

*Midwest Consortium on Problem
Gambling and Substance Abuse
5th Annual Conference*

St. Louis, Missouri

Friday August 15, 2008

10:30 AM – 12:00 PM

***FROM EPICTETUS TO ELLIS:
Practicum in Coaching Relapse
Prevention Skills for Patients***

R. Kent Dean, PhD, LAC, CCGC

*Louisiana Association on Compulsive Gambling
Shreveport, Louisiana*

Rendered in Microsoft PowerPoint by Karen Stone

PHOCH

MODULE I

PHOCH

P

H

O

C

H



F

I

SH

PH as Philadelphia

O as Women

CH as Chicago

From Epictetus to Ellis

Epictetus' Sayings: What We Get Out of Them

*“We are disturbed not by events
but by the views which we take of them.”*

*“The uneducated man blames others;
The partly-educated man blames himself;
The educated man blames no one.”*

Enchiridion

THE “ABCs” OF RATIONAL EMOTIVE BEHAVIOR THERAPY (REBT)

ALBERT ELLIS, 1955

The “ABCs” of Rational Emotive Behavior Therapy (REBT)

Albert Ellis, 1955

A

**ACTIVATING
EVENT**

I SEE A



IN THE
WOODS

B

**BELIEFS ABOUT
THE EVENT**

THIS BEAR IS
DANGEROUS!



C

CONSEQUENCE:

**Emotions
AFRAID**



**Behavior
RUN AWAY**



I SEE A

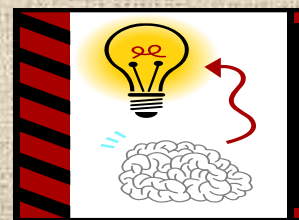


IN THE
WOODS

THIS BEAR IS SAFE!



EXCITED



RUN TOWARD



*“We are disturbed not by events but
by the views which we take of them.”*

Epictetus (c55-c135)

MODULE II

The “ABCs” of Rational Emotive Behavior Therapy (REBT)

Albert Ellis, 1955

A

**ACTIVATING
EVENT**

I SEE A



IN THE
WOODS

B

**BELIEFS ABOUT
THE EVENT**

THIS BEAR IS
DANGEROUS!



C

CONSEQUENCE:

**Emotions
AFRAID**



**Behavior
RUN AWAY**



I SEE A

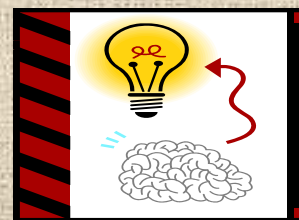


IN THE
WOODS

THIS BEAR IS SAFE!



EXCITED



RUN TOWARD



CHORUS A

(Aleatory Chant: Left)

*Go ahead and gamble!
It'll be ok!
You'll make money!
It'll be fun!
My friends are there at the
casino!
I'll just bet twenty dollars;
no more!
I'm a really good poker
player!
No one will find out!
One more time and then I'll
stop for tonight!*

*You know you want to!!
I'm gonna go win my money
back!
GA is for other people who
don't have willpower!
Those counselors don't
know anything!
Just one more time
I'm gonna get my revenge
and win a thousand
dollars!
I can stop anytime I want
to!
That's all! I'm through this
time!*

Ellis: “ABCs”

