

Promoting Resilience in the Family: Working with Families of the Problem Gambler.

Maryland Center of Excellence on Problem Gambling

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Learning Objectives

- To learn the definition of resilience and how to promote it.
- To develop an increased understanding of how to build resilience in the family of the problem gambler.
- To increase understanding of relevant family issues involved in the treatment of problem gamblers.
- To learn therapeutic techniques to promote the recovery of the problem gambler and their family.

*TAKE
A
DEEP
BREATH*

The Resilient Family

- Do you consider yourself *Resilient*?
- What is *Resilience*?
- How can *Resilience* help those in recovery and their families to survive the harm of gambling disorder?
- How would you teach *Resiliency* to our clients and families?

Brief Resiliency Scale (BRS)

The Resilient Family

- How **Resilient** Are You?
- What's your score?
- What factors are being measured?
- What comes to mind when you think of the word **RESILIENT?**

Resilience

- Definition of **Resiliency**.....

The acquired immunity against disabling stress. The ability to rebound from adversity. It is an inner strength that increases the likelihood of success in anything you do.

George S. Everly, Jr., PhD

The Resilient Child (2009)



Impact on Concerned Others

(Svenssen et al., 2013; Wenzel et al., 2009; Lorenz & Shuttlesworth, 1983)

- Financial Problems
- Alcohol Abuse
- Depression
- Anger
- Conflict/Abuse
- Hopelessness
- Anxiety
- Isolation (Particularly women)
- Fear of Job Loss (more so men)
- Obsessive-Compulsive Sx
- Sleep problems
- Headaches
- More sick days
- GI problems
- Breathing problems

EFFECTS ON SPOUSE

Humiliated by debts

Helpless, depressed, fearful of future

Concerned about children 's needs

Senses all responsibility on shoulder

Fear of the Future

Loss of intimacy and special relationship

EMOTIONAL IMPACT

- How could he/she do this to me?
- How am I going to pay bills?
- How can I ever trust gambler again?
- What do we tell the children
- How can I put my life back together?
- How could I have believed the lies?
- Who should I talk to about this?
- What do we do now?

FAMILY AS A SYSTEM

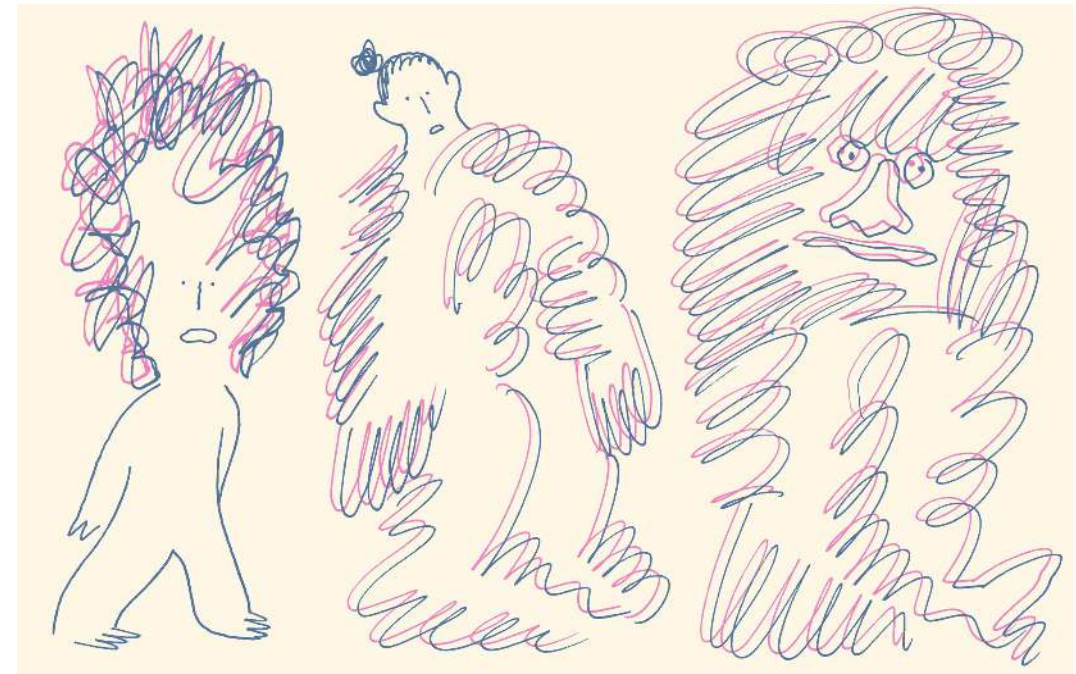
- *Made of component parts linked together in a particular way to accomplish a common purpose*
- Family linked by rules
 - Role or function of each member
 - Relationship between the persons
 - Goals and methods to achieve goals
 - Attitudes and values
 - Who has power and how others will respond



