

Women And Problem Gambling Therapeutic Insights Into Understanding Addiction And Treatment

[#women problem gambling](#) [#female gambling addiction treatment](#) [#gender specific gambling therapy](#) [#understanding women's addiction](#) [#problem gambling in women](#)

Explore critical therapeutic insights surrounding women problem gambling, offering a deeper understanding of the unique factors contributing to female gambling addiction. This resource delves into effective gender-specific gambling therapy approaches and comprehensive strategies for understanding women's addiction, providing vital guidance for both treatment and recovery.

This collection represents the pinnacle of academic dedication and achievement.

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Women and Problem Gambling

This book explores how troubled lives and damaging relationships lead to the trap of problem gambling, the anxiety whilst locked inside, and then offers realistic hope of a way out.

Women and Problem Gambling

Addiction is much misunderstood. Women and addictive gambling even more so, and for many years women have suffered in silence. This book explores how lonely, troubled lives and damaging relationships lead to the trap of problem gambling, the anxiety and chaos whilst locked inside, and then offers realistic hope of a way out. With the significant increase in women gambling problematically, Women and Problem Gambling aims to answer the often asked question 'who is to blame?' the text covers: the role of the gambling industry the role of society women's relationships with others and themselves what 'hitting rock bottom' truly is Case studies illustrate how gambling begins as harmless escapism and how stressful and sometimes painful lives, combined with spiralling debts, lead to desperation to avoid thoughts, feelings and the reality of life in chaos. Women can, and do, stop gambling, and the author shares anecdotes from patients, and discusses therapeutic models and practical strategies to demonstrate how this is possible. Women and Problem Gambling is based on the author's research and theories developed throughout her extensive practice. The insights will be of value to anyone wanting to understand or work with problem gambling in women; from a woman with a problem herself, thorough to family, friends and any healthcare professionals or therapists involved in her care and treatment.

Working with Women's Groups for Problem Gambling

Why do so many women with gambling addiction relapse? Lifelong recovery requires much more than to just stop gambling. Women's groups provide long-term benefits and support and have proven to

be highly successful in promoting recovery from gambling addiction. By following the story of a real women's group for problem gambling over the course of a year, Liz Karter explains how, for women, both the cause of and the cure for gambling addiction lies in relationship. Karter shows clearly how learning to face and cope with real life situations and relationships is essential to maintain recovery. She shares the themes which run through each women's group, such as fear of trusting others, and the guilt, shame and risk associated with being truly seen and heard. Women's Groups for Problem Gambling shows that with a combination of specialist intervention, women's group support, courage and compassion, women can learn to stop running from their addiction and instead find joy and support in building relationships and communities. This highly accessible book provides a unique opportunity to gain a very personal insight into the group process, both for therapists and clinicians and for women wishing to better understand their addiction.

Behavioural Addiction in Women

Behavioural Addiction in Women gives insight into ongoing research efforts and clinical developments across the globe, focusing specifically on women with behavioural addictions. The book brings together an international network of clinicians and researchers to offer a unique transcultural female perspective on female-specific aspects of addiction, which is underrepresented in the available literature. By compiling both research and clinical spotlights focusing on women with behavioural addictions across the six continents, the book is an important first step towards building a shared knowledge base on the subject, starting from the importance of female-specific diagnostic criteria, to new therapeutic strategies, prevention programs, and harm reduction approaches. This book will help us gain a better understanding of ongoing work and where to allocate our attention and efforts for helping a vulnerable, and - in many areas of the world - still underserved, and economically disadvantaged, population. The book will be of great interest to researchers and clinicians in the field of addiction.

Gambling Disorders in Women

This book brings together an international selection of academics with expertise in problem gambling issues in women, with chapters reflecting ongoing work with female gamblers across the world in both group and individual settings. In choosing such a specific patient group, the authors aim to raise the profile of gambling disorders in women and also provide fellow professionals across the world with a shared understanding of evidence based treatment and recovery in problem gambling literature and research. Gambling Disorders in Women: An International Female Perspective on Treatment and Research will provide professionals working in addictions and policy-making with much-needed knowledge about a seriously under-represented area, and about which many professionals feel they would like to know more. The book will also highlight different international approaches to the provision of treatment for women in each country as well as the epidemiology of the illness.

