

Breaking the Cycle

A Journey from
Gambling Disorder to
Lasting Recovery





Goals

- Participants will be able to identify key risk factors contributing to the development and progression of gambling disorder, utilizing evidence-based research and personal narratives.
- Attendees will analyze the effectiveness of various coping mechanisms in managing gambling disorder, distinguishing between strategies that promote sustainable recovery and those that perpetuate the cycle of addiction.
- Participants will evaluate the efficacy of different treatment approaches for gambling disorder, drawing upon both personal testimonies and empirical research to assess their impact on long-term recovery outcomes.
- Attendees will apply knowledge gained from personal stories and scientific insights to develop holistic treatment plans for individuals struggling with gambling disorder, integrating evidence-based interventions and personalized strategies for success.



Ken Martz, Psy.D.

- Licensed Psychologist
- 30 Years experience in gambling disorder, substance use disorder and mental health treatment
- Former Special Assistant to the Secretary for the Pennsylvania Department of Drug and Alcohol Programs
- International bestselling author in addiction and mental health
- www.DrKenMartz.com
- DrKen@DrKenMartz.com



Rob Minnick

Rob Minnick, known as ODAAT Gambling Awareness online is a gambling addiction recovery content creator on Tiktok ([tiktok.com/@odaatgamblingawareness](https://www.tiktok.com/@odaatgamblingawareness)), Youtube ([youtube.com/@odaatgamblingawareness](https://www.youtube.com/@odaatgamblingawareness)) and Instagram (<https://www.instagram.com/odaatgamblingawareness/>). He made his last bet on November 12th of 2022 and now reaches an average of 15 million people monthly across all platforms sharing the story of his addiction and subsequent recovery in an effort to help others avoid making the same mistakes that he did.

Rob graduated from Georgetown University in 2021 with an undergraduate degree in Anthropology and has now become a full time content creator with intentions of continuing to help those going down the same path that he did. His target audience is made up of young men and women between the ages of 18-30 and he shares his story with them on a daily basis.

Overview



Understanding the Gambling Cycle

Predisposing Vulnerability Factors

From Social Fun to Problems

Making the Change

Long-Term Recovery: What do We Recover?

A close-up photograph of a snow-covered evergreen branch, likely a pine or fir, with warm, out-of-focus lights (bokeh) in the background. The text "Understanding the Gambling Cycle" is overlaid on the right side of the image in a teal color.

