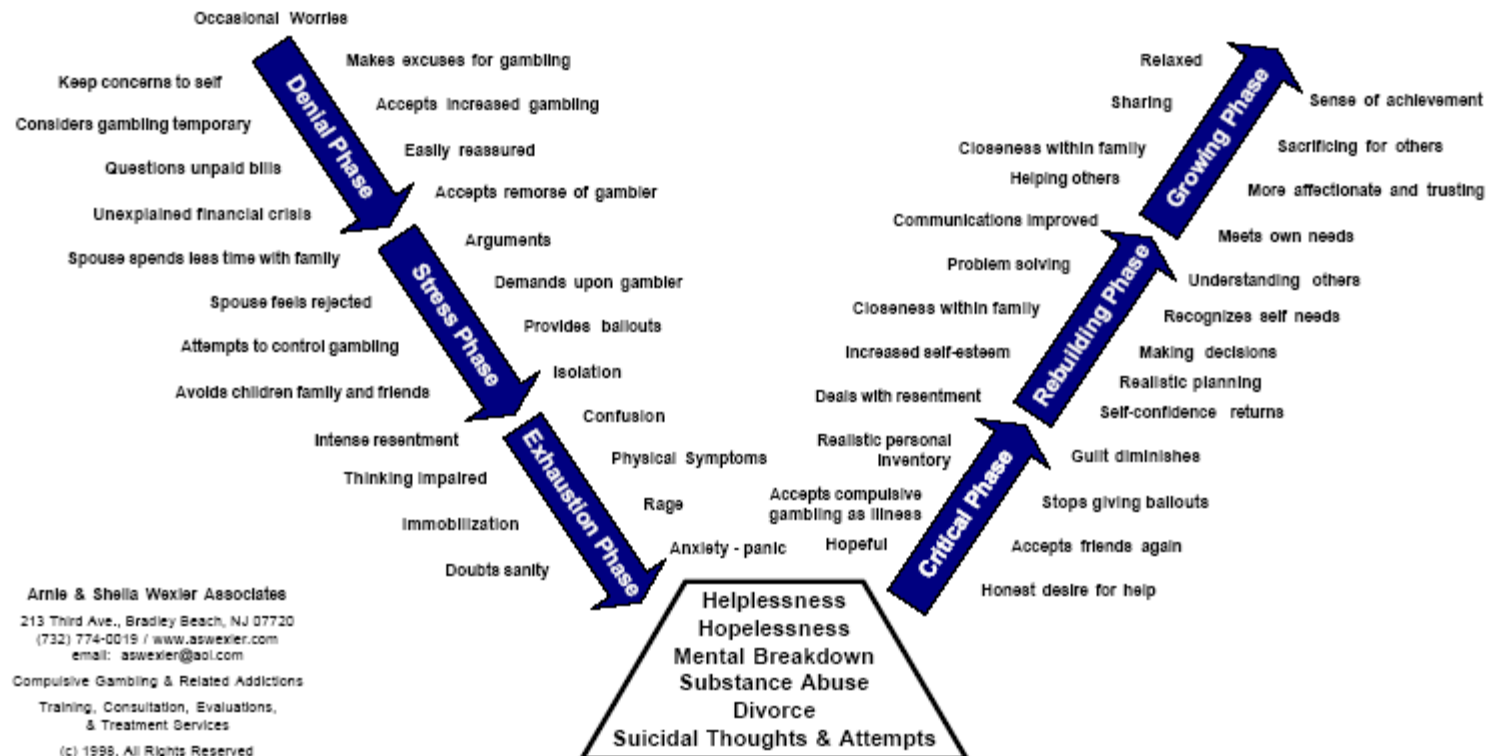
Exnccgjb@aol.com 402-292-0061



Goals for day 1

- Understand the lack understanding family members have about gambling
- Compare families of SA and gambling in the area of enabling
- Look at the critical phase of recovery for family members

