



Why Treat Both?

- Demographics: Separately and Together
- Substitute Addictions
- Undermining Recovery
- Become Better Therapist



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Transferring Counseling Skills

- Understand the Addiction and Respect its Power
- Understand Similarities and Differences
- Develop New Skills Where Necessary
- Learn from Clients

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ADDICTION CRITERIA

- Tolerance
- Withdrawal
- Progression
- More than intended
- Attempts to Control
- Preoccupation
- Priorities
- Continues despite problems

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Neurophysiology

- What gets you “high”?
- Neurotransmitters; Neuropeptides
- Tolerance - anhedonia
- Stress
- Structural Changes
- Genetics

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Emotional, Cognitive and Behavioral Changes

- Denial
- Social and Spiritual Withdrawal and Alienation
- Mood Swings
- Irritability
- Difficulty Coping -Life Unmanageable
- Additional Stress
- Interpersonal Conflict

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Changes (cont.)

- Anxiety and Depression
- Suicidal Thoughts
- Guilt and Shame
- Poor impulse control and frustration tolerance
- Values Breakdown
- Low Self-esteem; Reactionary Grandiosity
- Lose interest in other activities

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Deconstructing the Addictive Gambling Experience

- Action
- Escape
- Magic
- Cognitive Distortion
- Chasing and Denial
- The Illusion of Independence-Acting out
Anger at Feeling Controlled

Choice of Addiction

- Control, The Illusion of Control and Disinhibition
- Social Orientation
- impulsive type -e.g.,ADHD
- controlling type-e.g.,OCD, Perfectionism
- dually disinhibited - the”rolling stone”

Treatment

- Most skills translate
- Recovery goals similar
- Must address financial issues
- Usually less intensive
- Escape vs. Action Individualized tp
- GA vs AA/NA
- Family Treatment
- Social Support and Understanding