Understanding the Gambling Cycle

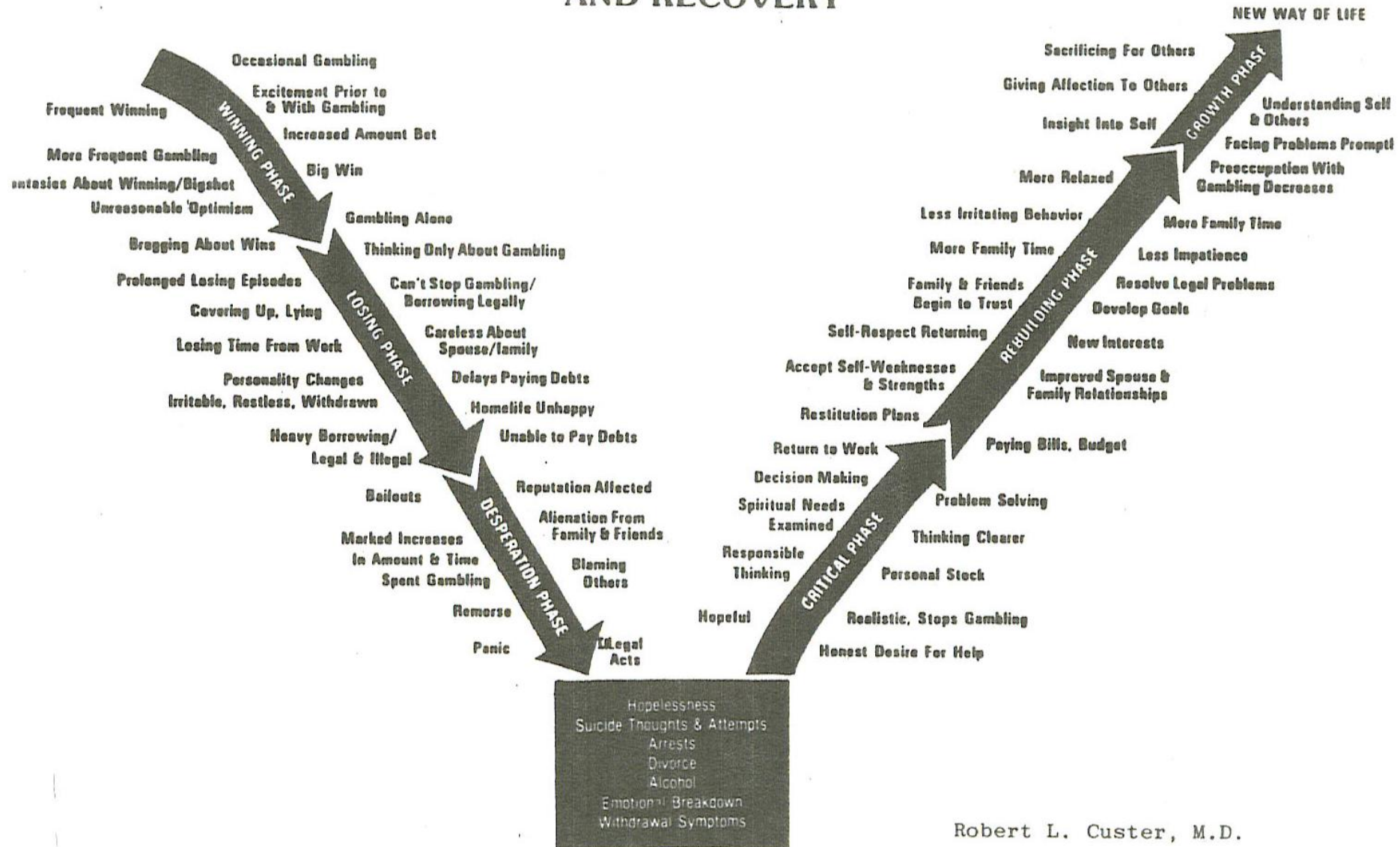
Apply it Now

Why does one become addicted?

Causes	

The Cycle of Addiction

A CHART OF COMPULSIVE GAMBLING AND RECOVERY



Robert L. Custer, M.D.

What Works for Whom?



Non Problem Gambling

- Setting Financial Limits



Gambling Disorder

- Accepting that Gambling Needs to Change
- Reminding yourself of the negative consequences



Effective for All

- Treating psychological distress
- Treat alcohol use
- Treat impulsivity

Knabe et. al. (2018) *Behavior change strategies endorsed by gamblers subtyped by psychological distress, risky alcohol use and impulsivity*



Psychosocial correlates in treatment seeking gamblers: Differences in early age onset gamblers vs later age onset gamblers



As age of first bet increases:
There is lower risk of gambling severity, use of other substances, and crime



As age decreases:
There is higher risk of gambling severity, use of other substances, crime, and of having a parent with gambling disorder



Risk of Suicidal Ideation and Attempts

- Female gender
- Gambling severity (including engagement in illegal behaviors)
- History of mental health problems
- Financial problems and
- Conflict related to gambling

(Meagan, M. et al, 2018)

Predisposing Vulnerability Factors



Overview of Predisposing Factors

Biological Vulnerability

- D2 Receptor Gene ([Kaasinen](#), V. et al., 2023)

Environmental/Exposure Factors

- Trauma and Stress
 - Adverse Childhood Experiences (Bristow, L, 2022)
- Big Win
 - Flashbulb Memory (Fu, Y., 2023)
- Early Exposure to Gambling
 - Parental gambling, especially cross-gender, eg daughters of fathers who gamble (Suomi, 2022)
- Availability and Accessibility
 - Increased access to land and online venues (Abbott, M., 2020)

Overview of Predisposing Factors



Psychological Factors

Depression, Anxiety, and
Alexithymia
(Macia, L., 2023)



Financial Pressures

Focus on finances
(Buchanan, et al., 2020)



Peer Influence

Peer pressure and role
modeling
(Botella-Guijarro, A., et al.,
2020)



Personality Traits

Impulsivity
(Gori, et al, 2022)



Types of Gamblers

Antisocial-impulsive (action subtype):

- Predominantly males with above average IQ, who achieve euphoric state through gambling
- Domineering, controlling, and manipulating
- View themselves as friendly, sociable, gregarious, and generous
- Often energetic, assertive, persuasive, and confident in their interpersonal interactions
- Reluctant to their gambling problem and generally resistant to treatment

Prasad & Jiriwal (2019). Pathological Gambling Disorder: An Overview

Obsessive-dependent (escape subtype):

- Represented equally by male and females
- Nurturing, responsible, and active in their family prior to onset of this addiction
- Passive-avoidant, unassertive, and in need of empowerment
- Often have history of physical, sexual, or emotional abuse and use gambling as a means to escape their problems
- Describe feelings of temporary elation and release from physical and emotional pain while gambling
- May seek professional help for assistance with their gambling, relationship issues, or both
- More malleable to treatment, with a better prognosis.

