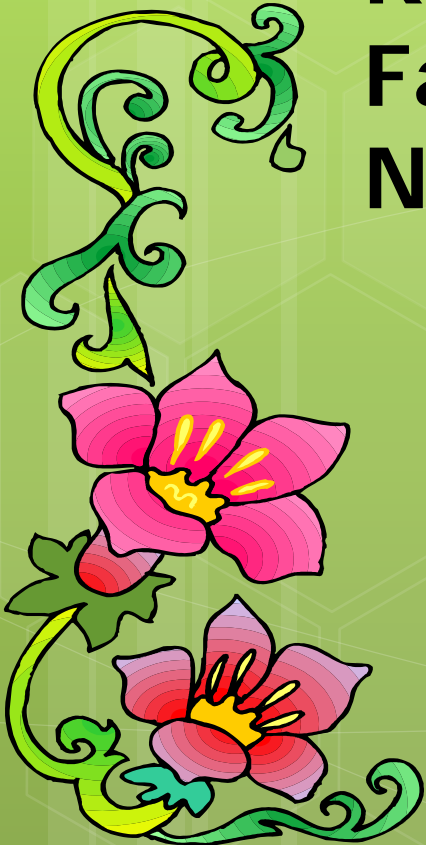


Meeting the Unique Needs of Women Problem Gamblers: Webinar and Workbook Effectiveness Studies

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**16th International
Conference on
Gambling & Risk
Taking, June 2016**



**Problem Gambling
Institute of Ontario**

camh
Centre for Addiction and Mental Health

Need for Treatment Innovations

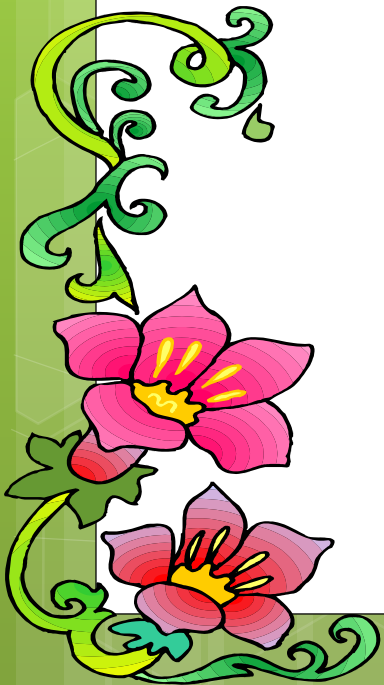
- Women not well represented in Ontario gambling treatment
- Only 3% of Ontario gamblers have ever sought professional treatment for gambling
- Number of gamblers in treatment does not mirror the number of problem gamblers in the general population
- Women face a number of barrier to accessing treatment

Barriers to Treatment

(Voices Study, Boughton & Brewster, 2002)

- Time Constraints 34%
- Money Issues 33%
- Mental Health 24%
- Safety Issues
 - Recognition 17%
 - Confidentiality 29%
 - Shame 33%
 - Fear of judgment 34%
- Fear of total abstinence 57%

In addition, 73% believe they should be able to make changes of their own.



Treatment should be tailored to Women's Needs

- **Criticism: treatment geared to male gamblers** (Crisp et al., 2000, Mark & Lesieur, 1992)
- **Gender difference in motivations** (Potenza et al 2001)
- **Gender differences in gambling choices & patterns**(Boughton,2003)
- **Female felt safer and felt supported in female only counseling groups** (Piquette-Tomei , Dwyer & McCaslin, 2008)



Advantages of phone & remote counselling

- Helps express views & feelings more easily
- Equalize the power relationship
- Cost effective
- High levels of client satisfaction
- Lower attrition

Tutorial Workbook (TW)

Contents Drawn from:

- Boughton and Brewster (2002)
- Best Practice materials: CBT, DBT, Seeking Safety, Mindfulness, Stages of Change, Stress Management
- Clinical experience
- Sundry sources on addiction, compassion, trauma, recovery.

