

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

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Maryland Center of Excellence on Problem Gambling

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The Maryland Center of Excellence  
on Problem Gambling

# 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 promote Resiliency to our clients and families?

Brief Resiliency Scale (BRS)



### Brief Resilience Scale (BRS)

Please respond to each item by marking <u>one box per row</u>		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
BRS 1	I tend to bounce back quickly after hard times	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 2	I have a hard time making it through stressful events.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
BRS 3	It does not take me long to recover from a stressful event.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 4	It is hard for me to snap back when something bad happens.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
BRS 5	I usually come through difficult times with little trouble.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 6	I tend to take a long time to get over set-backs in my life.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

**Scoring:** Add the responses varying from 1-5 for all six items giving a range from 6-30. Divide the total sum by the total number of questions answered.

**My score:** \_\_\_\_\_ item average / 6

# The Resilient Family

- How Resilient Are You?
- What's your score?
- What factors are being measured?
- Who comes to mind when you think of a person who is **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)



# 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





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)
- 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 shoulders

**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?



# 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

# Recognizing Hardiness...and its Absence

Figure inspired by : *The Hardy Executive*, Salvador Maddi, Suzanne Kobasa



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Adapted from: *The Hardy Executive: Health Under Stress*; Maddi, Kobassa, 1984.



# Resiliency Roadblocks

There are some roadblocks that can prevent us from becoming resilient, including:

Pessimism or Negative Thinking

Fears and Stress

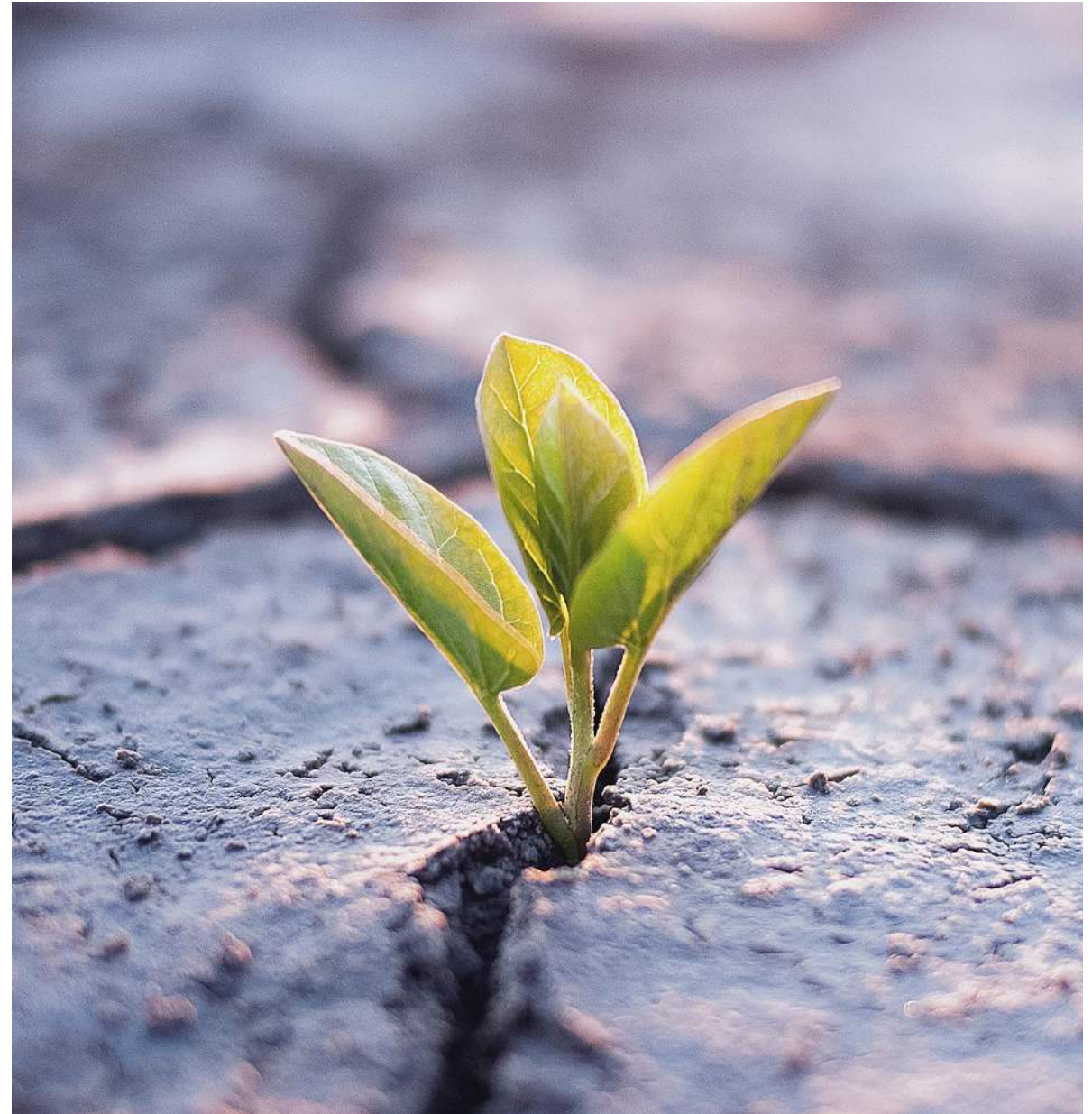
Communication Issues

The Giving and Receiving of Support

# 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

“ An optimistic mindset has several benefits, including increased happiness, better physical health, greater resilience, and improved relationships. ”

believeANDcr

An optimist understands that life can be a bumpy road, but at least it is leading somewhere.

They learn from **mistakes and failures**, and are not afraid to fail again.

- HARVEY MACKAY

# 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”

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-unknown



# The Maryland Center of Excellence on Problem Gambling

- **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

**Office: 667-214-2120**



# You Are and Can Be Resilient!

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*PEACE*



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE

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