Culture

- Consider the interaction of my culture, my client's culture, and the competency of translating these similarities/differences

Which areas am I in the Dominant Culture?

- Gender
- Gender Identity
- Sexual Orientation
- Race
- Religion
- Physical Abilities
- Body Weight
- Language
- Socio-Economic Status
- Age
- SUD/Gambling Recovery Status
 - Type of substance/gambling
 - Pathway to recovery
 - Length of time in recovery



Culture Apply it Now

- Carla is a 26-year-old African American single female. She has been spending \$2,000 per week on slot machines and has accrued \$40k in debt and embezzled \$70k from her employer.
- Consider the interaction of my culture, my client’s culture, and the implications of these similarities/differences



Dimension	Myself	My Client (Carla)	Implications
Gender		Female	
Sexual Orientation		Unknown	
Race		Unknown	
Physical Abilities		Unknown	
Language		English	
Socioeconomic Status		Unknown	
Age		26	
Alcohol/Substance Use		Unknown	
Gambling Active, in Recovery, or never gambled?		Active Gambling	
Gambling type		Slots	
Path to Recovery		NA	
Length of time in recovery		NA	

The Recovery Journey

	<u>Early Gambling</u>	<u>Problem Gambling</u>	<u>Early Recovery</u>	<u>Recovery</u>
<u>Thoughts</u>	This Is Fun, I Want To Do More Of It			
<u>Beliefs</u>	I Could Win			
<u>Values</u>	Seek Thrills			
<u>Emotions</u>	Excited, Thrilled, Nervous			
<u>Behaviors</u>	Trying New Things, Moderate Risk Taking			
<u>Relationships</u>	Good, But Becoming Less Important			
<u>Biology</u>	Nervous,			
<u>Relationship With Self</u>	Undefined			
<u>Relationship With Higher Power</u>	None			

The Contrasted Journey

<u>Risk Factor</u>	<u>Substance Use Disorder</u>	<u>Gambling Disorder</u>
<u>Generics and Family History</u>	Family history of addiction increases risk.	Family history of gambling addiction raises vulnerability. D2 Receptor gene
<u>Early Exposure</u>	Early substance use increases likelihood of addiction.	Early exposure to gambling (e.g., family influence) raises risk. Big Wins
<u>Mental Health Disorders</u>	Depression, anxiety, PTSD, and ADHD increase risk. Higher risk of accidental death	Depression, anxiety, and personality disorders are common co-occurring conditions. Higher risk of suicide
<u>Social and environmental Influences</u>	Peer pressure, availability, and normalization of substance use.	Accessibility of gambling (e.g., casinos, online betting) and familial/cultural acceptance.
<u>Coming Mechanism for Stress</u>	Using substances to escape stress, trauma, or emotional pain.	Gambling as a way to cope with stress, financial hardship, or emotional struggles.
<u>Financial Struggles</u>	Economic hardship can lead to substance use.	Gambling often worsens financial struggles, creating a cycle of loss and continued betting.
<u>Regulatory and Legal Factors</u>	Legal status (alcohol and marijuana), availability, and social norms shape use.	Increased accessibility due to online gambling and legalization trends.



From Social Fun to Problems

Risk Factors

Behavioral Risks

- Desensitization to Risk
- Escalation of Involvement
- Tolerance
- Withdrawal
- Negative Consequences Ignored
- Financial Reinforcement
- Loss Chasing

Cognitive Distortions

Emotional Vulnerability

Social Isolation

Ineffective Coping Attempts

Denial

Borrowing
Money

Chasing
Losses

Blaming
Others

Isolating
Oneself

(Escape -
Other
addictions)

Magical
Thinking

Seeking
Quick Fixes

Impulsive
Decision
Making

Avoidance of
Treatment

Ineffective Coping Attempts

Gambling to Escape
Stress

Gambling as a Stressor

Altered Stress Physiology
Predisposing Gambling

(Buchanan, T. et al., 2020).



