

The background of the slide features three glass chess pieces on a reflective surface. On the left is a small, clear glass pawn. In the center is a tall, clear glass king with a cross-shaped top. On the right is a large, frosted glass king. The pieces are arranged in a row, and their reflections are visible on the surface below them. The text is overlaid on this background.

Disordered Gambling: False Gods and Broken Promises

Jerry Bauerkemper

About the Presenter

- **Jerry Bauerkemper,**
- **BS, CCGC Consultant Iowa Department of Public Health**
- Jerry Bauerkemper, BS, CCGC Retired Executive Director of the Nebraska Council on Compulsive Gambling Mr. Bauerkemper was the first director of problem gambling for the state of Nebraska. He is an internationally recognized trainer on Problem Gambling. Currently he is a consultant for the Iowa gambling program helping agencies increase their understanding and expertise in disordered gambling.



Goals for today

- Look into the minds of disordered gamblers and look at the changes in spirituality and values they may experience
- Look at examples of lost or changed spirituality in gamblers
- Glimpse into past experiences that helped shape early spirituality and how those early experiences have morphed into the spirituality of the patient when they enter treatment
- Give examples of how to identify faulty spiritual beliefs and begin help the Patient rehabilitate their beliefs and values



We all know the
devastation
Disordered gambling
does to relationships,
legal status and
Finances

Question:

What does Disordered Gambling do
to the spiritual life of the person
afflicted?

Let's start with the psychology of the
disorder

Gambling Promises

So, What does gambling promise:

Wealth

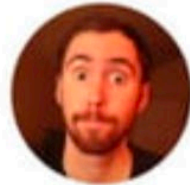
Escape

Security

Happiness

What Else????

Gambling motivation from a gamblers view



Zack ✓
@Asmongold

Gambling advice:

You can win 2000% of your money,
but you can only lose 100% of your
money

You do the math



I PUT THREE KIDS THROUGH
COLLEGE PLAYING POKER.
UNFORTUNATELY, THEY
WEREN'T MY KIDS.

MAX SHAPIRO



Gambling
mindset



Losing vs
Winning as
a mindset

I will stay
when you
give up and I
will be the
winner



Pathways model is helpful for treatment planning



Using the Pathways Model to help determine how the disorder manifested itself and if there are any circumstances that help lead or exacerbate the gambling issues is important



Use the Pathways Model to determine if additional resources or staff need to be involved



The Pathways model takes the place of “action vs escape” as it is researched validated



So, what is Pathways Model?