A Chart on the Effects of Compulsive Gambling on the Spouse

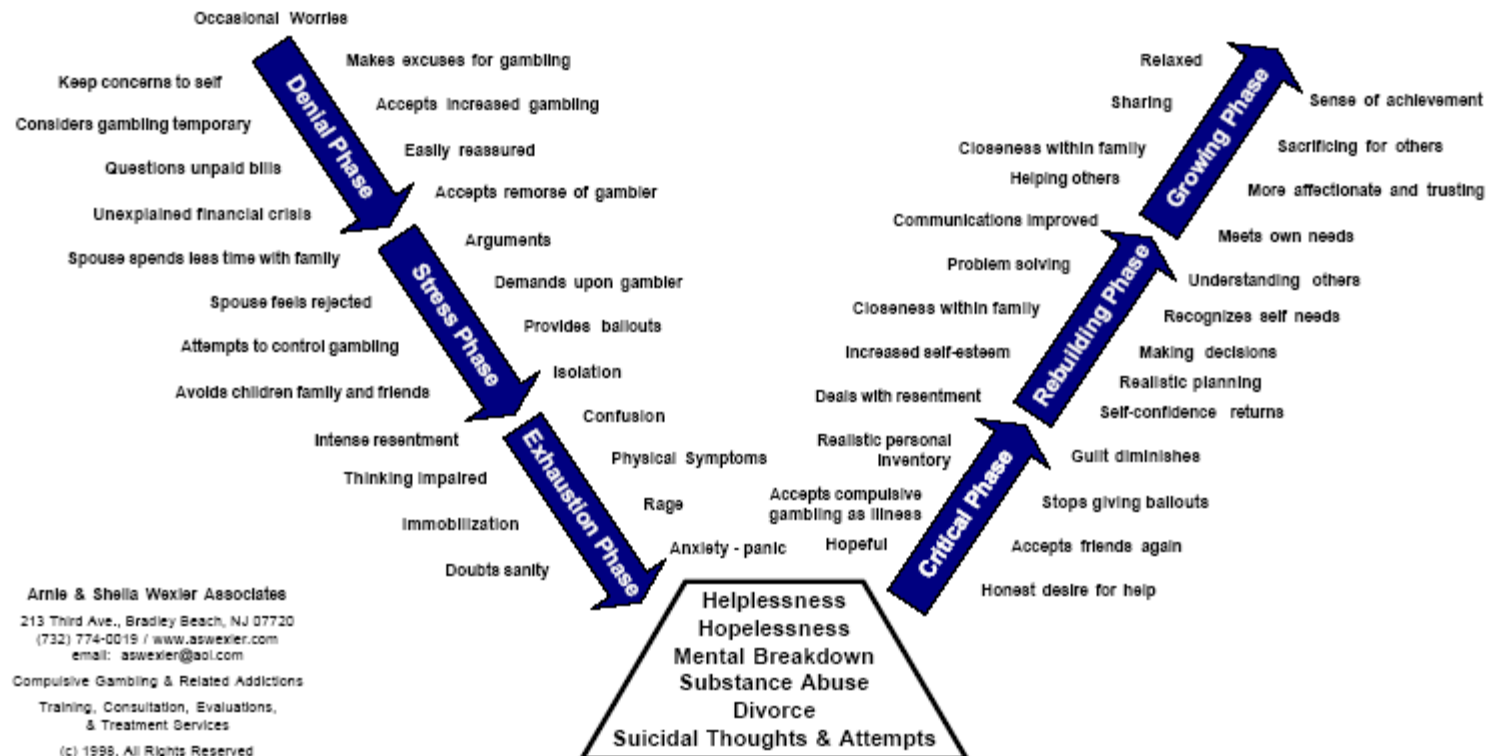




Denial phase of the gambling family

- Makes excuses for gambling behaviors
- Sees unpaid bills
- Easily reassured
- Accepts remorse of the gambler
- Explains away gamblers less time with the family