Relationships

**Addiction is a disease
of isolation....**



Harm Reduction and Prevention

“The most effective way to reduce harm associated with use is to prevent initiation and misuse in the first place”
(Logan & Marlatt, 2010)

Goals of effective prevention

- Increase perception of risk
- Increase coping skills
- Improve decision making skills
- Increase refusal skills
- Reduce peer support of gambling behavior
- Reduce parental support of gambling behavior
- Delay onset of negative behavior (age of onset is a significant risk factor)
- Address risk factors: early age of onset, positive attitudes toward gambling, impulsivity, association with deviant friends, poor parental supervision

Goals of Intervention

- Increase awareness of harm caused by current patterns
- Increase perception of risk
- Arrest progression toward behaviors causing greater harm

The Recovery Journey

	<u>Early Gambling</u>	<u>Problem Gambling</u>	<u>Early Recovery</u>	<u>Recovery</u>
<u>Thoughts</u>	This Is Fun, I Want To Do More Of It	This Is Stressful, I Need To Win To Solve My Problems		
<u>Beliefs</u>	I Could Win	I Should Win		
<u>Values</u>	Seek Thrills	Seek Success		
<u>Emotions</u>	Excited, Thrilled, Nervous	Scared, Anxious, Depressed, Irritable		
<u>Behaviors</u>	Trying New Things, Moderate Risk Taking	Thoughtless Risk Taking, No Regrets, Numbness		
<u>Relationships</u>	Good, But Becoming Less Important	Secondary, Unimportant, Deteriorating		
<u>Biology</u>	Nervous,	Exhausted, Tense, Stressed, Irritable		
<u>Relationship With Self</u>	Undefined	Bad. Happiness Depended On External Sources		
<u>Relationship With Higher Power</u>	None	Less Than None		

Making the Change

A close-up photograph of several autumn leaves, likely maple, in various shades of yellow, orange, and red. The leaves are layered, with some showing more vibrant colors than others. The text "Making the Change" is overlaid in a large, white, sans-serif font on the left side of the image.

Why does one become addicted?

Causes	
<u>Biology</u> Genes, Biochemistry, Brains, Autopilot Learning	
<u>Relationships with Others</u> Peer Pressure, Family, "Enabling", Isolation, Lies	
<u>Relationship with Self</u> Shame, Guilt, Negative Beliefs, "Hate Self"	
<u>Relationship with Higher Power</u> Lack of Connection with Personal Values, Anger/Shame with God	

Why does one become addicted?

Causes	Solutions
<u>Biology</u> Genes, Biochemistry, Brains, Autopilot Learning	Medication, Meditation Exercise, Diet, Sleep, Stress Management Decisional Actions
<u>Relationships with Others</u> Peer Pressure, Family, "Enabling", Isolation, Lies	Limit Setting, Relationship Building, Honesty, Clear Communication Family/Couples Therapy Positive Peer Pressure
<u>Relationship with Self</u> Shame, Guilt, Negative Beliefs, "Hate Self"	Forgive Self, Gratitude Practice Engage in Healthy Behaviors Today Healthy Coping Skills Training
<u>Relationship with Higher Power</u> Lack of Connection with Personal Values, Anger/Shame with God	Define Values, Live by Personal Values Pray, Meditate, Other Spiritual Practice

Goals and Beyond

- Goal setting (Nowack, 2017):
 - Old approach: SMART Goals (Specific, measurable, attainable, realistic and timely)
 - Modern approach:
 - BHAGS (Big, hairy, audacious goals)
 - Challenging goals can increase motivation and readiness for change.
 - Tend to only achieve more or less based on where we set our goals (e.g. goal to cure cancer, walk on the moon etc.)
 - Small steps can be easier to achieve, but may or may not yield progress in the most effective direction for the long term.
 - Prefer approach vs avoidance goals (e.g. spending time with family vs avoiding gambling)
 - Use specific practice plans rather than simple intentions
 - E.g. If I have the desire to gamble, I will call my spouse instead.
 - Habit forming:
 - An average of 60-90 days practice is needed for new habits such as drinking, eating and exercising (although can range from 18-254 days for different complexity of habits)
 - Practice. Practice. Practice.

Evidence-Based Support

Integrated Care to Take Root and Grow

Biology

Clinically appropriate use of medications, management of other health concerns

Relapse Prevention

Tools and actions to manage triggers and urges

Trauma

Trauma informed care

Finances

Financial Counseling

Spiritual

12-Step supports, Spiritual and other supports

Beliefs

Cognitive therapy for self-defeating thoughts

Motivation

Engage and increase motivation for success through stages of change

Emotion

Addressing emotional triggers

Relationships

Group therapy, Peer support



Treating the Whole Person

Emotional Circle

Pop Quiz: Which would be better for a beginner?

What else can we do with someone advanced?

Example: My boss yelled at me. I am mad.