I Normal Path



II Emotionally Disturbed Path



III Biologically Dysfunctional Path



What Pathways model doesn't do



Determine motivation

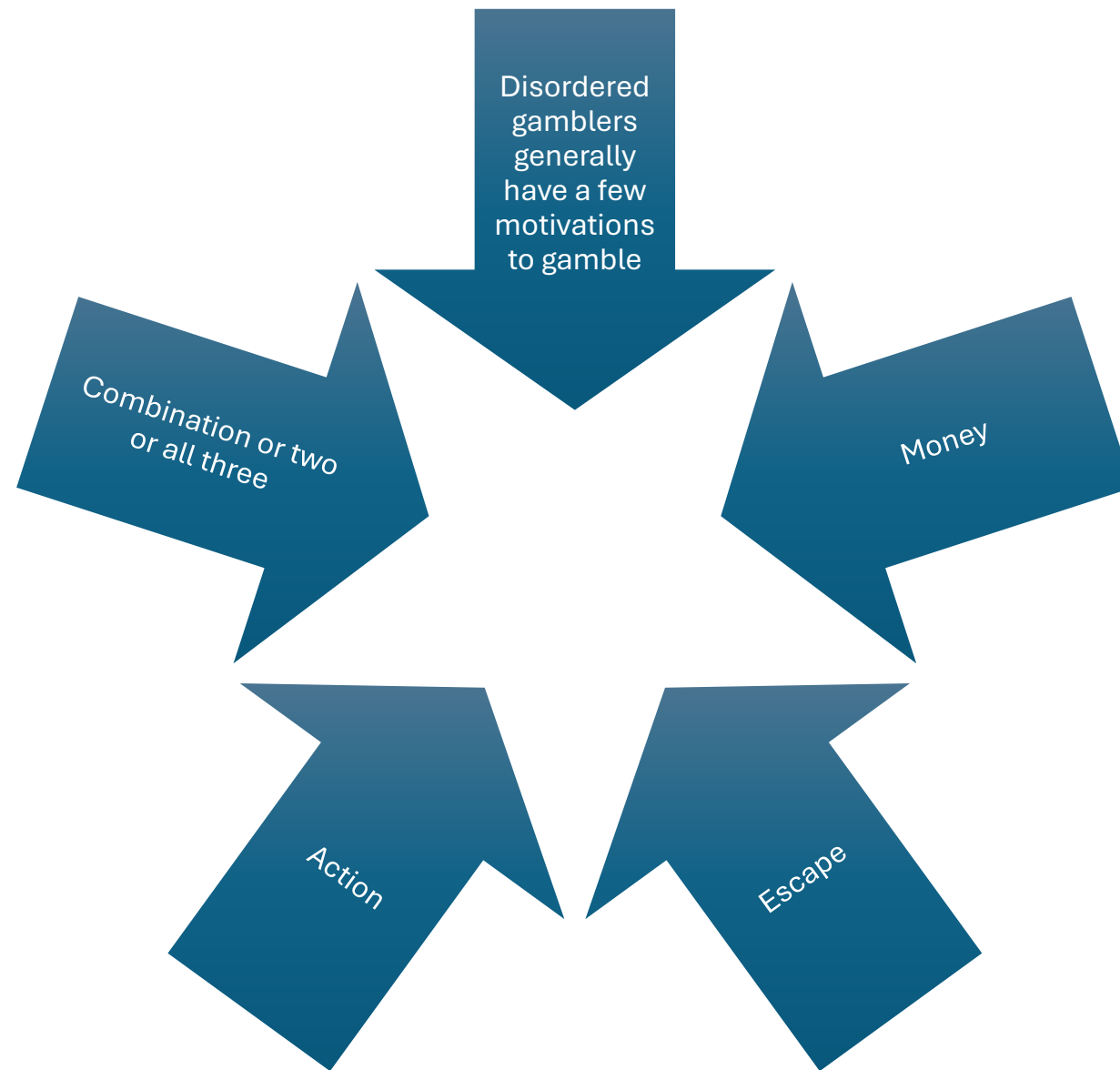


Determines roadblocks to recovery (ok it does, somewhat)



Help the therapist determine motivation for initial gambling and continues symptom reoccurrence (relapse)

Gambling and motivation



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Motivation of money

- Money can be everything or nothing to the gambler
 - Money is everything: My new god is money
 - My motivation is wealthy
 - My motivation is power
 - My motivation is control
 - My motivation is freedom
 - My motivation is.....
 - Many gamblers believe money is the answer and freedom from pain and suffering.
 - Money becomes the goal and there is never enough money

There is never enough money

Wins are not enough

Money won is a trigger to bet more

Money is the answer and faith in winning money overrides the values of hard work and earned income

Money is the new god!

Money as a god

- The goal of gambling to get rich:
 - isn't peaceful
 - Isn't centered
 - Isn't balanced
 - Isn't spiritual
 - Is emotional
 - Is stressful
 - Is painful
 - Is rare
-
- Pathway I or III



Escape as motivation

- Escaping issues and problems is sometimes primary motivator
 - Poverty
 - Relationships
 - Loss
 - Mental health issues
 - Past life trauma
 - Current trauma
 - Anxiety over issues they can not control
 - Generalized stress

Gambling as an escape



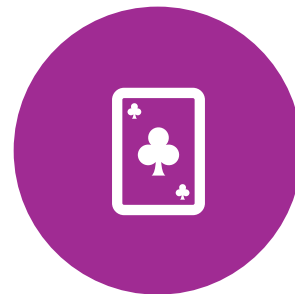
96% of studies showed a significant association between emotion regulation/coping and problem (now disordered) gambling