A Chart on the Effects of Compulsive Gambling on the Spouse

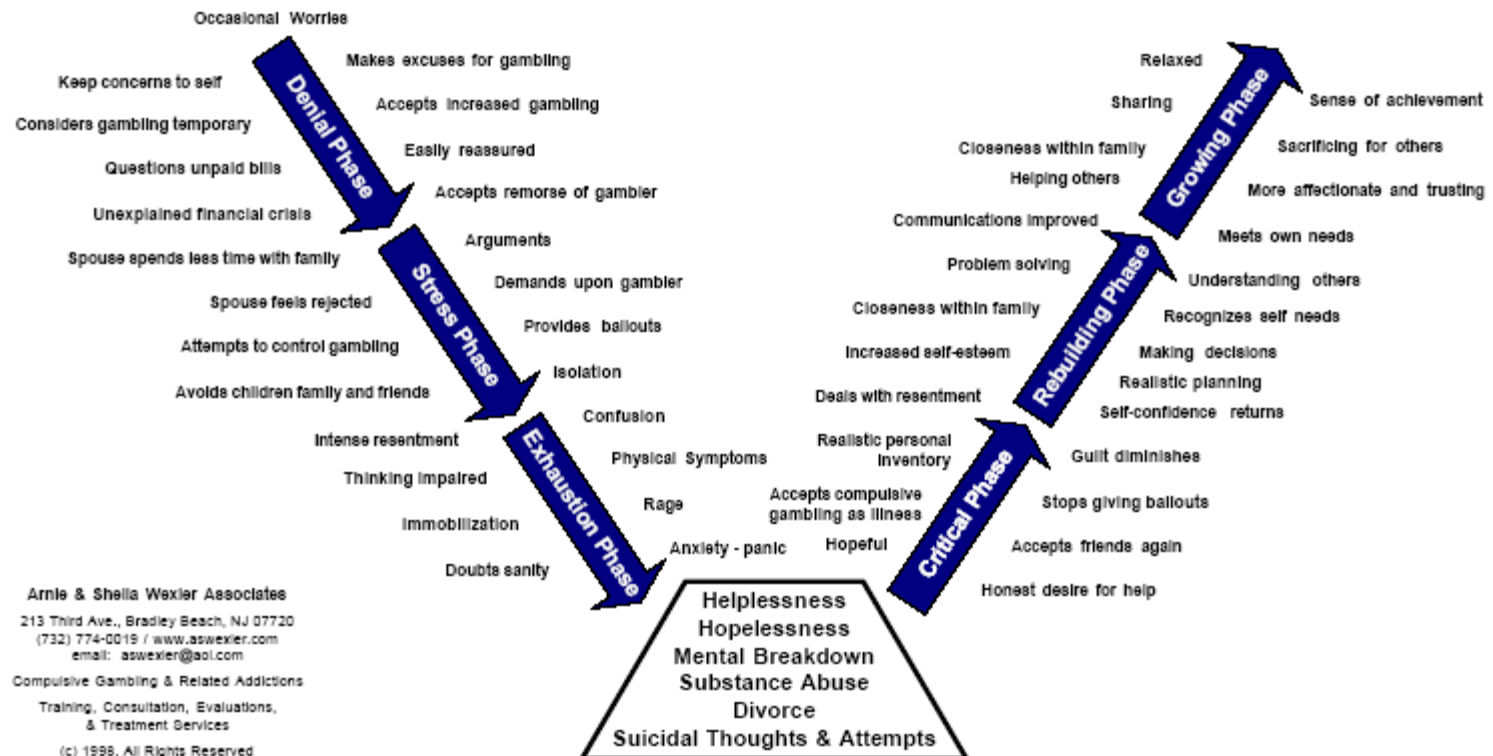




Stress phase of the gambling family

- Spouse feeling rejected
- Starts making demands on gambler (but doesn't follow through)
- Attempts to control gambler
- Provides bailouts
- Increasing isolation (may not understand why)