Circle of Emotions: Addiction/Recovery



Emotional Circle And Addictions

Challenge: Lack of confidence

Task: Finding "vision" of next steps for path of change

Other Tools: Exercise

Challenge: Frozen in addictive pattern

Task: Finding "Why" of cause and motivation, Finding hope of alternatives

Other Tools: Rest, Sleep, Journaling



Cognitive Behavioral Therapy

(Need to address the gambling beliefs in addition to the other issues)



Schulter, et. Al. (2019) *Gambling related cognitive distortions mediate the relationship between depression and disordered gambling*

Treatment Cognitive



In one study 80% of game related thoughts were irrational (e.g. Belief in controlling outcome)

Cognitive treatment focused on “illusion of control”

Focus on correcting erroneous perception of randomness
(Laducer & Walker, 1996, Newall et al, 2023)

- Understand randomness
- Understanding erroneous beliefs of gamblers
- Awareness of inaccurate perceptions
- Cognitive correction of erroneous perceptions

Some Irrational Beliefs of Gamblers

My gambling is under control

Gambling can be a good way to earn money

I don't really have to quit. I can just cut down and ration my gambling

Money is my real problem

If I borrow it, I'll pay it back

Gambling in the scheme of things, is a pretty important thing to be doing

People who don't gamble seem to be relatively stupid, slow or timid

Gambling can be a healthy recreation

I can win back losses if I play long enough

I'm a pretty smart person, so I have my own system to beat the odds

People respect a heavy bettor

Someday, I might score a really big win and quit with honor

Gambling could be the solution to my problems

Expensive presents can make up for past disappointments

Gambling makes me feel better

Borrowing money to gamble with is fine- it's just temporary

The more money I have to gamble with, the better my chances of winning

Somebody will always be there to bail me out if things go wrong

The reason I gamble has nothing to do with my personality

If I only knew why I gamble I could stop

Willpower is probably the best way to stop gambling

I can't afford to pay for treatment or to take time off work

Treatment Cognitive: Mindfulness (Acceptance and Commitment Therapy: ACT)

- Mindfulness is a practice with growing attention
- It has a range of benefits:
 - Improves mood state,
 - Reduces anxiety
 - Perceived stress
 - Reduces severity
 - Establish abstinence
 - Reduce cravings
 - Decrease ruminations about gambling
 - Improve quality of life
- Menchon et al. (2019)