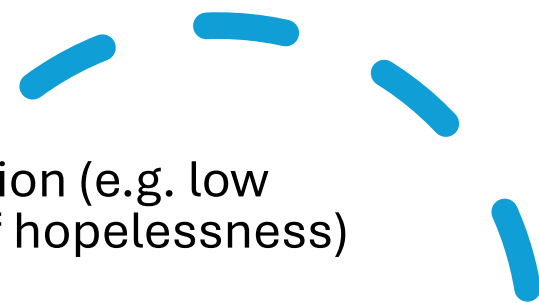
Lack of emotional clarity and awareness were also related to problem gambling



Pathological gambling may be maintained as an escape from distress

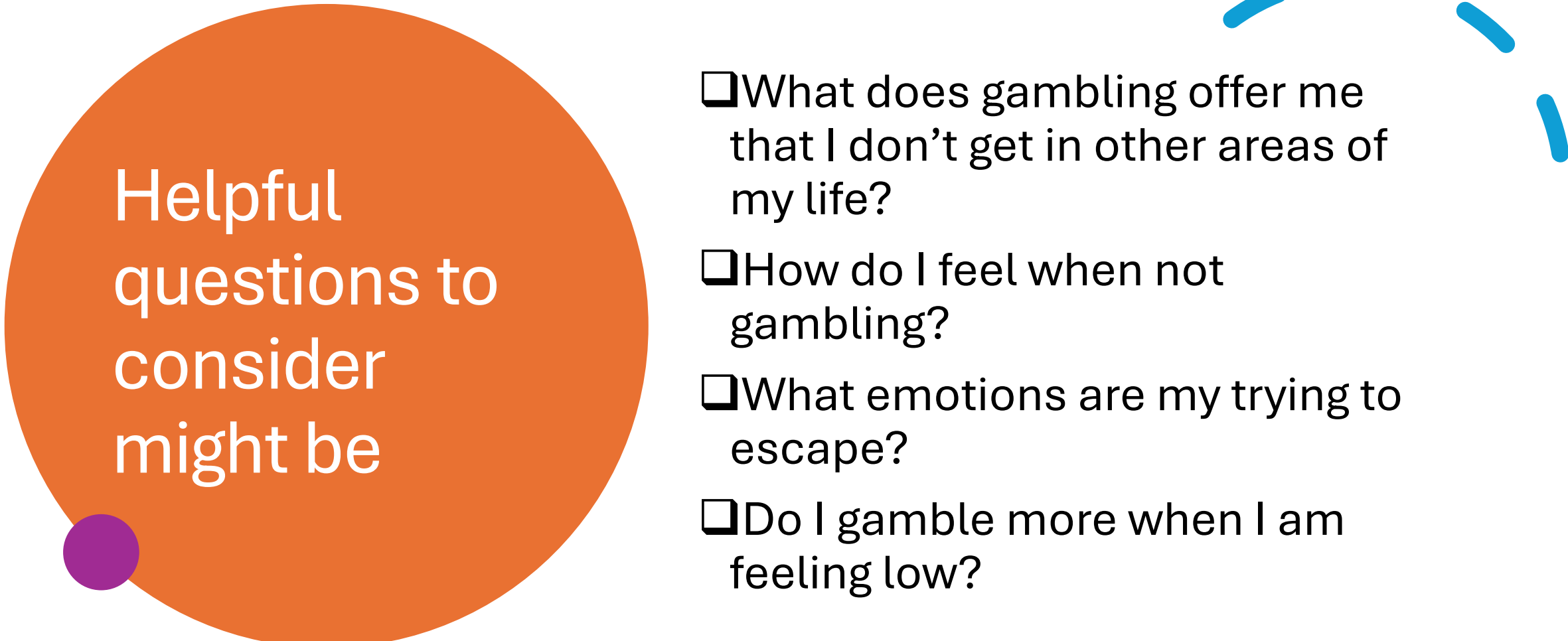


Gambling to escape: a systematic review of the relationship between avoid and emotion regulation/? coping strategies and gambling severity Klavdia Neophytou et al



Gambling as a way to relieve unpleasant feelings

- Someone experiencing depression (e.g. low mood or motivation, (feelings of hopelessness) is more likely to gamble
- These individuals are more likely to gambling in hopes of experiencing the highs of gambling, which in turn alleviates some of the underlying feelings of depression
- Georgia Ashworth, Clinical Psychologist
- Pathway II



Helpful
questions to
consider
might be

- What does gambling offer me that I don't get in other areas of my life?
- How do I feel when not gambling?
- What emotions am I trying to escape?
- Do I gamble more when I am feeling low?