A = Activating Event

B = Beliefs About the Events

C = Emotional and Behavioral Consequence

D = Dispute the Beliefs About the Events

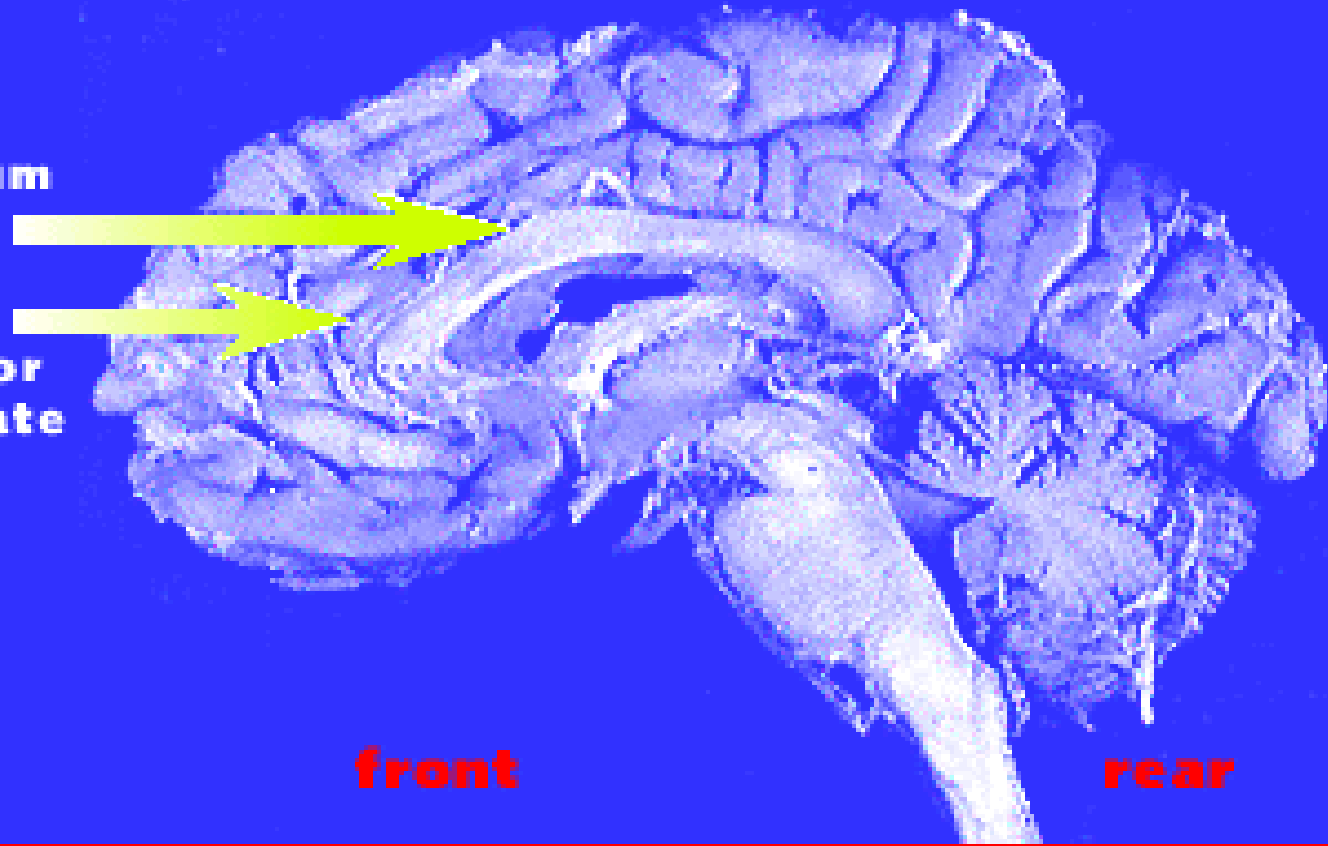
MODULE III

Anterior Cingulate: Cognitive and Affective Divisions

Mid-section of the Brain

Corpus
Callosum

Anterior
Cingulate



front

rear

John Ridley Stroop, PhD (1897-1973)

“Stroop Effect” (1935)

red **white** **green** **brown**

green **red** **brown** **white**

white **brown** **green** **red**

red **white** **green** **brown**

brown **green** **white** **red**

white **brown** **red** **green**

green **white** **brown** **red**

red **brown** **green** **white**



MODULE IV

The “ABCs” of Rational Emotive Behavior Therapy (REBT)

Albert Ellis, 1955

A

**ACTIVATING
EVENT**

I SEE A



IN THE
WOODS

B

**BELIEFS ABOUT
THE EVENT**

THIS BEAR IS
DANGEROUS!



C

CONSEQUENCE:

**Emotions
AFRAID**



**Behavior
RUN AWAY**



I SEE A

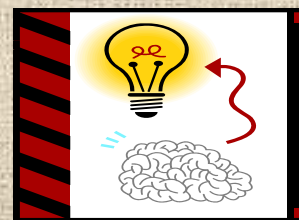


IN THE
WOODS

THIS BEAR IS SAFE!