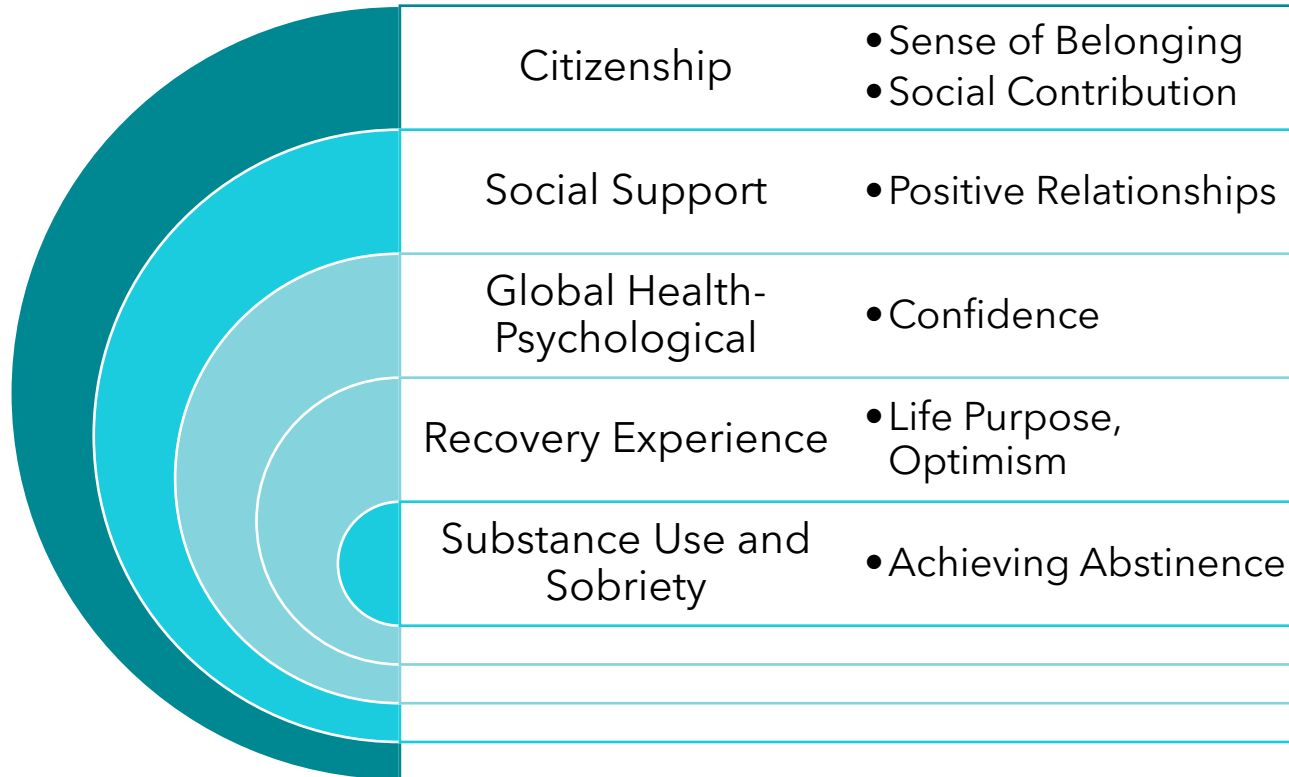
The Recovery Journey

	<u>Early Gambling</u>	<u>Problem Gambling</u>	<u>Early Recovery</u>	<u>Recovery</u>
<u>Thoughts</u>	This Is Fun, I Want To Do More Of It	This Is Stressful, I Need To Win To Solve My Problems	I Am So Bored. I Have Nothing To Do With My Time And I Don't Care About Anything	
<u>Beliefs</u>	I Could Win	I Should Win	I Can't Win	
<u>Values</u>	Seek Thrills	Seek Success	Seek Meaning	
<u>Emotions</u>	Excited, Thrilled, Nervous	Scared, Anxious, Depressed, Irritable	Bored, Tired, Meaningless, Empty	
<u>Behaviors</u>	Trying New Things, Moderate Risk Taking	Thoughtless Risk Taking, No Regrets, Numbness	Depressed And Heavy	
<u>Relationships</u>	Good, But Becoming Less Important	Secondary, Unimportant, Deteriorating	Vital. Still Mistrust But Beginning To Rebuild	
<u>Biology</u>	Nervous,	Exhausted, Tense, Stressed, Irritable	Sluggish, Bored, Lazy, Sad	
<u>Relationship With Self</u>	Undefined	Bad. Happiness Depended On External Sources	Regretful Of Past Actions, Disappointed But Hopeful For Change	
<u>Relationship With Higher Power</u>	None	Less Than None	Early Stages, Curious	

Long-Term Recovery: What do We Recover?



Recovery Capital



Recovery Capital (William White)



Isolation/Connection

I feel like I have meaningful positive communication in my family and community

I have friends who are supportive of my recovery process

I have established close affiliation with a local recovery support group.



Hopelessness/Hope

My personal values and sense of right and wrong have become clearer and stronger in recent years

I now have goals and great hopes for my future

I know that my life has a purpose

Hanauer et al. (2019)

Protective Factors

- Spirituality
 - When I am faced with an important decision, my spirituality
 - *0 plays absolutely no role to*
 - *10 is always the overriding consideration.*



© 2019 American Psychological Association
0893-164X/20/\$12.00

Psychology of Addictive Behaviors

2020, Vol. 34, No. 1, 209–217
<http://dx.doi.org/10.1037/ad0000492>

Associations Between Recovery Capital, Spirituality, and *DSM–5* Symptom Improvement in Gambling Disorder

Belle Gavriel-Fried
Tel-Aviv University

Tania Moretta
University of Padova

Marc N. Potenza
Yale University and Connecticut Council on Problem Gambling, Wethersfield, Connecticut

Brief Recovery Capital Scale

There are more important things to me in life than using substances

I am generally happy with my life

I have enough energy to complete the tasks I set for myself

I get lots of support from my friends

I regard my life as challenging and fulfilling without the need for using drugs or alcohol

My living space has helped to drive my recovery journey

I take full responsibility for my actions

I am happy dealing with a range of professional people

I am making good progress on my recovery journey

(Vilsiant, C. et al 2017)