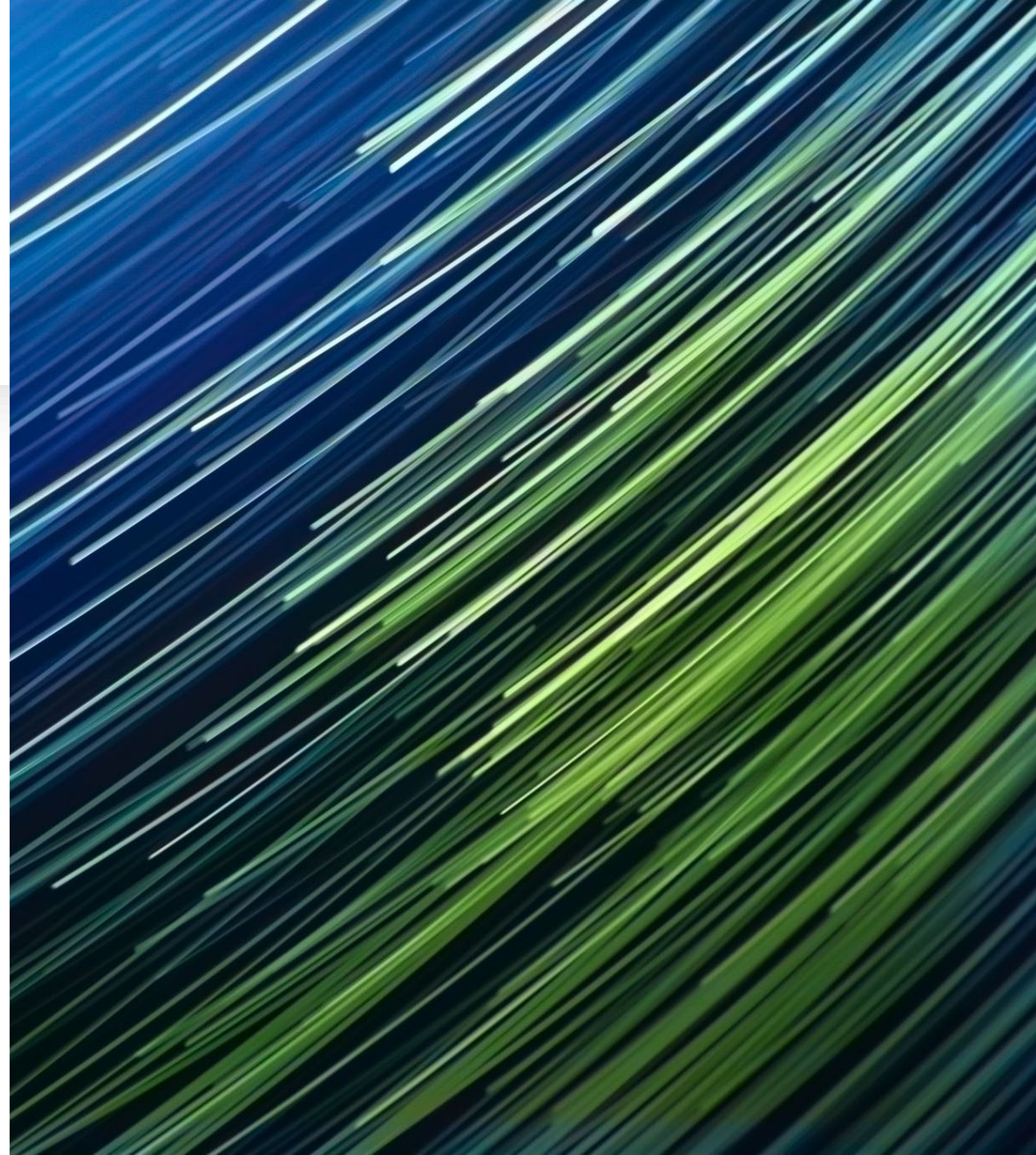
Loneliness isn't a cause but a factor in Disordered Gambling

Gambling problems predicted future loneliness on a within personal level, but loneliness does not predict future gambling problems

Gambling to “escape” predicted future gambling problems.

