

The background of the slide is a soft, teal-colored landscape. It features misty mountains in the distance and a calm body of water in the foreground, which reflects the surrounding scenery. The overall atmosphere is serene and natural.

Retuning:

Supporting Attunement in Disordered Gambling

Presented by:

At:

On:

Kitty Martz

Four Directions, Ilani Casino

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Retuning: Supporting Attunement in Disordered Gambling

“

The essence of trauma
is disconnection...
so the real question
is: How did we get
separated and how do
we connect?

- GABOR MATE -

”

- Case study
- Lens of peer relationships
Attunement – Gabor Mate'
SCARF – David Rock
- Stigma and Language

Case study: Kitty

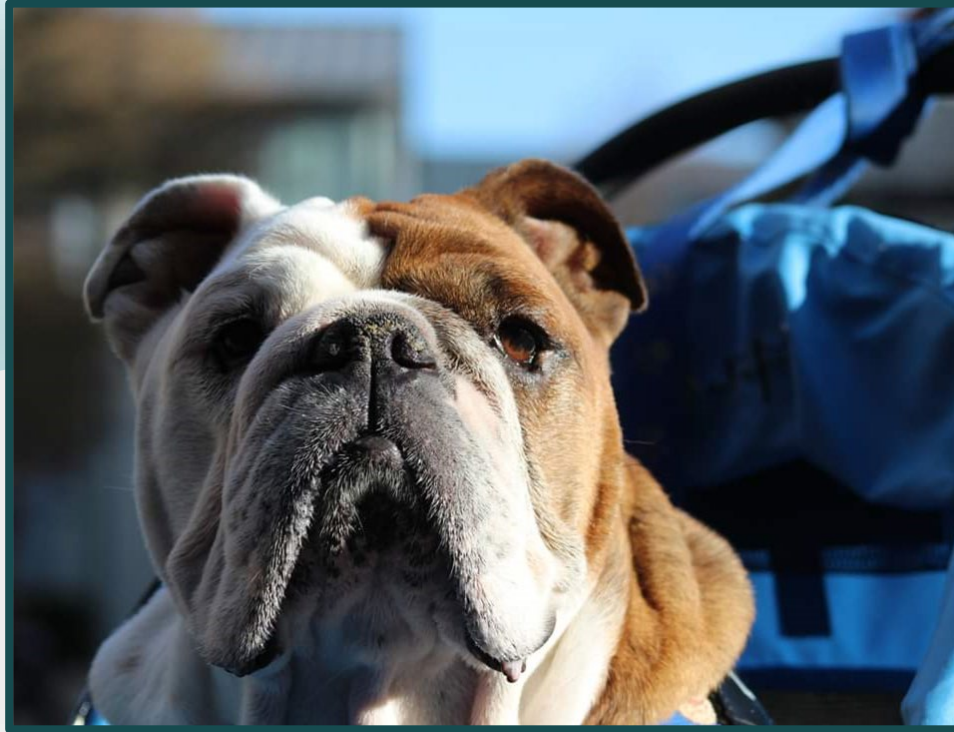
1998



- Why did my gambling addiction happen?
- How do I “retune”?



2023

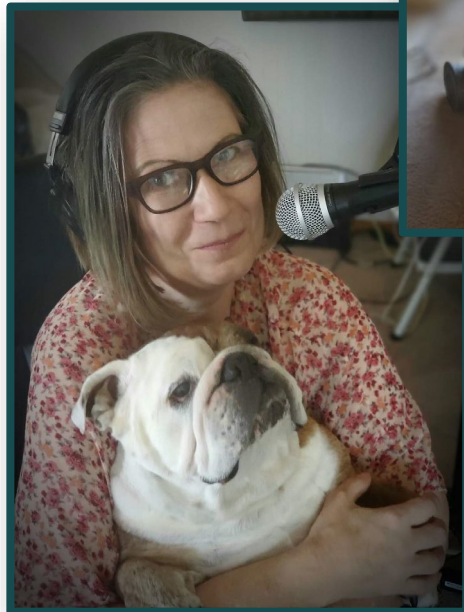
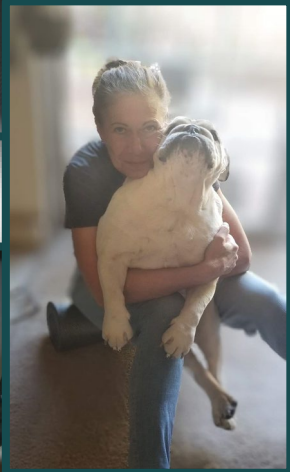


“They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for.”