EXCITED

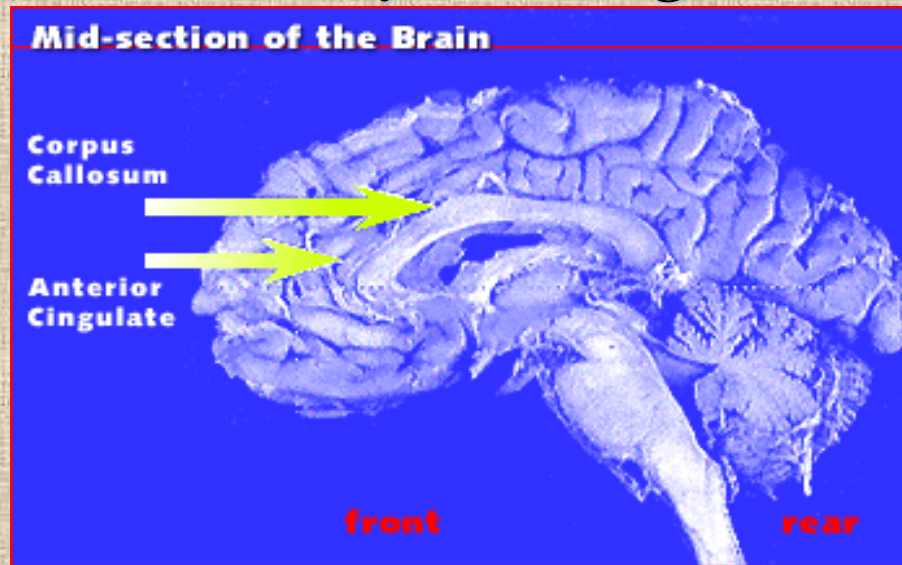


RUN TOWARD



PHOCH

Images from the Environmental Psychology Department University of Michigan



red	white	green	brown
green	red	brown	white
white	brown	green	red
red	white	green	brown
brown	green	white	red
white	brown	red	green
green	white	brown	red
red	brown	green	white

CHORUS B

(Aleatory Chant: Right)

*I'll call my sponsor.
Gambling is relapse, and
I'm about to relapse.
[Stop. Turn. Count. Move.
Debrief]
Casinos are not banks or
loan companies.
[Stop. Turn. Count. Move.
Debrief]
I don't belong in here.*

*I'll be proud when I leave
without gambling.
[Stop. Turn. Count. Move.
Debrief]
There is another way.
I need to leave here. Now.
[Stop. Turn. Count. Move.
Debrief]
I have a treatable disease.
Get yourself out of here.
[Stop. Turn. Count. Move.
Debrief]*

*“We are disturbed not by events but
by the views which we take of them.”*

*“The uneducated man blames others;
The partly-educated man blames himself;
The educated man blames no one.”*

Epictetus (c.55-c.135)

MODULE V

CHORUS A

(Aleatory Chant: Left)

*Go ahead and gamble!
It'll be ok!
You'll make money!
It'll be fun!
My friends are there at the
casino!
I'll just bet twenty dollars;
no more!
I'm a really good poker
player!
No one will find out!
One more time and then I'll
stop for tonight!*

*You know you want to!!
I'm gonna go win my money
back!
GA is for other people who
don't have willpower!
Those counselors don't
know anything!
Just one more time
I'm gonna get my revenge
and win a thousand
dollars!
I can stop anytime I want
to!
That's all! I'm through this
time!*

CHORUS B

(Aleatory Chant: Right)

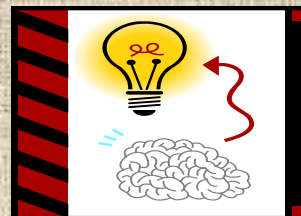
*I'll call my sponsor.
Gambling is relapse, and
I'm about to relapse.
[Stop. Turn. Count. Move.
Debrief]
Casinos are not banks or
loan companies.
[Stop. Turn. Count. Move.
Debrief]
I don't belong in here.*

*I'll be proud when I leave
without gambling.
[Stop. Turn. Count. Move.
Debrief]
There is another way.
I need to leave here. Now.
[Stop. Turn. Count. Move.
Debrief]
I have a treatable disease.
Get yourself out of here.
[Stop. Turn. Count. Move.
Debrief]*