Lonely Gamble-A longitudinal study of loneliness, gambling to escape and problem gambling

Journal of behavioral studies Volume 14 issue 2



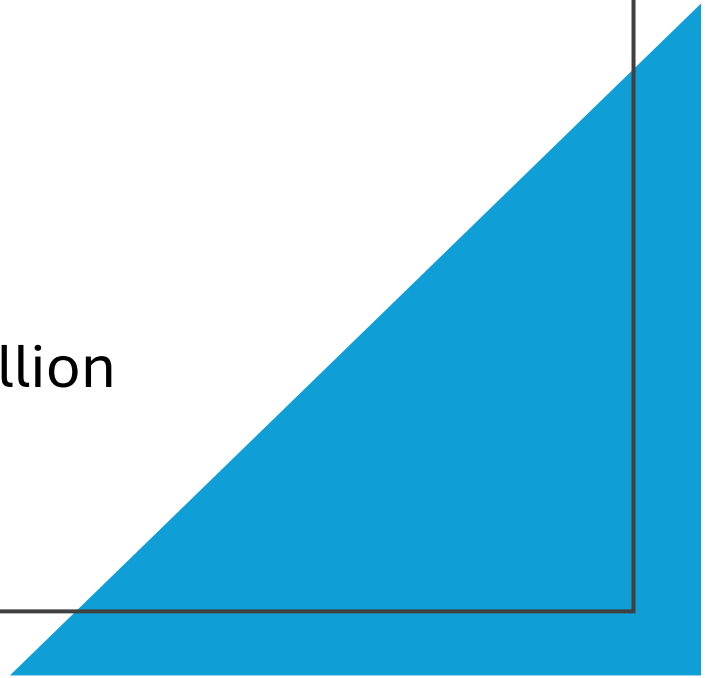


Mental Health and Horse Racing

- People with a mental health issue (issues) gamble differently and at more risk
 - Inducements and expert tips increase the frequency that people bet
 - People with mental health issues have low preference for races with form provided (they do not like the favorite in many cases)
 - People with mental health issues have high preference for higher odds
- The role of mental health in online gambling decisions: A discrete choice experiment
- Lachlan Cameron, Jerimah Ride

Escaping poverty

- Generally escaping poverty is seen as a money issue but many times this is a stress and comfort issue
 - Don't need wealth need bills paid
 - Want to just not have to struggle
 - I want enough to be comfortable "I'm not greedy"
 - Spouse: I want to win the lottery... not all just 1 million



Social disadvantaged and Disordered Gambling

- Problem and at-risk gambling was more common among people who were unemployed or had received social security benefits
 - Almost a third of those experiencing problem or at-risk gambling received some form of social security
 - Even in government organized system where profits are used for common good , profits come from the most socially disadvantaged people thereby exacerbating inequality
-
- Social disadvantage and gambling severity: a population-based study with register-linkage
 - Tiina A Latvala et al European Journal of Public Health Volume 31 Issue 6



Gambling and Poverty: rates of disorder



- Developing body of evidence suggests that problem gambling prevalence rates are higher in populations experiencing poverty when compared to the general population
- Disadvantage at both the individual and neighborhood level are risk factors for problem gambling
- Problem Gambling and Poverty National Research Exchange Ontario
- Tara E. Hahmann, Dr. Flora I. Matheson Ph.D.
- Pathway I occasionally II

Income and Gambling disorder



Research suggests income may be a risk marker for Gambling Disorder



Individuals with Gambling Disorder were more likely to have income levels in the bottom quartile of the nationally reported income average