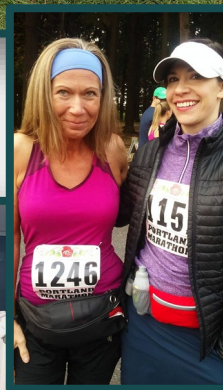
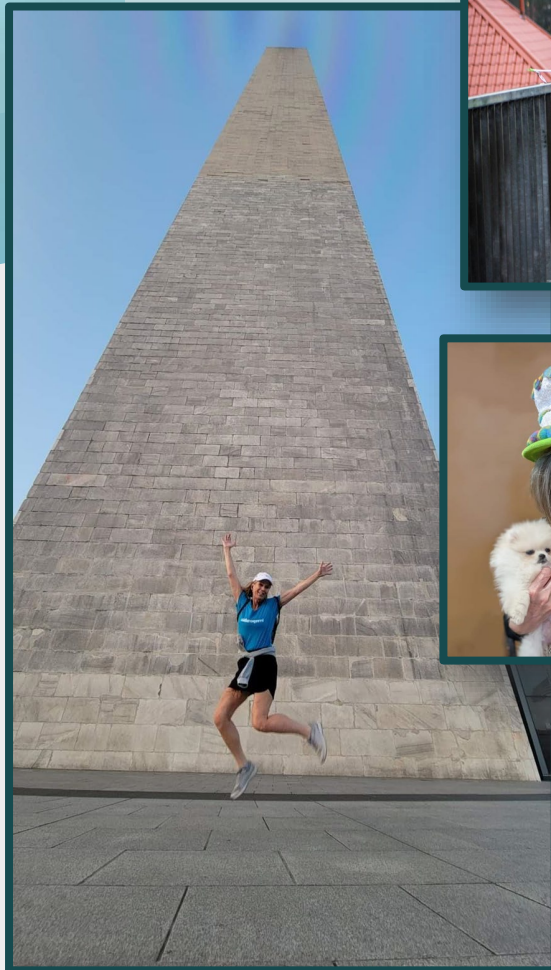
— Tom Bodett







Kitty:



The first place we lose the battle is in our own thinking. If you think it's permanent then it's permanent. If you think you've reached your limits then you have. If you think you'll never get well then you won't. You have to change your thinking. You need to see everything that's holding you back, every obstacle, every limitation as only temporary.





Attunement

Gabor Mate'



“The very same brain centers that interpret and feel physical pain also become activated during experiences of emotional rejection. In brain scans, they light up in response to social ostracism, just as they would when triggered by physically harmful stimuli. When people speak of feeling hurt or of having emotional pain, they are not being abstract or poetic, but scientifically quite precise.”

~ GABOR MATE



SCARF Model

David Rock

Status
Certainty
Autonomy
Relatedness
Fairness

The SCARF model

S

STATUS

Looks at the relative importance of people

'I am valuable'

C

CERTAINTY

Looks at our ability to predict the future. How certain are we?

'I know where I stand or what will happen'

A

AUTONOMY

Looks at our perception of having control over our environment

'I have a choice'

R

RELATEDNESS

Looks at our relationships and sense of fitting in

'I belong'

F

FAIRNESS

Looks at our perception of being treated fairly; for you and for others

'I am treated fairly and others are treated fairly'

What I should consider

How can I ensure that they know they are valued?

How can I clarify where they stand, and what will happen?