Recovery

Financial
Stability

Emotional
Well Being

Healthy
Relationships

Self-Esteem
and Self-
Confidence

Sense of
Purpose

Physical
Health

Freedom
from Shame
and Guilt

Spiritual
Growth

Life
Satisfaction

The Recovery Journey

	<u>Early Gambling</u>	<u>Problem Gambling</u>	<u>Early Recovery</u>	<u>Recovery</u>
<u>Thoughts</u>	This Is Fun, I Want To Do More Of It	This Is Stressful, I Need To Win To Solve My Problems	I Am So Bored. I Have Nothing To Do With My Time And I Don't Care About Anything	I Am Becoming More Content With My Life Every Day
<u>Beliefs</u>	I Could Win	I Should Win	I Can't Win	I Don't Need To Win
<u>Values</u>	Seek Thrills	Seek Success	Seek Meaning	Find Contentment
<u>Emotions</u>	Excited, Thrilled, Nervous	Scared, Anxious, Depressed, Irritable	Bored, Tired, Meaningless, Empty	Peaceful, Happy, Calm
<u>Behaviors</u>	Trying New Things, Moderate Risk Taking	Thoughtless Risk Taking, No Regrets, Numbness	Depressed And Heavy	Happy, Exercise Often, Keep Busy
<u>Relationships</u>	Good, But Becoming Less Important	Secondary, Unimportant, Deteriorating	Vital. Still Mistrust But Beginning To Rebuild	Solid, Open, Honest
<u>Biology</u>	Nervous,	Exhausted, Tense, Stressed, Irritable	Sluggish, Bored, Lazy, Sad	Energetic, Focused, Calm
<u>Relationship With Self</u>	Undefined	Bad. Happiness Depended On External Sources	Regretful Of Past Actions, Disappointed But Hopeful For Change	Much More Honest, Inward Looking
<u>Relationship With Higher Power</u>	None	Less Than None	Early Stages, Curious	Still Not Well Defined, But I Now Have The Space And Capacity To Contemplate It

The Contrasted Journey

<u>Risk Factor</u>	<u>Substance Use Disorder</u>	<u>Gambling Disorder</u>
<u>Medical Withdrawal Management</u>	Often necessary for withdrawal from alcohol, opioids, or benzodiazepines.	Not required, as there are no physical withdrawal symptoms, but withdrawal present from internal chemicals
<u>Medication Assisted Treatment</u>	Medications like methadone, buprenorphine, or naltrexone help manage cravings and withdrawal.	No FDA-approved medications for gambling disorder, but some off-label use of SSRIs and mood stabilizers.
<u>Cognitive Behavioral Therapy</u>	Used to identify and change substance-related thoughts and behaviors.	Used to address distorted beliefs about gambling (e.g., "chasing losses," illusion of control).
<u>12-Step and Peer Support Groups</u>	Alcoholics Anonymous (AA), Narcotics Anonymous (NA), SMART Recovery.	Gamblers Anonymous (GA), SMART Recovery.
<u>Financial Counseling</u>	Addressing financial instability as part of recovery, job search	Essential component—helping individuals recover from debt and financial consequences.
<u>Family and Couples Therapy</u>	Helps rebuild relationships impacted by substance use.	Focuses on trust restoration, financial recovery, and addressing secrecy around gambling.
<u>Legal and Social Services Support</u>	Assistance with legal issues (DUI, etc), housing, employment, and social reintegration	Often involves legal/financial interventions due to debt, bankruptcy, or fraud-related consequences.

Keys to Change Remember:

Change is easiest, earlier

There are no single causes

**It takes a village to cause or
cure gambling**

You are not alone



Action Steps

Self-Reflection: Reflect on your own attitudes and behaviors towards gambling, as well as any personal experiences or family history that may contribute to your understanding of the topic.

Advocate for Change: Advocate for policies and initiatives that promote responsible gambling practices, increase access to treatment and support services, and reduce the stigma associated with gambling addiction.

Stay Informed and Engaged: Stay informed about developments in the field of gambling disorder research, treatment, and advocacy, and continue to engage in conversations and initiatives aimed at addressing the issue and supporting those affected by it.

Educate Yourself: Learn more about gambling disorder.

The Journey Continues...

The Recovery Journey

Apply it Now

- What is one thing that you have learned that you will apply in a work or personal relationship in the next week?