A

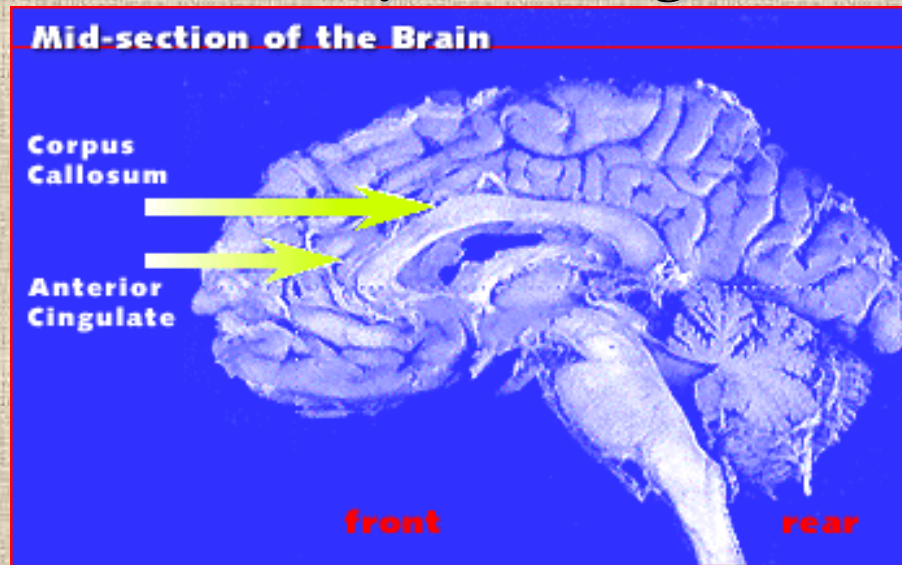
B

C



MODULE VI

Images from the Environmental Psychology Department University of Michigan



red	white	green	brown
green	red	brown	white
white	brown	green	red
red	white	green	brown
brown	green	white	red
white	brown	red	green
green	white	brown	red
red	brown	green	white

CHORUS B

(Aleatory Chant: Right)

*I'll call my sponsor.
Gambling is relapse, and
I'm about to relapse.
[Stop. Turn. Count. Move.
Debrief]
Casinos are not banks or
loan companies.
[Stop. Turn. Count. Move.
Debrief]
I don't belong in here.*

*I'll be proud when I leave
without gambling.
[Stop. Turn. Count. Move.
Debrief]
There is another way.
I need to leave here. Now.
[Stop. Turn. Count. Move.
Debrief]
I have a treatable disease.
Get yourself out of here.
[Stop. Turn. Count. Move.
Debrief]*



MODULE VII



“BAIL-OUT” EXERCISE

A. STOP AND FACE THE TRIGGER

B. TURN 180°, BUT DO NOT LEAVE YET

C. COUNT:

1. **GET**
2. **YOURSELF**
3. **OUT**
4. **OF**
5. **HERE**

D. MOVE AWAY TO ANOTHER AREA

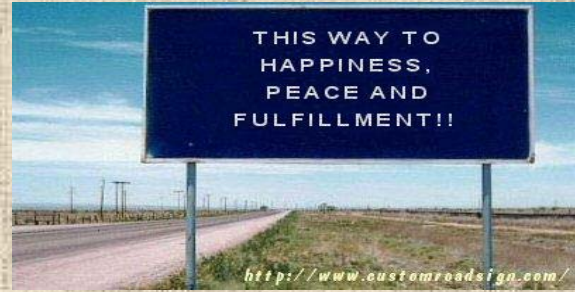
E. DEBRIEF WITH A TRUSTED PERSON AS SOON AS POSSIBLE



A

B

C



MODULE VIII

The “ABCs” of Rational Emotive Behavior Therapy (REBT)

Albert Ellis, 1955

A

**ACTIVATING
EVENT**

I SEE A



IN THE
WOODS

B

**BELIEFS ABOUT
THE EVENT**

THIS BEAR IS
DANGEROUS!



C

CONSEQUENCE:

**Emotions
AFRAID**



**Behavior
RUN AWAY**



I SEE A

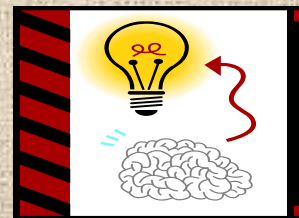


IN THE
WOODS

THIS BEAR IS SAFE!



EXCITED



RUN TOWARD



The “ABCs” of Rational Emotive Behavior Therapy (REBT)

Albert Ellis, 1955

A

**ACTIVATING
EVENT**

I SEE A



**ON THE
TABLE**

B

**BELIEFS ABOUT
THE EVENT**

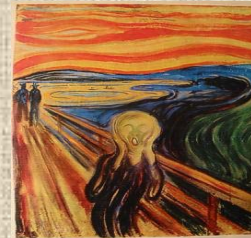
**THIS BET IS
DANGEROUS!**



C

CONSEQUENCE:

**Emotions
AFRAID**



**Behavior
RUN AWAY**

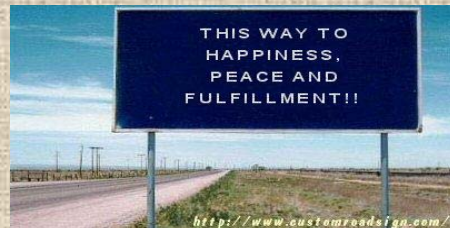


I SEE A

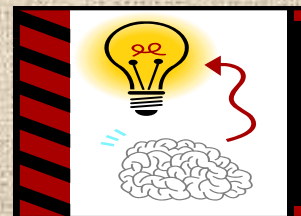


**ON THE
TABLE**

THIS BET IS SAFE!