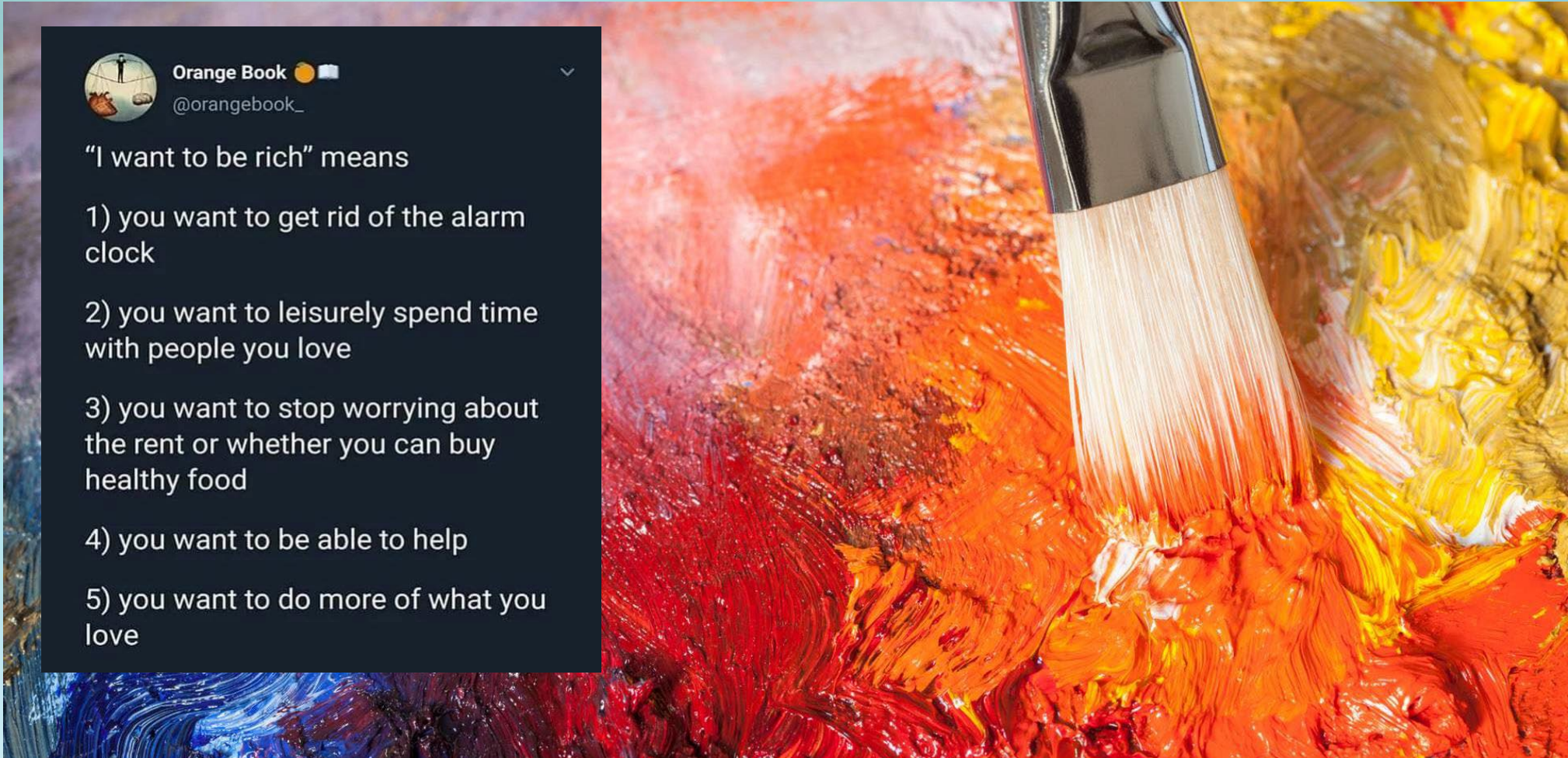
How can I provide them with some degree of input and choice?

How can I make them feel part of the team?

Taking everything together, am I treating them and others fairly?

Status

SCARF	Characteristics
Status	How important am I?