How to deal with change

Stress = Life

- How do we handle/cope with life and its circumstances?
- What choices do we have?
- Change?
 - *Gambling Behavior/Harm
 - * Financial Crisis
 - *Family Issues
 - Spouse/Children/Extended Family



Hardiness

Psychological Hardiness

- Hardiness is the key to the resiliency for not only surviving, but also thriving, under stress. Hardiness enhances performance, reduce stress, behavior, stamina, mood and both physical and mental health.
- It involves 3 key Factors
 - Commitment
 - Control
 - Challenge Attitudes

Resiliency Roadblocks

- There are some roadblocks that can prevent us from becoming resilient, including:
- Pessimism or Negative Thinking
- Fears and Stress
- Communication Issues
- The Giving and Receiving of Support

Resiliency Roadblocks

- Pessimism and Negative Thinking

Beliefs>>>>>>>Emotional Consequences>>>>>>>Behavior

Negative thinking >>> Emotional state, Stress, Family Relationships and Health.

“Bad things always happen to me.” This in turn creates a series of outcomes:

They are powerless to change.

Bad events are viewed as their personal inadequacies and misfortune.

They are defined by their setbacks. “Why try”

Pessimists interpret a problem as insurmountable, quickly give up trying to solve it, and then feel helpless, depressed and pessimistic—creating a vicious cycle

Reframe Exercise

Resiliency Roadblocks

- Fears/Anxieties
- Stress/Change
- Communication Challenges
- The Giving and Receiving of Help

The Resilient Family

- Resilience

is the ability to bounce back and effectively cope after an adverse event, such as stress, a major life change, a catastrophe or troubled times.



Resilience

The Resilience Builders

- Optimism
- Problem Solving
- Self-validating
- Engagement with community, spirituality and career
- Self-care

Optimism

- **Optimism**

Reacting to setbacks from a presumption of personal power.

Bad events are temporary setbacks , isolated to particular circumstances.

Can be overcome by my effort and abilities.

Optimism can:

Inoculates against depression

Improves health

Combines with talent and desire to enable achievement

Optimism

Common traits of an Optimist are:

- Self-regulating – Thoughts, Emotions, Behaviors
- Believe they can influence outcomes
- Do not believe in the permanence of negative events
- Ability to interact and relate well with others
- Empathy
- Compassion for self and others

The Resilient Family

Summary

- Make connections
- Accept change/avoid seeing problems as insurmountable
- Keep things in perspective/reframe/think positively
- Take care of yourself/nurturing self and family





“Note to self...every time you were convinced that you could not go on, you did”

-unknown

The Maryland Center of Excellence on Problem Gambling

Office: 667-214-2120

- **Maryland Helpline** 24/7 Confidential, call or text
1-800-GAMBLER (1-800-426-2537)
- **Help seeker website** – **helpmygamblingproblem.org**
Self-Assessment Test
“Find a Counselor”
- **Main website** – **mdproblemgambling.org**
Repository for all Center resources and information
- **Free Awareness Materials**
Mailed to you including posters and brochures
- **Gambling Peer Support**
Support for Individuals provide by Center Peers
Support for families provide by Maryland Coalition of Families

You Are and Can Be Resilience!

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PEACE