Tutorial Workbook (TW)

Twelves modules:

- Women sensitive
- Trauma informed
- Compassion Based

Tutorial Workbook

Module 1	Treatment: What's it all about? Is my Gambling Causing Me Problems?
Module II	Stages of Change. Increasing Our Motivation to Change
Module III	Lining up our Ducks to Support Change
Module IV	Gambling Hooks and Traps
Module V	Avoiding Relapses
Module VI	Relationships and Gambling

Tutorial Workbook

Module VII The Addicted Brain

Module VIII Thoughts and Well-being

Module IX Mindfulness

Module X Our Emotions

Module XI The Stress connection

Module XII Review and Next Steps: Soaring with the Eagles

Module I

- Treatment: What's it all About?
- Is my Gambling Causing Problems?
- Identifying Goals

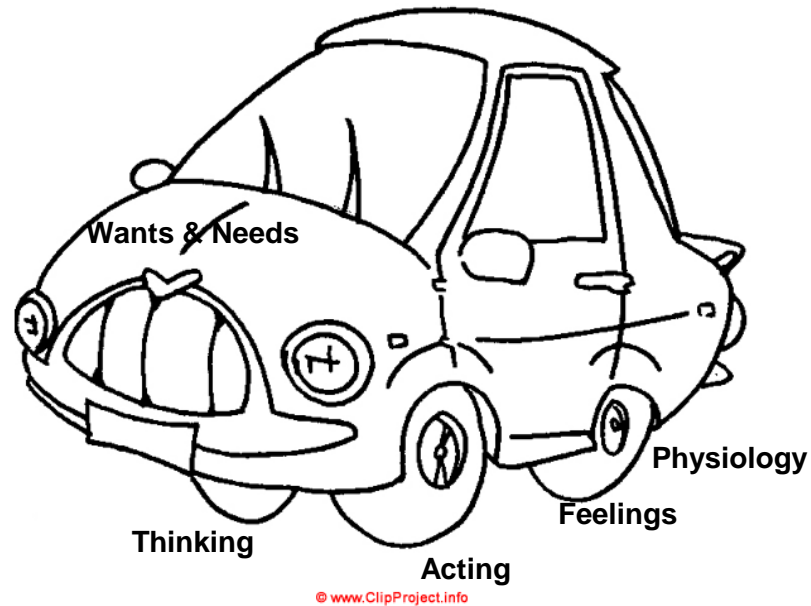
- ***Choice Theory***
(Montagnes & Kranz, 2006)
- **CPI** (Ferris and Wynne, 2001)



Module 1: Behaviour.

Behavior isn't good or bad,
just more or less effective.
But its always my best
Attempt at the time,
given what I know,
to get me what I want.

Behaviour
has four
interconnected
components.
They work
together
like the
wheels of
a car.



The two front wheels,
Acting and *Thinking* steer
the car and give it
direction.