References

- Abbott, M. W. (2020). The changing epidemiology of gambling disorder and gambling-related harm: public health implications. *Public health*, 184, 41-45.
- Botella-Guijarro, Á., Lloret-Irles, D., Segura-Heras, J. V., Cabrera-Perona, V., & Moriano, J. A. (2020). A longitudinal analysis of gambling predictors among adolescents. *International Journal of Environmental Research and Public Health*, 17(24), 9266.
- Bristow, L. A., Afifi, T. O., Salmon, S., & Katz, L. Y. (2022). Risky gambling behaviors: Associations with mental health and a history of adverse childhood experiences (ACEs). *Journal of gambling studies*, 38(3), 699-716.
- Buchanan, T. W., McMullin, S. D., Baxley, C., & Weinstock, J. (2020). Stress and gambling. *Current Opinion in Behavioral Sciences*, 31, 8-12.
- Fu, Y. (2023). Emotional arousing events as an integral part of understanding flashbulb memories mechanism. *Journal of Education, Humanities and Social Sciences*, 18, 77-83.
- Gavriel-Fried, B., Moretta, T., & Potenza, M. N. (2020). Associations between recovery capital, spirituality, and DSM-5 symptom improvement in gambling disorder. *Psychology of Addictive Behaviors*, 34(1), 209.
- Gori, A., Topino, E., Craparo, G., Bagnoli, I., Caretti, V., & Schimmenti, A. (2022). A comprehensive model for gambling behaviors: Assessment of the factors that can contribute to the vulnerability and maintenance of gambling disorder. *Journal of Gambling Studies*, 38(1), 235-251.
- Hanauer, M., Sielbeck-Mathes, K., & Berny, L. (2019). Invariance of a recovery capital scale across gender, ethnicity, and sexual orientation in a substance use disorder treatment program. *The American journal of drug and alcohol abuse*, 45(3), 254-263.
- Kaasinen, V., Honkanen, E. A., Lindholm, K., Jaakkola, E., Majuri, J., Parkkola, R., ... & Seppänen, M. (2023). Serotonergic and dopaminergic control of impulsivity in gambling disorder. *Addiction Biology*, 28(2), e13264.

References

- Ladouceur, R., & Walker, M. (1996). A cognitive perspective on gambling. In P. M. Salkoskvis (Ed.), Trends in cognitive and behavioural therapies (pp. 89-120). New York: Wiley
- Logan, D. E., & Marlatt, G. A. (2010). Harm reduction therapy: A practice-friendly review of research. *Journal of clinical psychology*, 66(2), 201-214.
- Macía, L., Jauregui, P., Herrero, M., Iruarrizaga, I., Micó, V., Lamas, J., & Estévez, A. (2023). Sex-comparative study of gambling disorder regarding alexithymia and symptoms of depression, anxiety and hostility. *Comprehensive Psychiatry*, 122, 152364.
- Martz, K. (2020). *Manage My Emotions: What I Wish I'd Learned in School about Anger, Fear and Love*, Bowker. Norristown, PA
- Martz, K. (2021). *Manage My Addiction: What I Wish I'd Learned in School about Substance Use and Addiction Recovery*, Bowker. Norristown, PA
- Martz, K. (2021) *Manage My Meditation: Seven Days to a Powerful Tool for Success and Transformation*, Bowker. Norristown, PA
- Martz, K. (2023). *Counselor. Transforming Skills from Good to Great*. Bowker, Norristown, PA
- Menchon et al. (2019) *An overview of gambling disorder: From treatment approaches to risk factors*
- Newall, P. W. (2023). S., Zhu, JQ.(2023). Skilled poker players provide more accurate responses than amateur poker players to the Gambling Fallacies Measure. *Journal of Gambling Issues*.
- Nowack, K. (2017). Facilitating successful behavior change: Beyond goal setting to goal flourishing. *Consulting Psychology Journal: Practice and Research*, 69(3), 153.
- Prasad, S., & Jiriwal, P. O. (2019). Pathological gambling disorder: an overview. *Journal of Clinical & Diagnostic Research*, 13(1).

References

- Ronzitti, S., Soldini, E., Smith, N., Bayston, A., Clerici, M., & Bowden-Jones, H. (2018). Are treatment outcomes determined by type of gambling? A UK study. *Journal of gambling studies*, 34, 987-997.
- Schluter, M. G., Kim, H. S., Poole, J. C., Hodgins, D. C., McGrath, D. S., Dobson, K. S., & Taveres, H. (2019). Gambling-related cognitive distortions mediate the relationship between depression and disordered gambling severity. *Addictive Behaviors*, 90, 318-323.
- Suomi, A., Lucas, N., Dowling, N., & Delfabbro, P. (2022). Parental problem gambling and child wellbeing: Systematic review and synthesis of evidence. *Addictive behaviors*, 126, 107205.
- Vilsaint, C. L., Kelly, J. F., Bergman, B. G., Groshkova, T., Best, D., & White, W. (2017). Development and validation of a Brief Assessment of Recovery Capital (BARC-10) for alcohol and drug use disorder. *Drug and alcohol dependence*, 177, 71-76.
- Wolfschlag, M., & Håkansson, A. (2023). Drug-induced gambling disorder: epidemiology, neurobiology, and management. *Pharmaceutical medicine*, 37(1), 37-52.

Questions

Ken Martz, Psy.D., ICGC-II, BACC

www.DrKenMartz.com

DrKenMartz@gmail.com

Free Tools

<https://tiny.one/MTOOLS>



Rob Minnick

www.Robodaat.com

Robodaat@gmail.com