EXCITED



RUN TOWARD



CHORUS A

(Aleatory Chant: Left)

*Go ahead and gamble!
It'll be ok!
You'll make money!
It'll be fun!
My friends are there at the
casino!
I'll just bet twenty dollars;
no more!
I'm a really good poker
player!
No one will find out!
One more time and then I'll
stop for tonight!*

*You know you want to!!
I'm gonna go win my money
back!
GA is for other people who
don't have willpower!
Those counselors don't
know anything!
Just one more time
I'm gonna get my revenge
and win a thousand
dollars!
I can stop anytime I want
to!
That's all! I'm through this
time!*

CHORUS B

(Aleatory Chant: Right)

*I'll call my sponsor.
Gambling is relapse, and
I'm about to relapse.
[Stop. Turn. Count. Move.
Debrief]
Casinos are not banks or
loan companies.
[Stop. Turn. Count. Move.
Debrief]
I don't belong in here.*

*I'll be proud when I leave
without gambling.
[Stop. Turn. Count. Move.
Debrief]
There is another way.
I need to leave here. Now.
[Stop. Turn. Count. Move.
Debrief]
I have a treatable disease.
Get yourself out of here.
[Stop. Turn. Count. Move.
Debrief]*

CHORUS C (A + B): POLYCHORUS

(Aleatory Chant: Left and Right)

Go ahead and gamble!

It'll be ok!

No one will find out!

You'll make money!

It'll be fun!

One more time and then I'll stop for tonight!

You know you want to!!

I'm gonna win my money back!

GA is for other people who don't have willpower!

I'll call my sponsor

I'm about to relapse.

Stop. Turn. Count. Move. Debrief.

This is not a way to make money.

I don't have to do this anymore.

Stop. Turn. Count. Move. Debrief.

Please, God, help me.

Stop. Turn. Count. Move. Debrief.

I don't belong here.

Those counselors don't know anything!

I'll be proud when I leave.

Just one more time . . .

My friends are at the casino!

I'll just bet twenty dollars! No more!

I'm gonna get my revenge and win a thousand dollars!

I can stop anytime I want to!

I'm really a good poker player!

That's all! I'm through this time!

Stop. Turn. Count. Move. Debrief.

This is a treatable disease.

Get yourself out of here.

That's all! I'm through this time!

The “ABCs” of Rational Emotive Behavior Therapy (REBT)

Albert Ellis, 1955

A

ACTIVATING
EVENT

I SEE A



IN THE
WOODS

B

BELIEFS ABOUT
THE EVENT

THIS BEAR IS
DANGEROUS!



C

CONSEQUENCE:

Emotions
AFRAID

Behavior
RUN AWAY



I SEE A

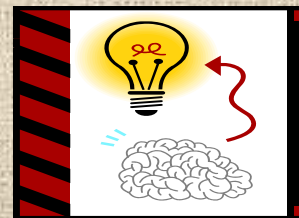


IN THE
WOODS

THIS BEAR IS SAFE!