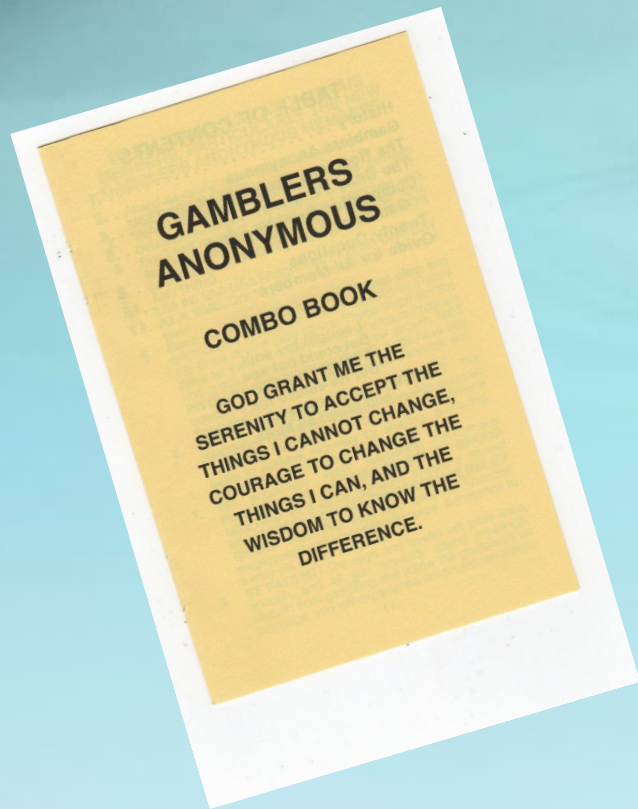
Orange Book
@orangebook_

“I want to be rich” means

- 1) you want to get rid of the alarm clock
- 2) you want to leisurely spend time with people you love
- 3) you want to stop worrying about the rent or whether you can buy healthy food
- 4) you want to be able to help
- 5) you want to do more of what you love

Status

Also, a compulsive gambler seems to have a strong inner urge to be a "big shot" and needs to have a feeling of being all-powerful. There is a willingness to do anything (often of an antisocial nature) to maintain a personal image for others to see.



Status



Drake: Stake



chart data
@chartdata

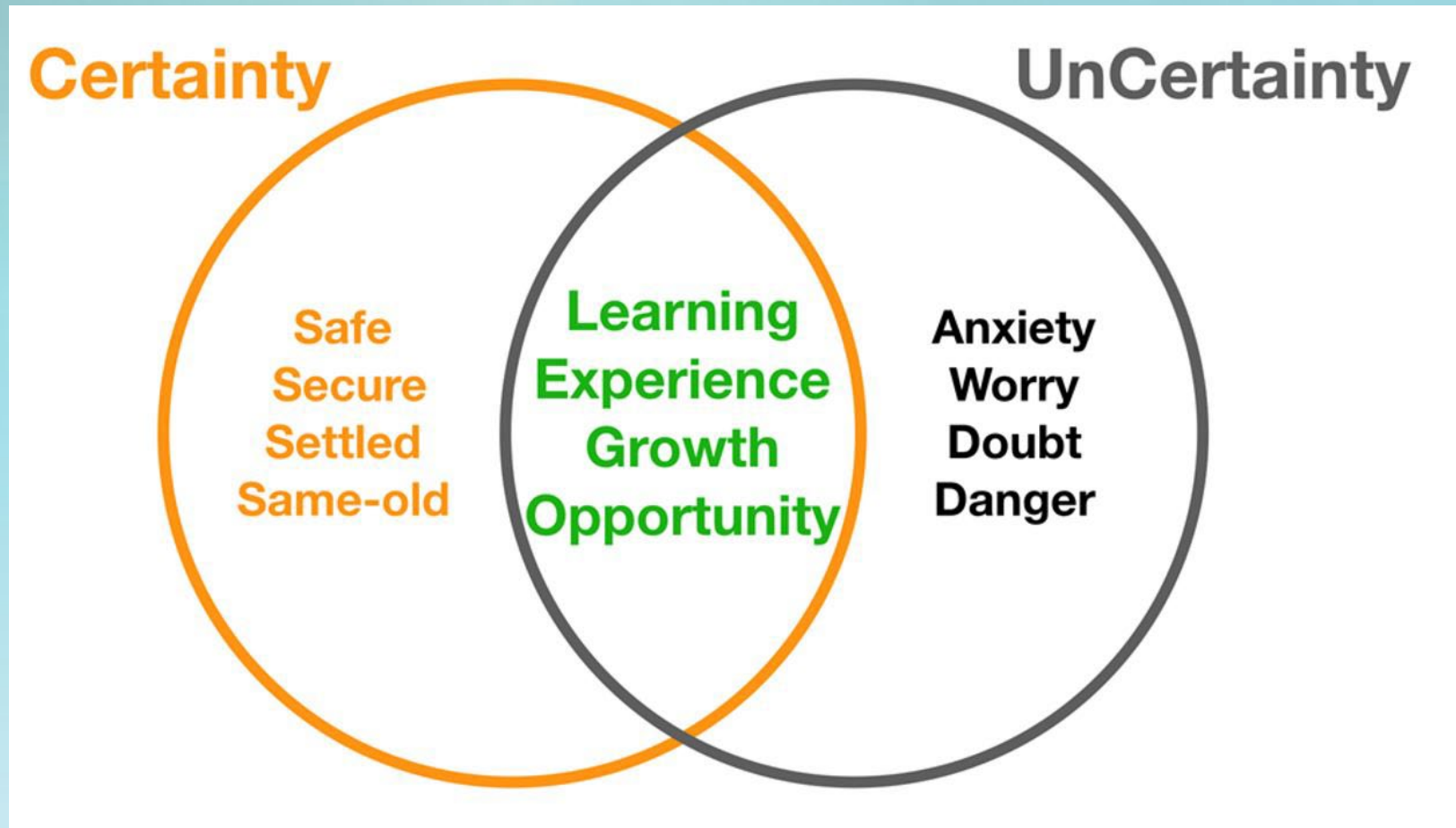
Artists with the most top 10s in Hot 100 history:

- Drake 40
- Madonna 38
- Beatles 34
- Rihanna 31
- Michael Jackson 30
- Mariah Carey 28
- Stevie Wonder 28
- Elton John 27
- Janet Jackson 27
- Elvis Presley 25
- Lil Wayne 25
- Taylor Swift 25
- Whitney 23
- Paul McCartney 23
- Rolling Stones 23
- Eminem 22



Certainty

SCARF	Characteristics
Status	How important am I?
Certainty	How accurately can I anticipate the future?



Certainty

For those habituated to high levels of internal stress since early childhood, it is the absence of stress that creates unease, evoking boredom and a sense of meaninglessness.

- Gabor Mate



Certainty vs. Uncertainty

■ Certainty

- The condition under which individuals are fully informed about a problem, alternative solutions are obvious, and the possible results of each solution are clear.

■ Uncertainty

- The condition under which an individual does not have the necessary information to assign probabilities to the outcome of alternative solutions.

Certainty

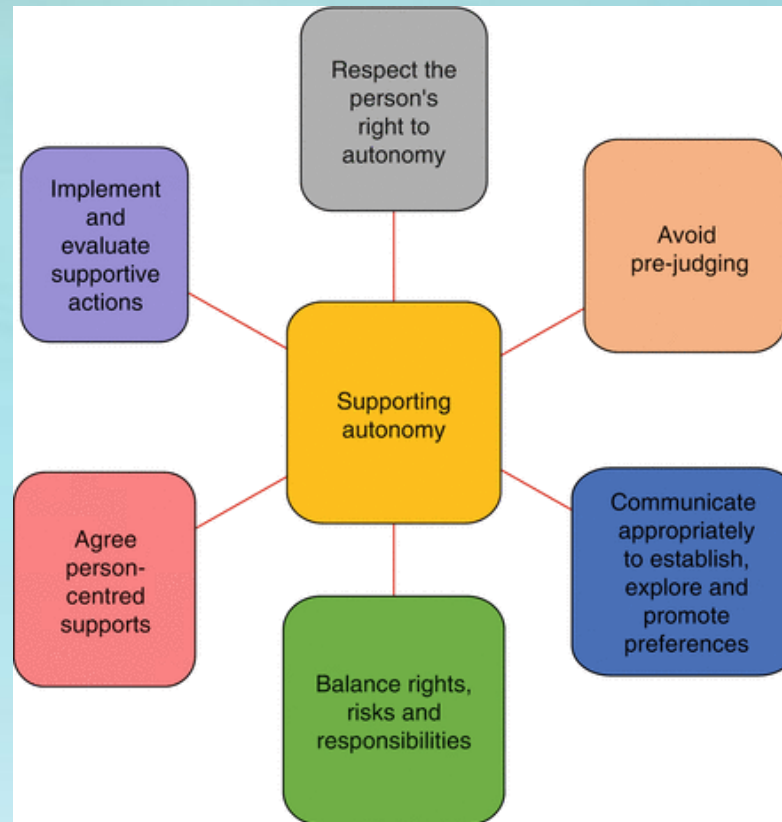
The expressions

- **Uncertainty:**
it's possible,
it's impossible,
it might be,
it might not be,
it could happen
I wouldn't like to say for certain.
I'm not sure
I doubt it.
I have my own doubts.
It's doubtful
- **Certainty:**
Absolutely
Sure
Definitely
Certainly
Of course
Positive