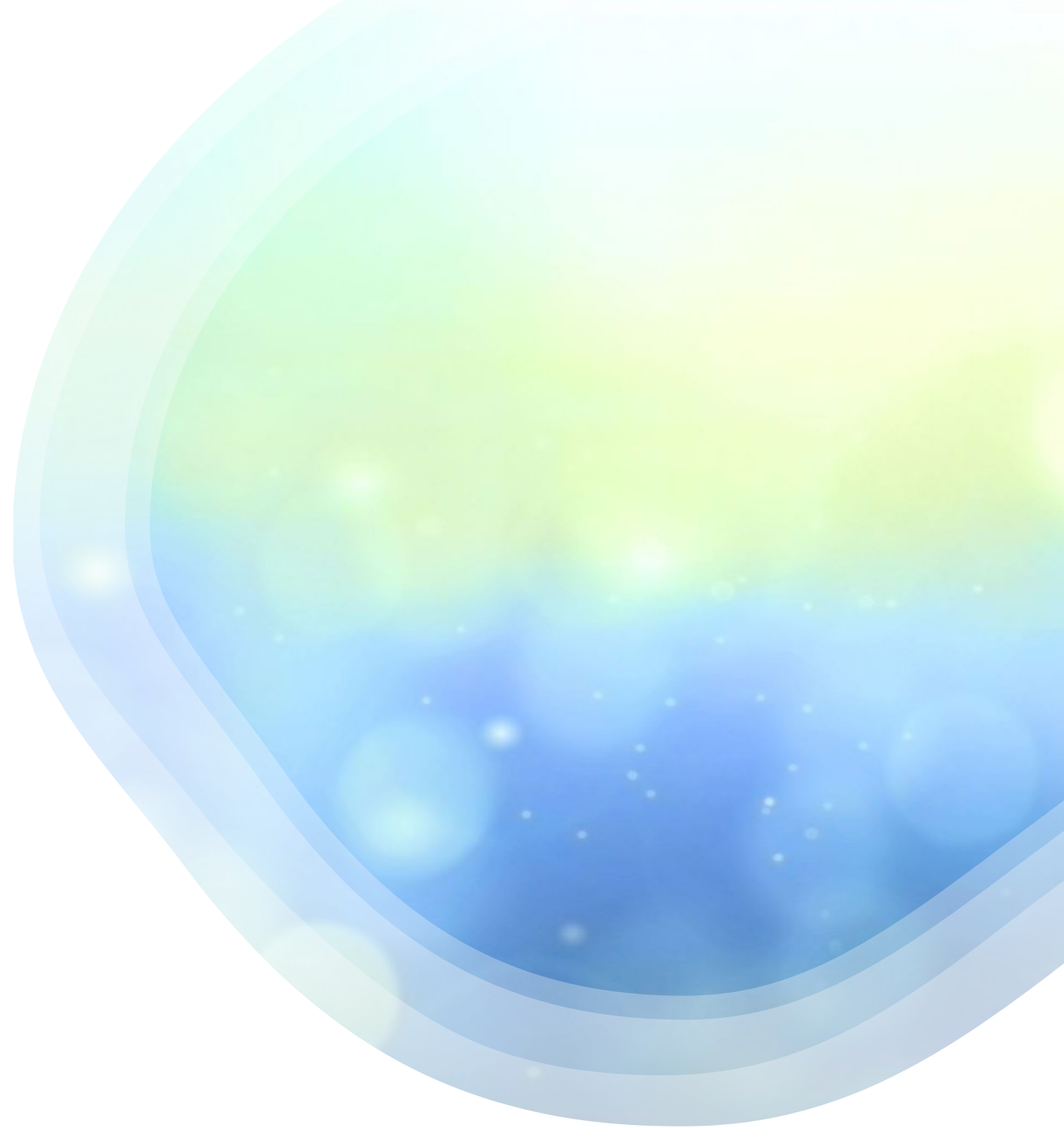
Males were reported to have slightly higher incomes than females with Gambling Disorder, but both were in lower income bracket



Income and Gambling disorder: a longitudinal matched case-control study with registry data from Norway



Lisa-Christine Girard et.al SSM Popul Health Sept 2023



Motivation of relationships

Gambling venues are social

I want a faster more exciting life

I want to escape the life I am in

Everyone knows me at the gambling venue

I'm Bored

Gambling and Relationships

- Gambling addiction can strain relationships through financial instability, emotional turmoil, social isolation, and family tension
 - Mood swings
 - Emotional distance
 - Anxiety and depression
 - Intimacy and support
 - Loss of trust (broken promises)
 - CFO example
- How does Gambling Affect Relationships
- Steve Rose Ph.D.
- Pathway II



Gambling and Significant Others

- Negative effects on partners of Disordered gamblers centered on four areas
 - Financial impacts on Partners
 - Impacts on emotional wellbeing
 - Impacts on Mental and Physical Health
 - Effects on Relationships both partner and others
- Impacts of gambling problems on partners' interpretations
- Asian Journal of Gambling Issues and Public Health June 2013
- Louis Holdworth, Elaine Nuske et al.