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Gambling Addiction

Read first what the experts are saying about this book: Sheryl Anderson, Director of Vanguard Center for Gambling Recovery at Project Turnabout. Vanguard is the nation's premier inpatient treatment program for gambling addiction: "Mr. Dahl's insights into the characteristics of problem gambling are significant and important for our current understanding of this growing epidemic. Psychologists, gambling counselors, and problem gamblers should all read this book." Devonna Rowlette: Washington State Certified Gambling Counselor II: "I intend to provide this book to all my patients, and I will recommend that every therapist I know do the same. It was also a very pleasant surprise that the book was a pleasure to read. It was well written, even funny at times. I believe this book will become the go-to first book for the problem gambling industry for a very long time to come." D.G. Smith, Co-founder of Youth Emergency Services (Y.E.S) one of the nation's first phone-in crisis hotlines.: "Suicide is preventable. Intervention is possible. My experience with crisis helplines informs me of that reality. Mr. Dahl's specific step-by-step plan to get the problem gambler to prepare for a suicide attempt well before they get to that awful moment of decision not only has never been proposed, I believe it is pure genius. It will prevent completed suicides in the thousands!" Keith S. Whyte, Executive Director, National Council on Problem Gambling: "This timely book on preventing problem gambling-related suicide is packed with practical tips and recommendations. Gambling addiction is a life-threatening disorder and needs to be taken extremely seriously." If you think that you may have a gambling problem, read this book now before it is too late. Gambling addiction is exploding around the world and it is causing an alarming increase in suicides. Last year in the United States gambling-caused suicides killed approximately the same number of people as all homicides combined! These gambling related suicides are preventable, and this book tells you why, and how. If you have, or suspect you have a gambling problem, this book could save your life. If you know someone who you suspect has a gambling problem, this book could save their life. After dealing with suicide prevention, the book goes on to give you the most comprehensive information anywhere about all the available treatment and recovery options for gambling addiction. Therapists, researchers, counselors, and educators will also learn valuable concepts and tools for dealing with this exploding and dangerous addiction. Reading and learning from this book is a small price to pay to avoid impulsive and preventable suicides.

In the Pursuit of Winning

As gambling become ever more ubiquitous, more people are risking their finances, family lives, and health in their desire to be the winner that takes it all. This book brings together an international panel of experts to present a wide variety of perspectives on problem gambling, and test popular addiction and disease models in the field. Early chapters examine the psychology of gambling, before moving on to the pastime's associated irrational ideas. The seven chapters in the second half are devoted to evidence-based interventions from a variety of clinical orientations. Case examples, Q&A sections, and a glossary add extra readability to the coverage.

The Gambler's Dilemma

"The Gambler's Dilemma - Breaking the Cycle of Addiction" offers a comprehensive exploration of gambling addiction, providing insights into its causes, psychological dynamics, and the impact on individuals and their loved ones. With a focus on understanding, coping, and recovery, this book delves into a wide range of topics, including prevention strategies, effective treatment approaches, relapse prevention techniques, and inspiring stories of healing. Written with compassion and expertise, it serves as a valuable resource for individuals struggling with gambling addiction, their families, and professionals in the field seeking a deeper understanding of this complex disorder.

Ready, Set, Go!

This book is for people in recovery. We ask and answer basic questions about addiction, relapse, and recovery. We believe addiction is a primary, chronic disease of brain reward, motivation, memory, and related circuitry, characterized by craving, loss of control, physical dependence, and tolerance. Genetics, together with bio-psycho-social-spiritual factors, account for the likelihood a person will develop an addiction or related disorder. Relapse happens: a return to drinking, using, other addictive behavior, or an increase in harm from addiction. Yet, recovery is an idea whose time has come. Recovery is a different, better way of life with purpose and meaning. We suggest addiction management as a way recovering people can maintain change (abstinence or harm reduction), reduce risks for relapse, prevent relapse, develop a recovery lifestyle, confront relapse when necessary, and achieve well-being. Current research, recognized theories, and the lived experiences of hundreds of people in

recovery ground and guide book content. The book has three parts and fifteen chapters. A person in recovery introduces each chapter. We show how to develop, implement, and evaluate addiction management plans. Each chapter ends with summary statements and addiction management applications. References and a list of websites complete the book. Family and friends of recovering people will find the material useful. Addiction professionals can use the book to help clients realize recovery and prevent relapse. Are you ready? Get set. Go!