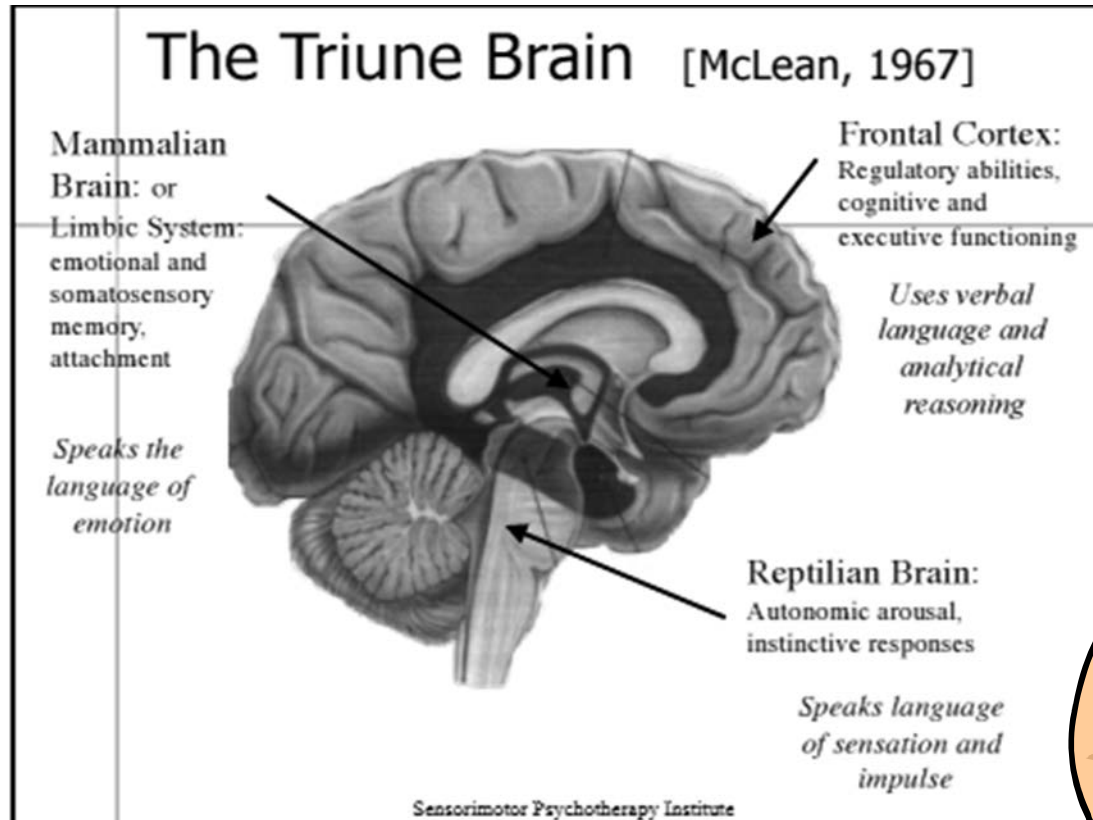
Under self control. With some effort I
can control what I do and think.

The two rear wheels ,
Feelings and *Physiology*,
move it along and give it
drive.

Controlled indirectly. Can be
changed by what I do or think.

Module VII

The Addicted Brain: Why do I keep on gambling even when I don't want to?



Strategies: Dealing with Troublesome Emotions

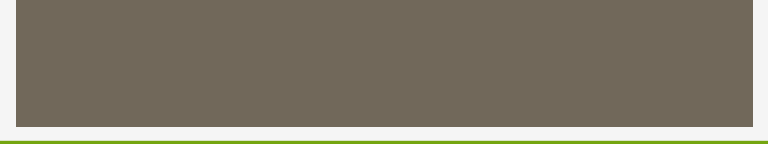
- Tip sheets: Anger, Depression, Anxiety
- Mindfulness: Decreasing Emotional Suffering
- Tips: Thinking and Acting to Maintain Emotional Balance
- Physical Approaches
- Food and Mood
- Containment: imagery & visualization
- Grounding
- Building Positive Emotions