Motivation of loss

- My divorce has left me devastated
- My children leaving the house has me alone
- My spouse is deceased and I'm alone
- I had a great job but they let me go
- I am retired and no longer have anyone to socialize or play with

Mental health issues and motivation

Bi polar and in manic phase

Depression and the thrill of gambling helps with endorphins

Narcissists looking for a scam or a challenge

Anxiety disorders looking for something stable and easy to understand

Dementia and the safety of the gambling venue

Past or
Current
Trauma

PTSD

Unresolved pain

Gambling takes away the
pain temporarily

Stress as motivation

Generalized daily stress that
gets temporarily relieved
with gambling

Chronic physical illness that
is relieved with gambling

Helping Disordered gamblers in Therapy

- Coping Skills programs can be effective in helping individuals to identify and manage the impulse to gamble
- Trauma Specialists can help individuals learn to manage the tension and anxiety that motivate gambling more effectively
- Relaxation techniques, such as progressive relaxation, meditation, and imagery can help with handling the cravings and anxiety.
- Gambling Motivation of Individuals who gamble Pathologically
- Therapeutic Recreation Journal
Vol 40 No. 3 2006
- Cynthia Carruthers, Laurie Platz,
Jamie Busser



Gambling motivations studied

Gambling to escape and to win money would predict gambling over time, and that need frustration would moderate the association between gambling motives and gambling problems

Escape, Money, and competition motives predicted gambling problems over time

Need frustration... having a lower education (less than a bachelors) also predicted gambling problems

A Longitudinal study of gambling motives, problem gambling and need frustration

Science Direct September 2023

Heli Hagfors et al ...

Pathway II



So let look at the promises of gambling

- So, What does gambling promise:
- Wealth
- Escape
- Security
- Happiness
- What Else????



So, what does gambling deliver

Wealth? Once in a great while... but for the average gambler NO...and for the disordered gambler **Absolutely not**

Escape: While playing sometimes... After the gambling event is over NO and to the disordered gambler **Absolutely Not**

Security: occasionally if lots of money won... Generally, NO disordered gambler **Absolutely not**... loss of relationships, money, jobs ,respect etc..

Happiness: Not generally associated with gambling... Usually associated with balanced life.. disordered gambler **Absolutely not**

Gambling delivers fantasy and a world of fantasy and occasional entertainment nothing more!

What does Gambling Deliver?

- For disordered gamblers: Brain chemistry changes
 - Changes in financial life
 - Changes in Relationships
 - Changes in Employment
 - Changes in Legal status
 - Occasionally increased addictions to chemicals
 - Occasionally increased Mental Health issues
 - More often than we would care to admit depression and suicide

Role of counselors/therapists

- Identify the motivations for gambling
 - Look at the reasons and begin to resolve the motivational issues
 - Help Patient understand the motivations and the consequences of the cognitive distortions associated with these false beliefs
- Help Patient identify and resolve financial false beliefs and begin to look at a balanced view of money
 - Values of money
 - Financial budget
 - Pay back those they owe