Evidence-Based Treatments for Problem Gambling

This international survey addresses gaps in the knowledge base on problem gambling, emphasizing evidence-based best practices for working with this diverse and notably resistant client population. A detailed introduction offers current findings on behavioral, affective, and neurological manifestations of disordered gambling, with prevalent types of resultant psychological, financial, and social harm. The book's conceptual discussion examines clinical and sub-clinical presentations as well as the complex interplay of psychological and social factors that create barriers to seeking help. And on the practical side, up-to-date chapters detail widely-used and newer treatment options for compulsive gambling with the best chances of reducing treatment non-compliance and post-treatment relapses, including: · Psychoeducation. · Motivational interviewing. · Cognitive behavioral therapy. · Metacognitive and mindfulness approaches. · Acceptance and Commitment Therapy. · Dialectical Behavior Therapy. · Schema therapy. · Pharmacology. · Relapse Prevention. Evidence-Based Treatments for Problem Gambling is a ready source of insights, data, and strategies for counselors working in problem gambling treatment centers, and for psychologists and counselors operating in public or private practice who see individuals with problem gambling as a primary or comorbid presentation. Researchers, lecturers, and treatment clinic managers will find this presentation both informative and immediately useful.

Gambling Disorder

This book provides an overview of the state of the art in research on and treatment of gambling disorder. As a behavioral addiction, gambling disorder is of increasing relevance to the field of mental health. Research conducted in the last decade has yielded valuable new insights into the characteristics and etiology of gambling disorder, as well as effective treatment strategies. The different chapters of this book present detailed information on the general concept of addiction as applied to gambling, the clinical characteristics, epidemiology and comorbidities of gambling disorder, as well as typical cognitive distortions found in patients with gambling disorder. In addition, the book includes chapters discussing animal models and the genetic and neurobiological underpinnings of the disorder. Further, it is examining treatment options including pharmacological and psychological intervention methods, as well as innovative new treatment approaches. The book also discusses relevant similarities to and differences with substance-related disorders and other behavioral addictions. Lastly, it examines gambling behavior from a cultural perspective, considers possible prevention strategies and outlines future perspectives in the field.

She Bets Her Life

In *She Bets Her Life*, Mary Sojourner shares her personal struggle and the struggle of eight other women in her support group with gambling addiction. In this emotional memoir, Sojourner recounts how her addiction progressed, and recalls the point at which she realized her problem. She describes her time with Scheherazade's Sisters, her support group, and sheds light on how women from different walks of life confront this common addiction. In addition to the personal stories, *She Bets Her Life* also serves as a resource on the reality of this growing problem. Sojourner provides insight into gambling addictions covering withdrawal, recovery, healing, and the role of the family in these addictions, as well as helpful resources on where to turn for help. A hard-hitting confession of the journey to the bottom and back up *She Bets Her Life* offers an honest story to which others can relate.

In the Pursuit of Winning

This much-needed book tackles a growing issue head-on. It brings together an international panel of experts to present a wide variety of perspectives on problem gambling, and tests popular addiction and disease models in the field.

Addictions From an Attachment Perspective

This outstanding book is an important collection of papers from the 2013 John Bowlby Memorial Conference by accomplished clinicians from different modalities who share their experience of working with people with different kinds of addiction. The papers bring together an in-depth understanding that addictions are a response to, and hold the pain of, broken attachments and are best treated within healthy interpersonal relationships. For a long time the person with an addiction has been seen as the problem with society being able to live in denial of the causes. These papers open up innovative and effective ways of working with people troubled by addiction from an attachment-informed perspective. Contributors: Cara Crossan, Richard Gill, Lynn Greenwood, Bob Johnson, Liz Karter, Edward Khantzian, Arlene Vetere, Kate White, Jason Wright

Please Don't Kill Yourself Today (You Can Always Do It Tomorrow)

