



## **Addictions and Mental Health Division (AMH) Problem Gambling Services**

### **Recommended Resource List**

Listed below are resources/materials that are recommended by the Oregon DHS, AMH, Gambling Program. If you would like to preview any of the materials below, please contact the Gambling Resource Center at 503-945-6187. **If you know of an item that should be added to this list, please contact Greta Coe, Resource Center Coordinator at (503) 945-6187 or [greta.l.coe@state.or.us](mailto:greta.l.coe@state.or.us) with your suggestions.**

#### **Books for Counseling Problem Gamblers:**

**\*\*Grant, J. E. & Potenza. M. N. (Eds.) (2004) *Pathological gambling: A clinical guide to treatment*. Washington, DC: American Psychiatric Publishing, Inc.**

This book provides a comprehensive overview of some of the latest research in this fast growing field.

**\*\*Ciarrocchi, Joseph W. (2002) *Counseling problem gamblers: A self-regulation manual for individual and family therapy*. San Diego, CA: Academic Press.**

*Counseling Problem Gamblers: A Self-Regulation Manual for individual and Family Therapy* pulls together clinical wisdom and research findings into a treatment package aimed at developing the component skills for successful recovery.

#### **Books on Theory and Research (Academic)**

***Pathological gambling: A critical review*. (1999) Washington, DC: National Academy Press.**

*Pathological Gambling* describes the effects of problem gambling on families, friendships, employment, finances, and propensity to crime.

\*\* Highly Recommended

**Derevensky, J. L. & Gupta, R. (2004) *Gambling problems in youth: Theoretical and applied perspectives*. New York, NY: Kluwer Academic/Plenum Publishers.**

*Gambling Problems in Youth* provides empirically based insights into a wide range of issues from leading researchers. Contributions to this volume address a number of key issues, including correlates of youth gambling, neurodevelopmental issues and measurement, assessment, treatment and prevention.

### **Books for Problem Gamblers**

**Grant, J. E. & Kim, S.W. (2003) *Stop me because I can't stop myself: Taking control of impulsive behavior*. New York, NY: McGraw- Hill.**

The specialists in the field offer a self-help guide for problem gamblers and their loved ones.

**Lesieur, Henry R. (1984) *The chase: The compulsive gambler*. Rochester, VA: Schenkman Books, Inc.**

*The Chase* is considered one of the classics in the field of problem gambling. The book offers a sociological view of gambling addiction.

**Dostoevsky, Fyodor. (2003) *The gambler*. New York, NY: The Modern Library.**

This novel is considered among the classics in the field of problem gambling. Dostoevsky tells the story of Alexey Ivanovitch, as young tutor working in the household of an imperious Russian general. Alexey tries to break through the wall of the established order in Russia, but instead becomes mired in the endless downward spiral of betting and loss.

**Casanova, Karen. (2000) *Letting go of debt: Growing richer one day at a time*. Center City, MN: Hazelden Foundation.**

A handbook written by a former wife of a compulsive gambler, these meditations hold a message of hope for anyone seeking the courage to live wisely with trying circumstances.

***A day at a time: Gamblers Anonymous.* (1994) Center City, MN: Hazelden Foundation.**

Daily affirmations and reflections.

***GA: Sharing recovery through gamblers anonymous.* (1984) Los Angeles, CA: Gamblers Anonymous.**

This book describes the emotional and physical pain endured by compulsive gamblers and their appreciation for the support and encouragement which members of Gamblers Anonymous share with each other.

**Berman, L. & Siegel, M. (1998) *Behind the 8-ball.* Lincoln, NE: Excel Press.**

Written for the spouses, parents, siblings, children, friends and co-workers of compulsive gamblers who suffer from a persons gambling problem.

**Heineman, Mary (1992) *Losing your shirt.* Center City, MN: Hazelden Foundation.**

This book provides help for the marriage of compulsive gamblers, ways to help end the compulsive gambling habit, ways to help those affected by loved ones who gamble compulsively and stories from compulsive gamblers and their families in recovery.

## **Workbooks**

### **\*\*Becoming and Winner: Defeating Problem Gambling**

Developed for use in a minimal treatment for problem gamblers. Participants using manual have made significant reductions in their gambling involvement and these reductions were sustained over 12 months. The manual is a cognitive-behavioral motivational enhancement approach to quitting gambling. For ordering information visit: <http://www.addiction.ucalgary.ca/orderstest.htm>. Cost: \$8.00 per book.

\*\*Highly Recommended

## **\*\*No Dice: Safety Net to Recovery**

This workbook is designed for use in therapy with a counselor or for a gambler's own use and exploration. A great tool for mental health professionals, psychologists, psychiatrists, therapists, social workers, licensed professional counselors, chemical dependency counselors, etc. An ideal manual for individual and group counseling and/or as a self-help guidebook. Available at <http://www.no-dice.com/> for purchasing and for viewing sections. Cost: \$25.00 per book.