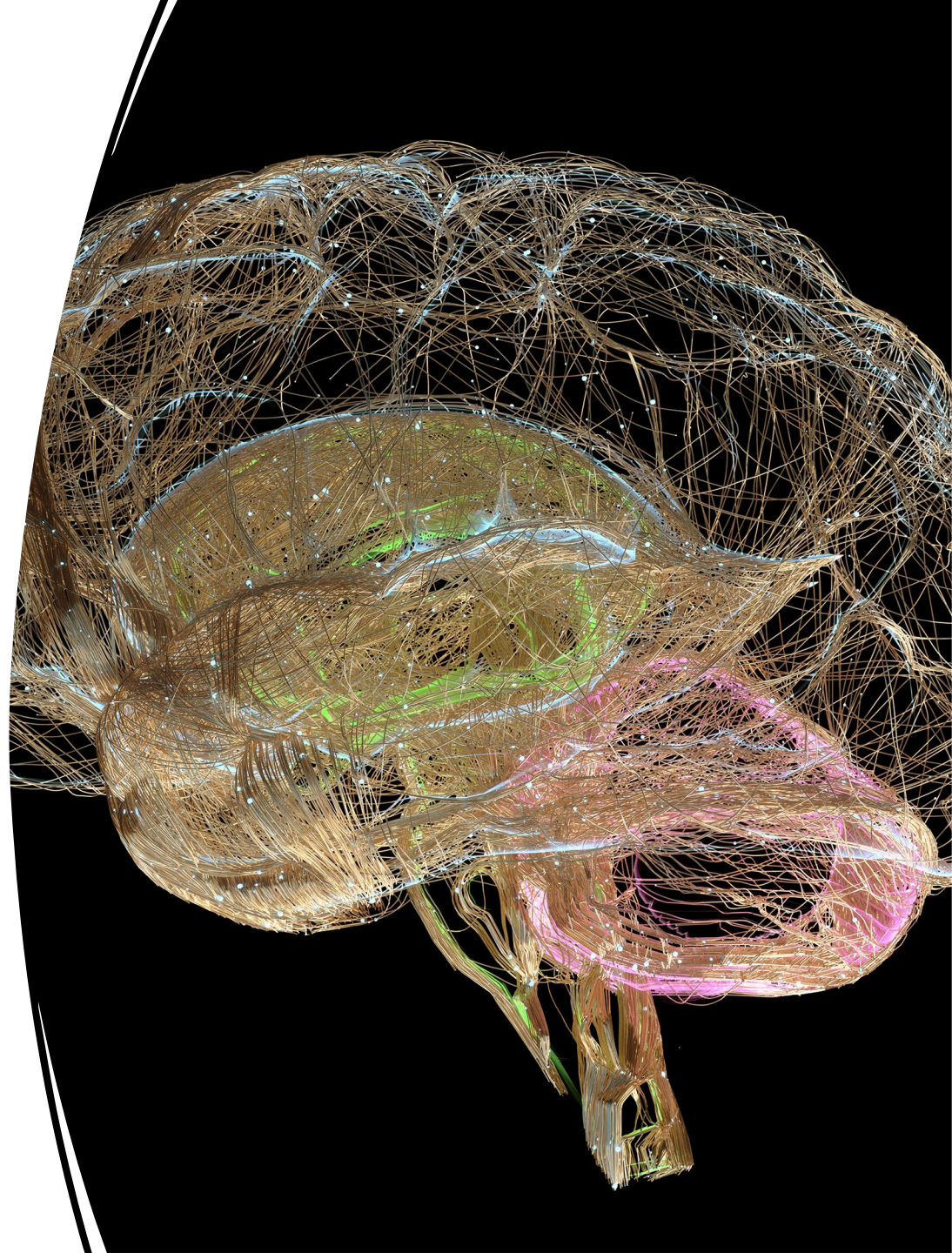
Your brain on Gambling

- Pre-frontal cortex goes dark for disordered gamblers
- Pre-frontal cortex is the decision part of the brain and is a higher function piece of brain
- Pre-frontal cortex is your brakes when gambling



Your brain on gambling

- Amygdala, Flight or flight lights up
- Amygdala is the go go go part of your brain
- Amygdala says yes keep going to gambling
- Amygdala is the part of your brain that has no brakes it pushes the pleasure center and the endorphins and the adrenaline responses



Role of counselors/therapists continued

1

Identify areas of loneliness and help patient reintegrate into a balanced social life with productive and sincere relationships

2

Identify areas of spiritual need and help patient begin to see a power greater than themselves and begin to align their beliefs and values with their behaviors

3

Help them navigate through any legal entanglements they are involved in including a referral to legal experts

Role of counselors/therapists continued



Finally,



Be patient and be supportive.

Brain changes need time

Building relationships and ending isolation takes time

Relieving financial distress and building a healthy financial mindset and base takes time

Last helping patient volunteer as a final assignment cements recovery

Thank you for your time and willingness to be a guide for your patient's recovery



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