EXCITED

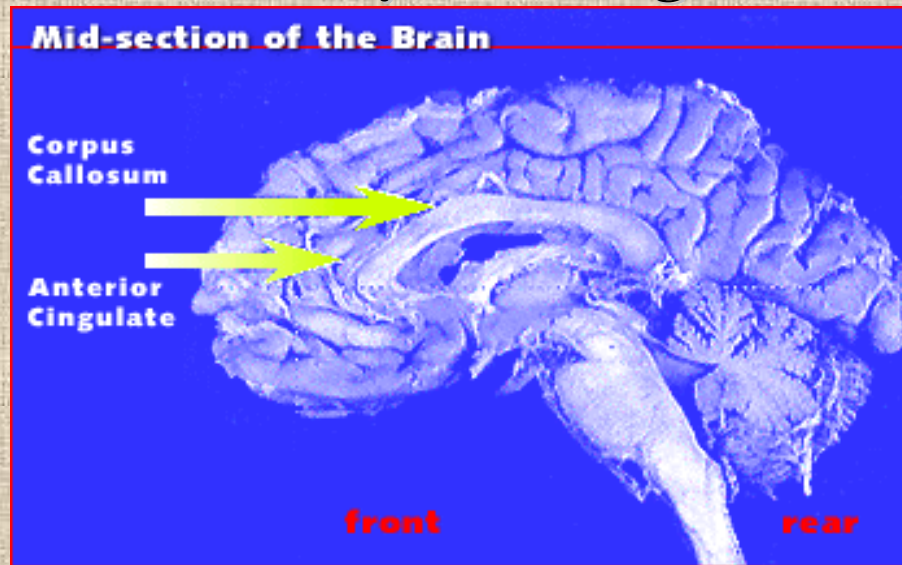


RUN TOWARD



MODULE IX

Images from the Environmental Psychology Department University of Michigan



red	white	green	brown
green	red	brown	white
white	brown	green	red
red	white	green	brown
brown	green	white	red
white	brown	red	green
green	white	brown	red
red	brown	green	white

CHORUS B

(Aleatory Chant: Right)

*I'll call my sponsor.
Gambling is relapse, and
I'm about to relapse.
[Stop. Turn. Count. Move.
Debrief]
Casinos are not banks or
loan companies.
[Stop. Turn. Count. Move.
Debrief]
I don't belong in here.*

*I'll be proud when I leave
without gambling.
[Stop. Turn. Count. Move.
Debrief]
There is another way.
I need to leave here. Now.
[Stop. Turn. Count. Move.
Debrief]
I have a treatable disease.
Get yourself out of here.
[Stop. Turn. Count. Move.
Debrief]*

PHOCH

“BAIL-OUT” EXERCISE

A. STOP AND FACE THE TRIGGER

B. TURN 180°, BUT DO NOT LEAVE YET

C. COUNT:

- 1. GET**
- 2. YOURSELF**
- 3. OUT**
- 4. OF**
- 5. HERE**

D. MOVE AWAY TO ANOTHER AREA

E. DEBRIEF WITH A TRUSTED PERSON AS SOON AS POSSIBLE



CHORUS C (A + B): POLYCHORUS

(Aleatory Chant: Left and Right)

*Go ahead and gamble!
I'll call my sponsor
It'll be ok!
I'm about to relapse.
No one will find out!
Stop. Turn. Count. Move. Debrief.
You'll make money!
This is not a way to make money.
It'll be fun!
I don't have to do this anymore.
One more time and then I'll stop for
tonight!
Stop. Turn. Count. Move. Debrief.
You know you want to!!
Please, God, help me.
I'm gonna win my money back!
Stop. Turn. Count. Move. Debrief.
GA is for other people who don't
have willpower!*

*I don't belong here.
Those counselors don't know
anything!
I'll be proud when I leave.
Just one more time . . .
Stop. Turn. Count. Move. Debrief.
My friends are at the casino!
There is another way.
I'll just bet twenty dollars! No more!
I need to leave here. Now.
I'm gonna get my revenge and win a
thousand dollars!
Stop. Turn. Count. Move. Debrief.
I can stop anytime I want to!
This is a treatable disease.
I'm really a good poker player!
Get yourself out of here.
That's all! I'm through this time!
Stop. Turn. Count. Move. Debrief.*

CHORUS A

(Aleatory Chant: Left)

*Go ahead and gamble!
It'll be ok!
You'll make money!
It'll be fun!
My friends are there at the
casino!
I'll just bet twenty dollars;
no more!
I'm a really good poker
player!
No one will find out!
One more time and then I'll
stop for tonight!*

*You know you want to!!
I'm gonna go win my money
back!
GA is for other people who
don't have willpower!
Those counselors don't
know anything!
Just one more time
I'm gonna get my revenge
and win a thousand
dollars!
I can stop anytime I want
to!
That's all! I'm through this
time!*

CHORUS B

(Aleatory Chant: Right)

*I'll call my sponsor.
Gambling is relapse, and
I'm about to relapse.
[Stop. Turn. Count. Move.
Debrief]
Casinos are not banks or
loan companies.
[Stop. Turn. Count. Move.
Debrief]
I don't belong in here.*

*I'll be proud when I leave
without gambling.
[Stop. Turn. Count. Move.
Debrief]
There is another way.
I need to leave here. Now.
[Stop. Turn. Count. Move.
Debrief]
I have a treatable disease.
Get yourself out of here.
[Stop. Turn. Count. Move.
Debrief]*



MODULE X

From Epictetus to Ellis

Epictetus' Sayings: What We Get Out of Them

*“We are disturbed not by events
but by the views which we take of them.”*

*“The uneducated man blames others;
The partly-educated man blames himself;
The educated man blames no one.”*