A Chart on the Effects of Compulsive Gambling on the Spouse

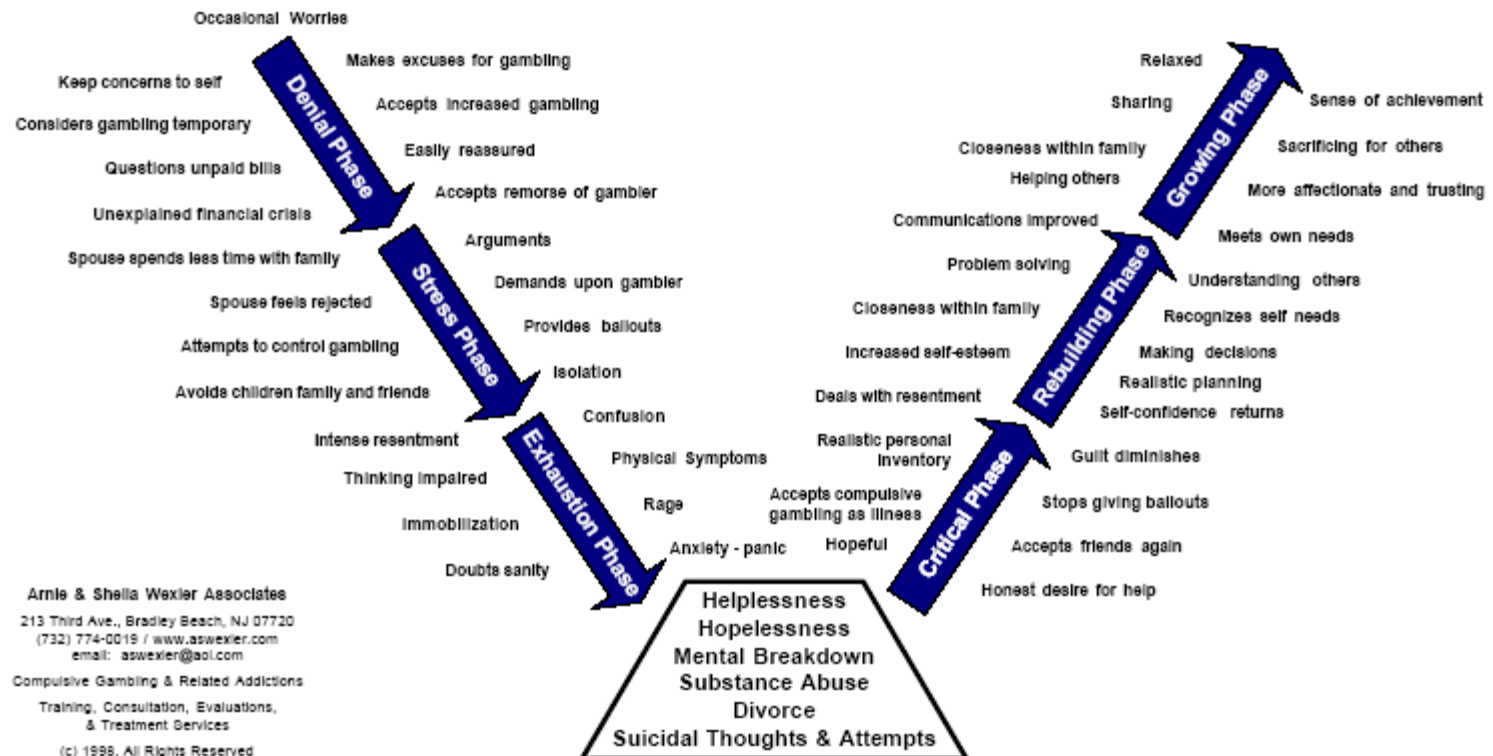




Exhaustion phase

- Intense resentments
- Physical symptoms
- Impaired thinking (crazy)
- Rage
- Doubts self sanity
- Constant anxiety/panic
- Intense feelings of hopelessness