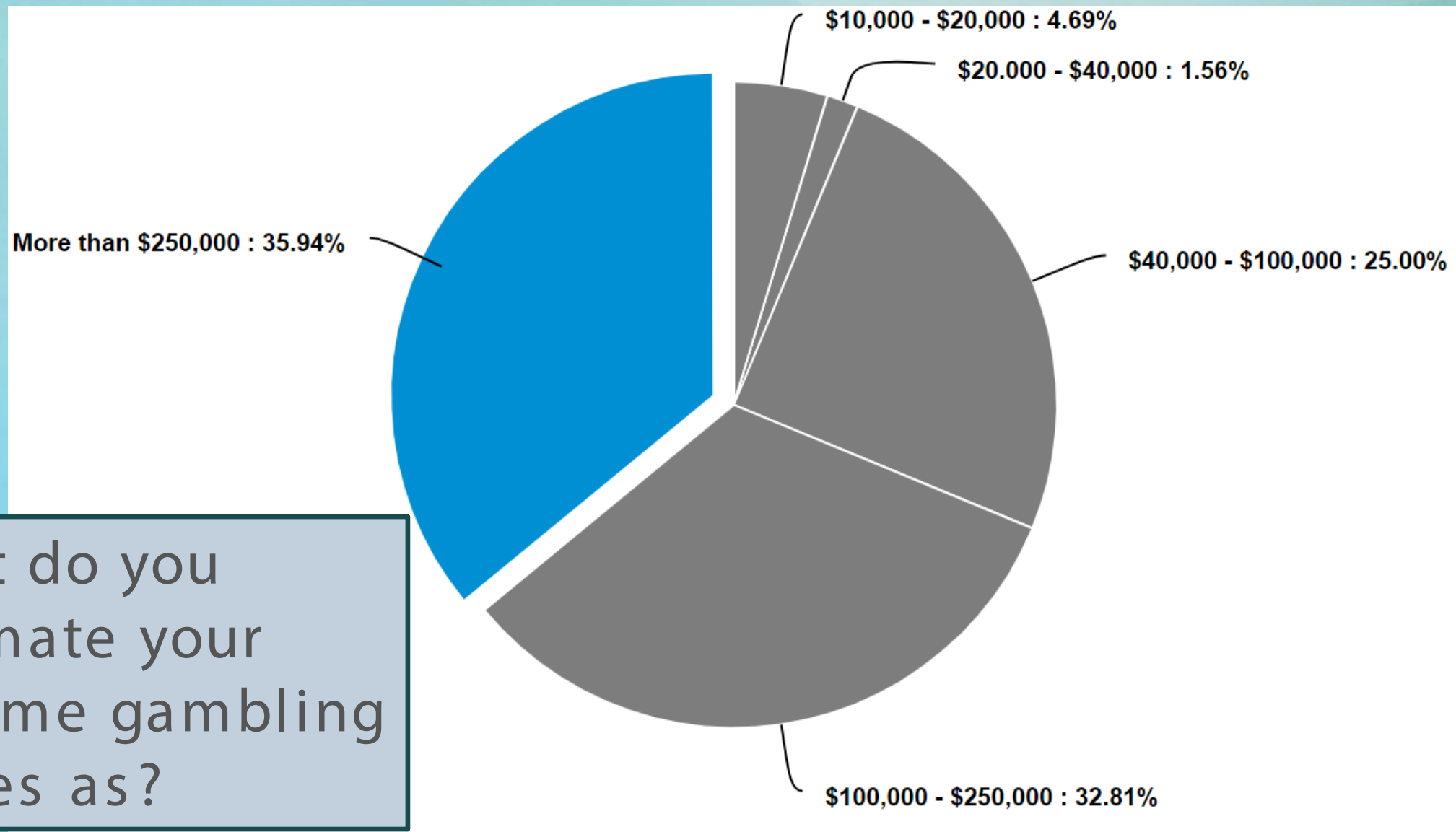
Certainty

Autonomy

SCARF	Characteristics
Status	How important am I?
Certainty	How accurately can I anticipate the future?
Autonomy	How much control do I have?



What do you estimate your lifetime gambling losses as?

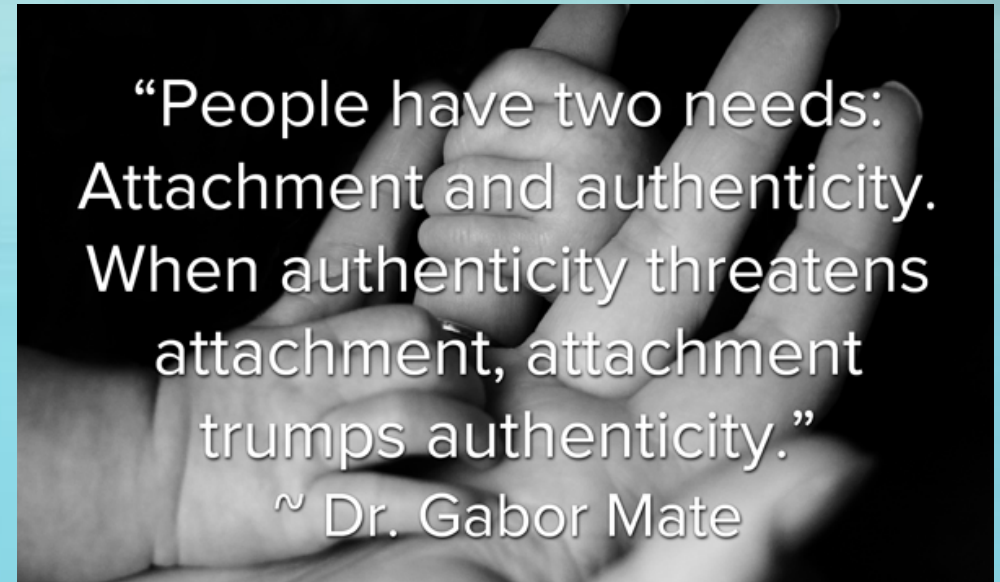


Relatedness



SCARF	Characteristics
Status	How important am I?
Certainty	How accurately can I anticipate the future?
Autonomy	How much control do I have?
Relatedness	How connected am I with others?

1997
Oregon



“People have two needs:
Attachment and authenticity.
When authenticity threatens
attachment, attachment
trumps authenticity.”
~ Dr. Gabor Mate

Relatedness

SCARF	Characteristics
Status	How important am I?
Certainty	How accurately can I anticipate the future?
Autonomy	How much control do I have?
Relatedness	How connected am I with others?
Fairness	Do I get my share of good stuff?