Enchiridion

CHORUS C (A + B): POLYCHORUS

(Aleatory Chant: Left and Right)

*Go ahead and gamble!
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This is not a way to make money.
It'll be fun!
I don't have to do this anymore.
One more time and then I'll stop for
tonight!
Stop. Turn. Count. Move. Debrief.
You know you want to!!
Please, God, help me.
I'm gonna win my money back!
Stop. Turn. Count. Move. Debrief.
GA is for other people who don't
have willpower!*

*I don't belong here.
Those counselors don't know
anything!
I'll be proud when I leave.
Just one more time . . .
Stop. Turn. Count. Move. Debrief.
My friends are at the casino!
There is another way.
I'll just bet twenty dollars! No more!
I need to leave here. Now.
I'm gonna get my revenge and win a
thousand dollars!
Stop. Turn. Count. Move. Debrief.
I can stop anytime I want to!
This is a treatable disease.
I'm really a good poker player!
Get yourself out of here.
That's all! I'm through this time!
Stop. Turn. Count. Move. Debrief.*

The “ABCs” of Rational Emotive Behavior Therapy (REBT)

Albert Ellis, 1955

A

**ACTIVATING
EVENT**

I SEE A



**ON THE
TABLE**

B

**BELIEFS ABOUT
THE EVENT**

**THIS BET IS
DANGEROUS!**



C

CONSEQUENCE:

**Emotions
AFRAID**



**Behavior
RUN AWAY**

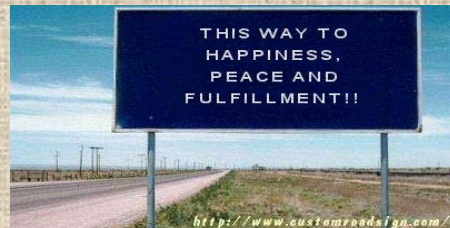


I SEE A

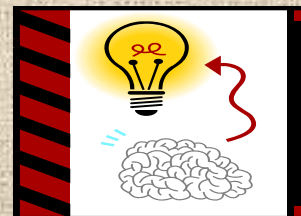


**ON THE
TABLE**

THIS BET IS SAFE!



EXCITED



RUN TOWARD



“BAIL-OUT” EXERCISE

- A. **STOP** AND FACE THE TRIGGER
- B. **TURN** 180°, BUT DO NOT LEAVE YET
- C. **COUNT:**
 - 1. **GET**
 - 2. **YOURSELF**
 - 3. **OUT**
 - 4. **OF**
 - 5. **HERE**
- D. **MOVE** AWAY TO ANOTHER AREA
- E. **DEBRIEF** WITH A TRUSTED PERSON AS SOON AS POSSIBLE



MODULE XI

PHOCH

“BAIL-OUT” EXERCISE

A. STOP AND FACE THE TRIGGER

B. TURN 180°, BUT DO NOT LEAVE YET

C. COUNT:

- 1. GET**
- 2. YOURSELF**
- 3. OUT**
- 4. OF**
- 5. HERE**

D. MOVE AWAY TO ANOTHER AREA

E. DEBRIEF WITH A TRUSTED PERSON AS SOON AS POSSIBLE



CHORUS C (A + B): POLYCHORUS

(Aleatory Chant: Left and Right)

*Go ahead and gamble!
I'll call my sponsor
It'll be ok!
I'm about to relapse.
No one will find out!
Stop. Turn. Count. Move. Debrief.
You'll make money!
This is not a way to make money.
It'll be fun!
I don't have to do this anymore.
One more time and then I'll stop for
tonight!
Stop. Turn. Count. Move. Debrief.
You know you want to!!
Please, God, help me.
I'm gonna win my money back!
Stop. Turn. Count. Move. Debrief.
GA is for other people who don't
have willpower!*

*I don't belong here.
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anything!
I'll be proud when I leave.
Just one more time . . .
Stop. Turn. Count. Move. Debrief.
My friends are at the casino!
There is another way.
I'll just bet twenty dollars! No more!
I need to leave here. Now.
I'm gonna get my revenge and win a
thousand dollars!
Stop. Turn. Count. Move. Debrief.
I can stop anytime I want to!
This is a treatable disease.
I'm really a good poker player!
Get yourself out of here.
That's all! I'm through this time!
Stop. Turn. Count. Move. Debrief.*



The “ABCs” of Rational Emotive Behavior Therapy (REBT)