Here is what the experts are saying about this book: Sheryl Anderson, Director of Vanguard problem gambling inpatient treatment center at Project Turnabout. Vanguard is the nation's premier inpatient treatment program for gambling addiction: "Mr. Dahl's insightful analysis into the characteristics of problem gambling are unparalleled in our current understanding of this growing epidemic. Psychologists, gambling counselors, and problem gamblers should all get this book." Devonna Rowlette: Washington State Certified Gambling Counselor II: "I intend to provide this book to all my patients, and I will recommend that every therapist I know do the same. It was also a very pleasant surprise that the book was a pleasure to read. It was very well written, even funny at times. I believe this book will become the go-to first book for the problem gambling industry for a very long time to come." D.G. Smith, Co-founder of Youth Emergency Services (Y.E.S) one of the nation's first phone-in crisis hotlines. It grew from the original location in Minneapolis to over a hundred affiliates in cities across the country: "Suicide is preventable. Intervention is possible. My experience with crisis helplines informs me of that reality. Mr. Dahl's specific step-by-step plan to get the problem gambler to prepare for a suicide attempt well before they get to that awful moment of decision not only has never been proposed, I believe it is pure genius. It will prevent completed suicides in the thousands!" Keith S. Whyte, Executive Director, National Council on Problem Gambling: "This timely book on preventing problem gambling-related suicide is packed with practical tips and recommendations. Gambling addiction is a life-threatening disorder and needs to be taken extremely seriously." If you think that you may have a gambling problem, read this book now before it is too late. Gambling addiction is exploding around the world and it is causing an alarming increase in suicides. Last year in the United States gambling-caused suicides killed approximately the same number of people as all homicides combined! These gambling related suicides are preventable, and this book tells you why, and how. If you have, or suspect you have a gambling problem, this book could save your life. If you know someone who you suspect has a gambling problem, this book could save their life. After dealing with suicide prevention, the book goes on to give you the most comprehensive information anywhere about all the available treatment and recovery options for gambling addiction. Therapists, researchers, counselors, and educators will also learn valuable concepts and tools for dealing with this exploding and dangerous addiction. Reading and learning from this book is a small price to pay to avoid impulsive and preventable suicides.

Perspectives on Substance Use, Disorders, and Addiction

Perspectives on Substance Use, Disorders and Addiction, Second Edition, is a philosophical and clinical text that suggests new ways to think about the relationships, enjoyment, and troubles with substances of pleasure. The book is designed for students and clinicians who come in contact with and treat individuals and families struggling with the causes and consequences of substance use disorders and addiction. The second edition of Perspectives presents a refreshing blend of ancient and contemporary ideas on the natural pleasures and potential powers of alcohol and drugs in our everyday individual and collective lives.

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Setting Limits

Commercial gambling is a recent historical phenomenon. It has developed into a profitable industry that supplies a range of recreational activities to its customers, and is a significant way of collecting money from players to distribute to companies, state budgets, and other beneficiaries. Many of these are civil society organizations, using the money for producing services in sports, culture, social work, and health care. However, gambling can also develop into pathological behaviour. Using a public interest framework, this book discusses the policies that will best serve the public good and minimize individual and collective harms. After describing the historical context of the gambling and the current global burden of the activity, available methods of regulating the industry are evaluated using the available scientific evidence. By analysing the effectiveness of gambling policies and their alignment with the public interest, the epidemiological obstacles to successful regulation are considered in detail. There is good evidence for the effectiveness of restrictions on availability and access, but preventing gambling-related harm is not possible without limiting the overall volume of the activity, and hence the profits for the gambling industry and governments. Taking an international approach, this book delivers a comprehensive review of the epidemiological evidence documenting the harmful effects of gambling on individuals, communities, and societies. Essential reading for policymakers, social and behavioural scientists in gambling research, and public health researchers, *Setting Limits* examines a global view of an emerging epidemic of gambling problems.

The Gambling Establishment

There are now signs that, after decades of phenomenal growth, the era of unrestrained gambling liberalisation may be coming to an end. However, the power of the Gambling Establishment is formidable, and it will certainly fight back. Drawing on research and policy examples from around the world, the book provides a unified understanding of the dangerousness of modern commercialised gambling, how its expansion has been deliberately or inadvertently supported, and how the backlash is now occurring. The term Gambling Establishment is defined to include the industry which sells gambling, governments which support it, and a wider network of organisations and individuals who have subscribed to the 'responsible gambling' Establishment discourse. Topics covered include the psychology of how gambling is now being advertised and promoted and the way it is designed to deceive gamblers about their chances of winning; the increased exposure of young people to gambling and the alignment of gambling with sport; understanding the experience of gambling addiction; the various public health harms of gambling at individual, family, community and societal levels; and how evidence has been used to resist change. The book's final chapter offers the author's manifesto for policy change, designed with Britain particularly in mind but likely to have relevance elsewhere. With detailed examples given of the ways a number of countries are responding to these threats to their citizens' health, this book will be of global interest for academics, researchers, policymakers and service providers in the field of gambling or other addictions specifically, and public health and social policy generally.