## **\*\*Personal Financial Strategies for the Loved Ones of Problem Gamblers**

This handbook prepared by the National Endowment for Financial Education® (NEFE®) and the National Council on Problem Gambling is designed to help loved ones of the problem gambler. It will suggest ways to deal with personal financial issues due to gambling before they become a major financial problem...or it can help the loved one of a problem gambler recover financially if they already have serious money problems. For free copies of this book, please contact the Resource Center at (503) 945-6187 or [greta.l.coe@state.or.us](mailto:greta.l.coe@state.or.us)

## **\*\*Problem Gamblers and their Finances: A Guide for Treatment Professionals**

This guide is designed to provide the treatment professional with a basic understanding of the financial issues that confront the problem gambler, and what financial strategies can help the gambler and his or her family stabilize and improve their financial situation. Free downloadable copies are available from the National Council on Problem Gambling website at [http://www.ncpgambling.org/media/pdf/problem\\_gamblers\\_finances.pdf](http://www.ncpgambling.org/media/pdf/problem_gamblers_finances.pdf)

## **Videos:**

### **\*\*Gambling, It's Not About Money (Hazelden)**

This video provides crucial information for all in the recovering community. Firsthand testimonials from a diverse group of recovering compulsive gamblers help viewers identify the symptoms of gambling addiction and offer hope for long-term recovery from this debilitating disorder. Length: 35 minutes.

**\*\*Highly Recommended**

## **Deal Me in Triggers** (Minnesota Institute of Public Health)

Four trigger videos of less than two minutes each. Designed to stimulate discussion about real life situations related to problem gambling. Includes facilitator's guides and worksheets. The Card Game features teenage boys playing cards and discussing casinos. The Disappointment features two girls whose plans are interrupted when one of them has to babysit while her mother gambles. The Hotline Call features a person making a call out of concern for two family members who have a long history of gambling. The Pawn Shop features a young man who pawns a diamond ring in order to fund a card. Total length: 7 minutes.

## **Compulsive Gambling: Signs and Symptoms** (Brubaker and Associates)

A video about the behaviors and clues that indicate that someone has a gambling problem and resources available for help. Length: 27 minutes.

## **Compulsive Gambling and Recovery** (Mike Brubaker)

A 50-Minute video that explores the attitudes, feelings, and behaviors of compulsive gamblers. It also emphasizes that pathological (compulsive) gambling is a *treatable disease*. Compulsive gamblers and their relatives, gambling counselors, psychologists, and psychiatrists help describe and reveal the complexity of the illness. Also included is a 35-page Instructor's Guide containing a complete timed transcript of the video with additional information, topics for discussion, and individual/group activities. The video and the guide will enable instructors to cover all aspects of compulsive gambling.

## **Useful Tools:**

### **GamBlock**

GamBlock blocks access to Internet gambling sites on the World Wide Web. It helps problem gamblers avoid the dangers of unrestricted gambling. It gives businesses, Government Departments, Libraries and other institutions the assurance that Internet Gambling cannot be conducted from their facilities by their staff or visitors. For additional information and to purchase visit:

<http://www.gamblock.com/>

## **The Safe@play Slot Machine Tutorial.**

A fully functional slot machine set to the same general specifications as slot machines in North America. Modules allow you to explore how slot machines really work, from the fundamentals to the advanced. Allows you to evaluate whether you may be a risk or may have a gambling problem. To request a free copy, while supplies last, contact the Problem Gambling Resource Center at 503-945-6187 or [greta.l.coe@state.or.us](mailto:greta.l.coe@state.or.us)

## **On Line Gambling Recovery Resources**

### **Getting Past Gambling**

<http://www.gettingpastgambling.com/>

A place to come and share experiences, to find support and strength, for those of us who are putting gambling behind us and finding new exciting and happier ways to live our lives.

### **Recovery Places**

<http://www.recoveryplaces.com/>

This web site is intended to be a safe place to connect with others who are seeking to overcome or recover from all sorts of addictive behaviors. We have set up the site so that for most of the tools (forums, groups, chat rooms) you should see separate areas according to the type of addiction.

### **Safe Harbor Compulsive Gambling Hub**

<http://www.sfcghub.com/cgsf1.html>

Compulsive Gambler Room

### **I Stopped Gambling**

<http://www.istoppedgambling.com/>

As an I Stopped Gambling member you will have access to a 24/7 online stop gambling chat room and message board. Helpful stop gambling tips and useful stop gambling addiction resources will also be available.

### **Gam Care**

<http://www.gamcare.org.uk/forum/index.php?tid=2272>

GamCare has now successfully launched a chat/support room for Forum members to talk 'live' with others. This new Forum gives you the opportunity to ask questions, share advice and support with other people working to overcome their own or somebody else's gambling problem.