Albert Ellis, 1955

A

**ACTIVATING
EVENT**

I SEE A



**ON THE
TABLE**

B

**BELIEFS ABOUT
THE EVENT**

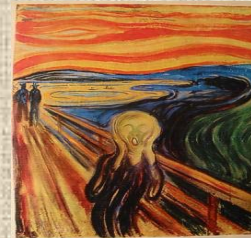
**THIS BET IS
DANGEROUS!**



C

CONSEQUENCE:

**Emotions
AFRAID**



**Behavior
RUN AWAY**

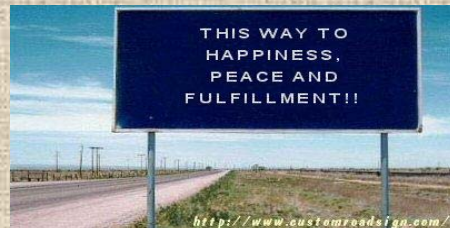


I SEE A

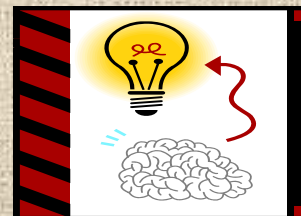


**ON THE
TABLE**

THIS BET IS SAFE!



EXCITED



RUN TOWARD



“BAIL-OUT” EXERCISE

A. STOP AND FACE THE TRIGGER

B. TURN 180°, BUT DO NOT LEAVE YET

C. COUNT:

1. **GET**
2. **YOURSELF**
3. **OUT**
4. **OF**
5. **HERE**

D. MOVE AWAY TO ANOTHER AREA

E. DEBRIEF WITH A TRUSTED PERSON AS SOON AS POSSIBLE



From Epictetus to Ellis

Epictetus' Sayings: What We Get Out of Them

*“We are disturbed not by events
but by the views which we take of them.”*

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Enchiridion

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Albert Ellis, 1955

A

**ACTIVATING
EVENT**

I SEE A



**ON THE
TABLE**

B

**BELIEFS ABOUT
THE EVENT**

**THIS BET IS
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C

CONSEQUENCE:

**Emotions
AFRAID**



**Behavior
RUN AWAY**

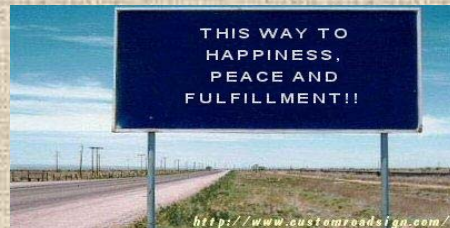


I SEE A

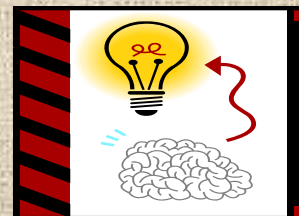


**ON THE
TABLE**

THIS BET IS SAFE!



EXCITED



RUN TOWARD





***GET
YOURSELF
OUT
OF
HERE***

PHOCH



CHORUS C (A + B): POLYCHORUS

(Aleatory Chant: Left and Right)

*Go ahead and gamble!
I'll call my sponsor
It'll be ok!
I'm about to relapse.
No one will find out!
Stop. Turn. Count. Move. Debrief.
You'll make money!
This is not a way to make money.
It'll be fun!
I don't have to do this anymore.
One more time and then I'll stop for
tonight!
Stop. Turn. Count. Move. Debrief.
You know you want to!!
Please, God, help me.
I'm gonna win my money back!
Stop. Turn. Count. Move. Debrief.
GA is for other people who don't
have willpower!*

*I don't belong here.
Those counselors don't know
anything!
I'll be proud when I leave.
Just one more time . . .
Stop. Turn. Count. Move. Debrief.
My friends are at the casino!
There is another way.
I'll just bet twenty dollars! No more!
I need to leave here. Now.
I'm gonna get my revenge and win a
thousand dollars!
Stop. Turn. Count. Move. Debrief.
I can stop anytime I want to!
This is a treatable disease.
I'm really a good poker player!
Get yourself out of here.
That's all! I'm through this time!
Stop. Turn. Count. Move. Debrief.*

CHORUS C (A + B): POLYCHORUS
(Unison Chant: Left and Right)

STOP
TURN
COUNT
MOVE
DEBRIEF



CHORUS C (A + B): POLYCHORUS

(Aleatory Chant: Left and Right)

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CHORUS C (A + B): POLYCHORUS
(Unison Chant: Left and Right)

GET
YOURSELF
OUT
OF
HERE



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