A Chart on the Effects of Compulsive Gambling on the Spouse





Family recovery model

- Like the gamblers family members go through stages of change
- Critical
- Rebuilding
- Growth



Critical Phase

- Honest desire for help
 - Gamblers problem
 - “He/She got us into this mess”
 - I don’t want to know the extent of the problem
 - He does his gambling I do my __?__?__



Critical Phase

- Honest desire for help

- Protect assets: Personal Financial Strategies for loved ones of Problem Gamblers
- Begin to look at damage (budget)
- Look at physical self
- Gamanon 20 Questions
- Check for depression



Critical Phase

- Hopeful-Accepts friends again
 - Identify assets- Personal, Family, Friends
 - “Who else knows” – begin developing support
 - Group Therapy
 - Gamanon
 - Church minister



Critical Phase

- Accepts compulsive gambling as illness/disorder
 - Understand phases of gambling career
 - Understand effects on spouse
 - Family intervention letter
 - Understand gambling thought process



Critical Phase

- Accepts compulsive gambling as illness/disorder
 - Losing Your Shirt – Mary Heineman
 - Addictive Personality – Craig Nakken
 - Journal impulses/reactions to gamblers impulses
 - Change approach to gambling recovery
 - Do's/Don'ts



Critical Phase

- Stops giving bailouts
 - Take control of money
 - Learn how to budget
 - Track finances
 - Allowances for gamblers
 - Talk to other enablers
 - List check off
 - Who's with/against you



Critical Phase

- Guilt diminishes
 - Journal feelings
 - Discuss effects on children
 - Discuss “Where was I when they were gambling?”
 - Re-focus energy to recovery (self)



Critical Phase

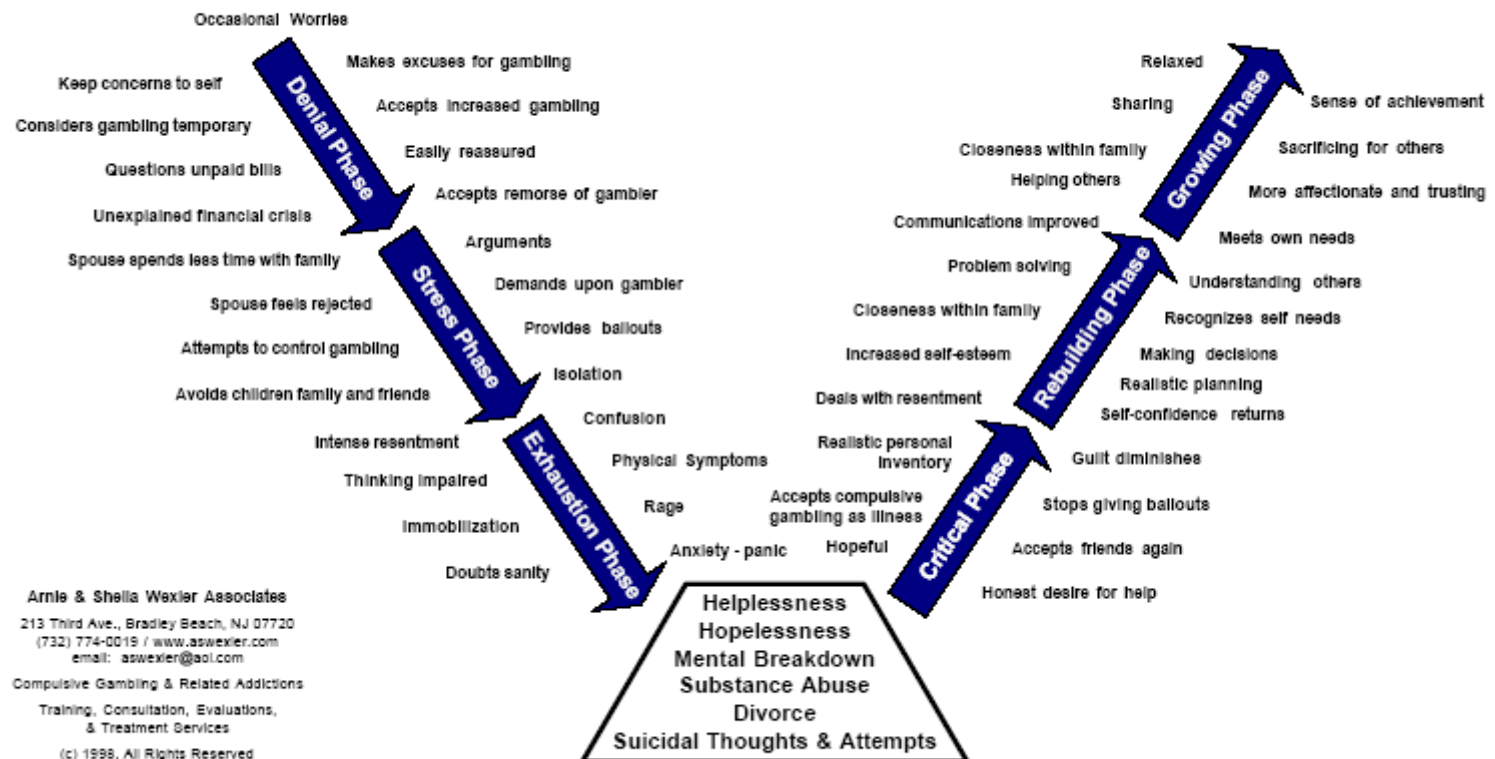
- Realistic personal inventory
 - Assess financial situation
 - Assess family damage
 - Reduce bailouts