Mindfulness and Stress Management CD

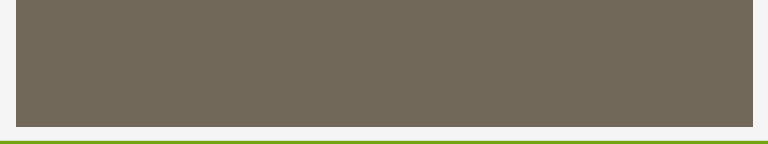
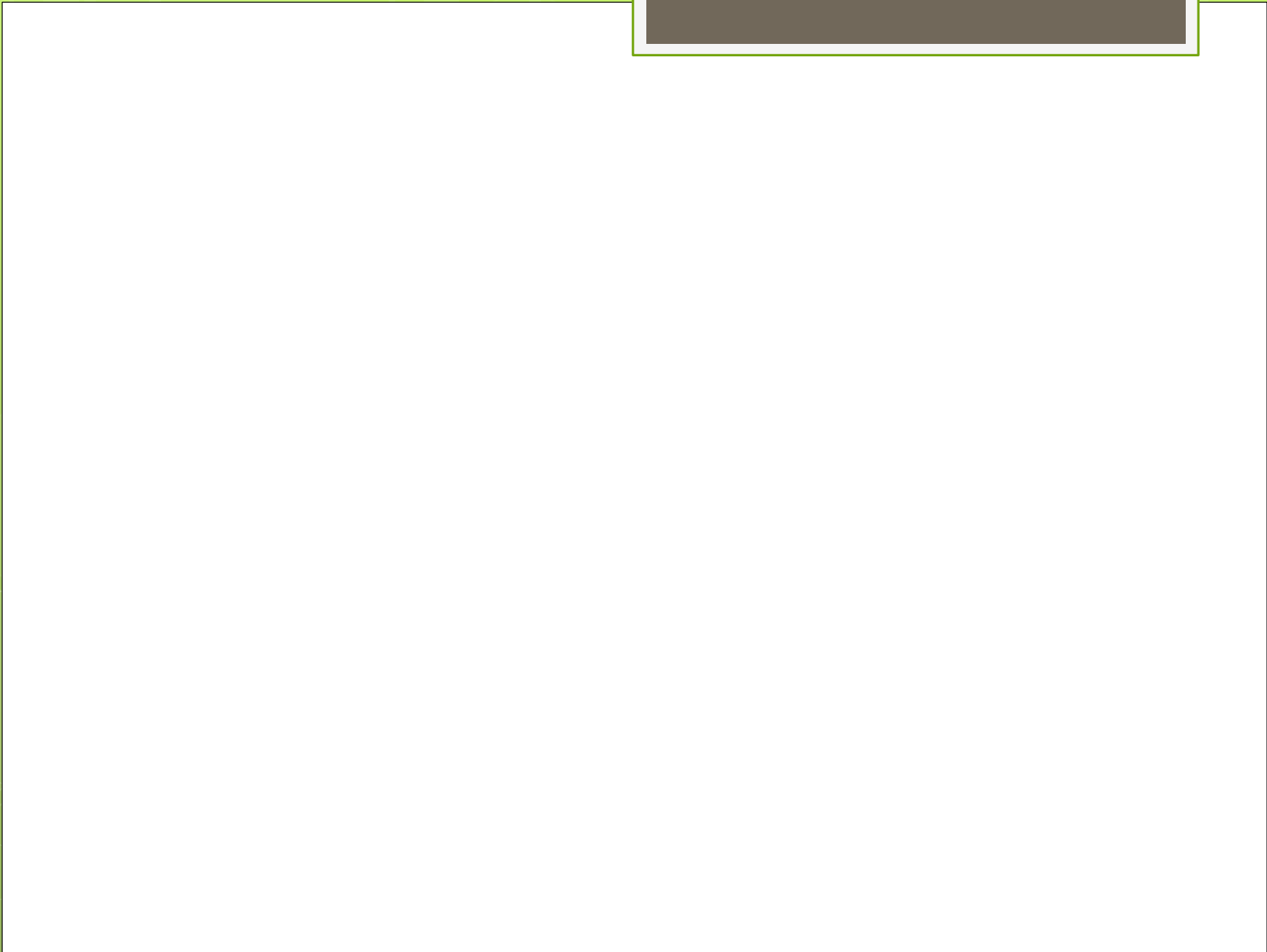
Track 1	Awareness Breathing
Track 2	Loving Kindness & Self Compassion
Track 3	Urge Surfing
Track 4	Thought Labeling
Track 5	Thoughts are Just Thoughts
Track 6	3-Minute Breathing Space
Track 7	Progressive Muscle Relaxation
Track 8	The Role of Awareness
Track 9	Snapshot of Awareness 10-Point Scale
Track 10	5-minute Meditation
Track 11	Muscle Release skills
Track 12	Open Attention
Track 13	Relax Tongue and Jaw
Track 14	The Quieting Response
Track 15	Deep Breathing
Track 16	The Relaxation response



Quantitative Results



Qualitative Results



Conclusions

- The Tutorial Workbook was effective in supporting the women in making changes
- Webinars added an additional layer of support for participants and were highly valued
- Consistent with current research findings, expanding services to Ontario women to incorporate self-help materials, phone access to treatment and group intervention via the internet has clinical utility....

• **Next Steps:** Expanded Services

- ✓ Final revision of the Tutorial Workbook (TW)
- Make TW available online and in hardcopy
(in process through PGIO)
- Establish webinar treatment groups for women
- Formalize procedures for phone counselling