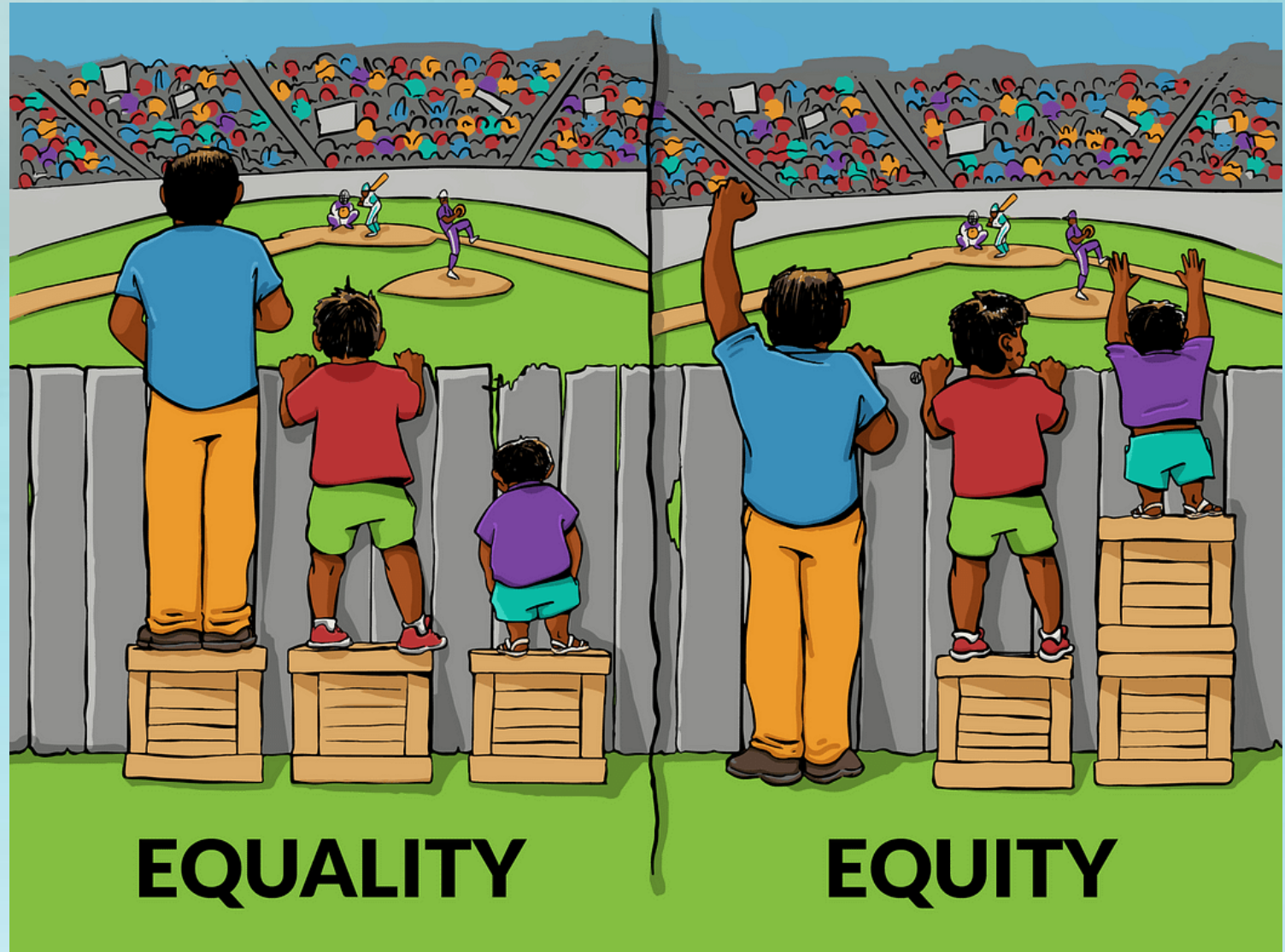
Fairness



Ursula Wolfe-Rocca
@LadyOfSardines

It can be overwhelming to witness/experience/take in all the injustices of the moment; the good news is that *they're all connected.* So if your little corner of work involves pulling at one of the threads, you're helping to unravel the whole damn cloth.

Fairness



Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor E. Frankl



Peers

“

The essence of trauma
is disconnection...
so the real question
is: How did we get
separated and how do
we connect?

- GABOR MATE -

”

Richard Sackler Internal E-mail



“We have to hammer on the abusers in every way possible. They are the culprits and the problem. They are reckless criminals.”

- Massachusetts Attorney General Lawsuit

Language

- **Code switching**
 - Clinical
 - Fellowship
- **Meet where they are while also modeling that there are options**
- **Good reasons like space footprint in press**

Instead of this	Try this	Think about
In recovery	Member of (GA) Lived experience	Spectrum Return to where we were?
Addict	Person with ____ addiction challenges	Person first Other roles of identity
Problem gambler	Person who has experienced gambling harm	Person first Other roles of identity
Relapse	Recurrence	Diabetes
Clean	Working on my relationship with gambling	Versus “dirty”? Is abstinence the only measure?

Questions?

Thank you.



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