Goals for day 2

- Look at rebuilding and growth stages
- When and if family therapy is needed
- Discuss what happens if gambler relapses
- When to trust the gambler?

A Chart on the Effects of Compulsive Gambling on the Spouse





Rebuilding Phase

- Self confidence returns
 - Crisis slows
 - Trust in self versus gambler



Rebuilding Phase

- Deals with resentment
 - Forgiveness exercises
 - Grieving exercises
 - Trust exercise



Rebuilding Phase

- Realistic planning
 - Monthly review of budget
 - Time management for family
 - Relapse planning



Rebuilding Phase

- Increased self esteem
 - Group feedback
 - Self esteem exercises
 - Treatment planning
 - Reading
 - Exercises
 - Success based planning



Rebuilding Phase

- Making decisions
 - Joint family decision process
 - Paying bills together



Rebuilding Phase

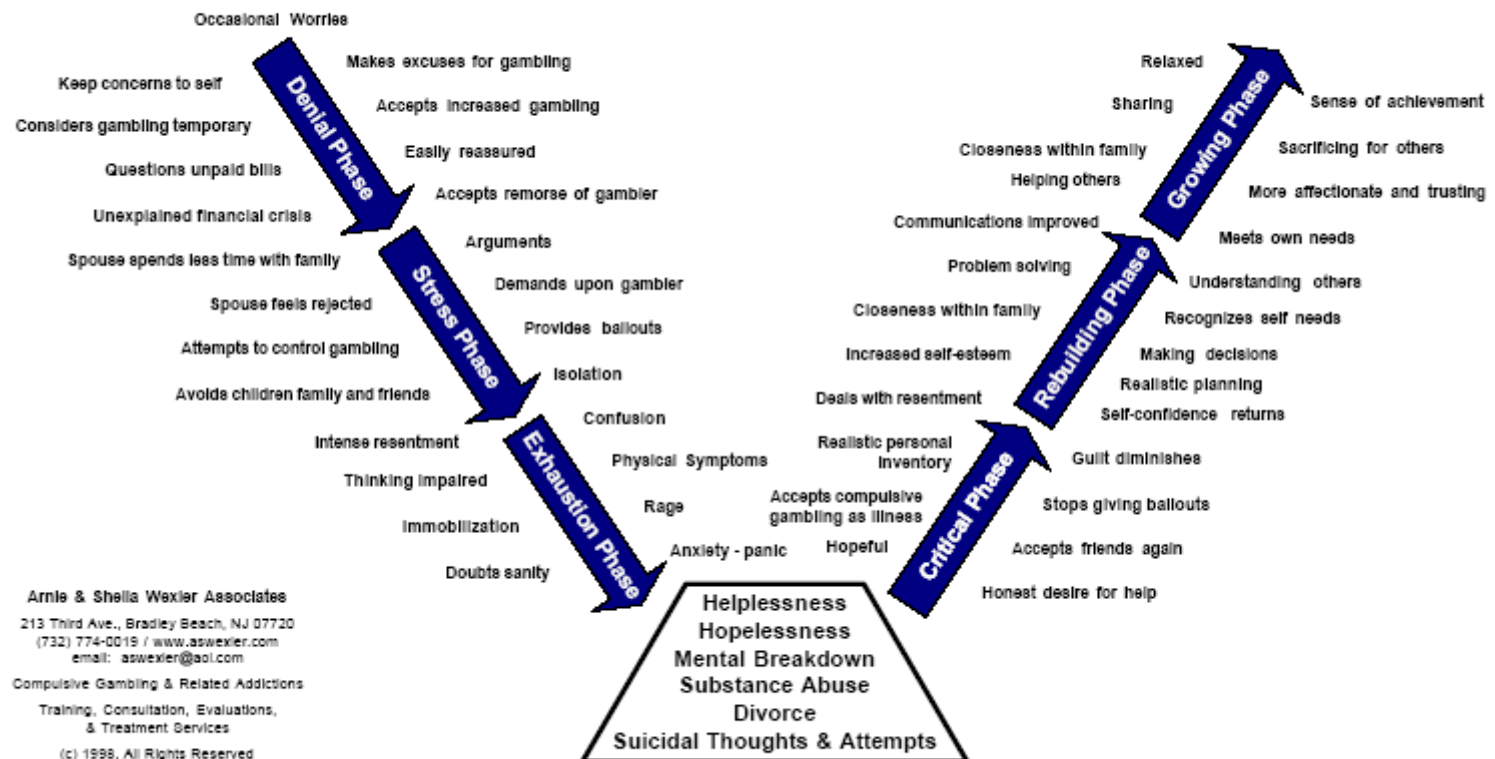
- Closeness within family
 - Family nights out
 - Game nights – add people
 - Children's structure



Rebuilding Phase

- Understanding others
 - Gamanon
 - Group Therapy
 - Individual counseling

A Chart on the Effects of Compulsive Gambling on the Spouse





Growing Phase

- Meets own needs
 - Self actualization
 - Time management
 - Joint planning



Growing Phase

- Communications improved
 - Trust exercises
 - Family Therapy
 - Couples Therapy
 - Fair fighting



Growing Phase

- More affectionate and trusting
 - Assess trust level on –
 - Gambling
 - Honesty
 - Relationship
 - Money



Growing Phase

- Helping others
 - Gamanon and GA
 - Community Service
 - Church/group activities



Growing Phase

- Closeness within family
 - Tracking gambler – Do you know where they are?
 - Pay back family debt
 - Attendance at family activities



Growing Phase

- Sacrificing for others
 - Activities designed to give back
 - Saving for children



Growing Phase

- Sense of achievement
 - Relapse prevention
 - Where has recovery taken me?
 - Where am I going?



Growing Phase

- Relaxed

- Crisis management skills working
- Protections in place
- Children/Family intact with education
- Support network in use



Conclusions

What do you think? What are your strategies?