Promoting Self-Change From Addictive Behaviors

One of the few books on the topic, this updated edition offers alternatives to disease models of addiction by exploring personal pathways to recovery. Focusing on alcohol and drug problems, it provides a literature review of 40 years of studies on self-change with particular emphasis on the current decade and methodological issues (starting with how much or how little treatment constitutes "treatment"). The 24 experts keep the coverage consistently readable, and dozens of brief narratives from individuals who have successfully recovered from an addictive behavior without formal help lend valuable personal perspectives.

Textbook of Addiction Treatment

Addiction is increasingly being recognized as a major global public health issue, and an ever-growing number of medical specialties, psychological and social science training programs, and professional associations are including addiction as part of their training and continuing education curricula. The first edition of this book presented an overview of the spectrum of addiction-related problems across different cultures around the globe. Sharing the experience and wisdom of more than 260 leading experts in the field, and promoted by the International Society of Addiction Medicine, it compared and contrasted clinical practices in the field of addiction medicine on the basis of neurobiological similarities as well as epidemiological and socio-cultural differences. Building on the success of this inaugural edition, and taking into account the formal and informal comments received as well as an assessment of current need, this textbook presents general updated information while retaining the most requested sections of the first edition as demonstrated by the number of chapter downloads. It also provides a basic text for those preparing for the ISAM annual certification exam. Written by some 220 international experts, it is a valuable reference resource for anyone interested in medicine, psychology, nursing, and social science.

The Girl Gambler

The story of a young girl's entrapment in gambling addiction. The true advert for problem gambling and how it controlled her every movement, her every thought and almost took her life. How the guilt and shame that go hand in hand with addiction stopped her from reaching out for help for 8 years as she didn't feel it was 'OK' for a young female to be a problem gambler. How she believed it was a male dominated problem. And how eventually, she did find the tools that enabled her to become free of her addiction.

The Gambling Disorder Treatment Handbook

This handbook provides mental health professionals with a thorough understanding of the biopsychosocial nature of disordered gambling and shares current evidence-based theories, interventions and strategies to use in clinical practice. It provides guidance for working with individuals of any age and covers different gambling modes, activities and subtypes, including new forms of gambling through online and virtual platforms. Drawing on the authors' substantial experience working with and researching gambling addiction, it considers how treatment can be specialized for particular client groups, including trauma survivors, military, older adults, adolescents and diverse communities. It provides detailed diagnostic and screening resources and includes important information on the financial and legal aspects. This is essential reading for any therapist treating clients with gambling disorder.

Pathological Gambling

As states have moved from merely tolerating gambling to running their own games, as communities have increasingly turned to gambling for an economic boost, important questions arise. Has the new age of gambling increased the proportion of pathological or problem gamblers in the U.S. population? Where is the threshold between "social betting" and pathology? Is there a real threat to our families, communities, and the larger society? Pathological Gambling explores America's experience of gambling, examining: The diverse and frequently controversial issues surrounding the definition of pathological gambling. Its co-occurrence with disorders such as alcoholism, drug abuse, and depression. Its social characteristics and economic consequences, both good and bad, for communities. The role of video gaming, Internet gambling, and other technologies in the development of gambling problems. Treatment approaches and their effectiveness, from Gambler's Anonymous to cognitive therapy to pharmacology. This book provides the most up-to-date information available on the prevalence of pathological and problem gambling in the United States, including a look at populations that may have a particular vulnerability to gambling: women, adolescents, and minority populations. It describes the effects of problem gambling on families, friendships, employment, finances, and propensity to crime. How do pathological gamblers perceive and misperceive randomness and chance? What are the causal pathways to pathological gambling? What do genetics, brain imaging, and other studies tell us about the biology of gambling? Is there a bit of sensation-seeking in all of us? Who needs treatment? What do we know about the effectiveness of different policies for dealing with pathological gambling? The book reviews the available facts and frames the intriguing questions yet to be answered. Pathological Gambling will be the odds-on favorite for anyone interested in gambling

in America: policymakers, public officials, economics and social researchers, treatment professionals, and concerned gamblers and their families.

Counseling Problem Gamblers

Over the past decade, legal wagering has expanded rapidly in North America. In 1998 alone, people lost 50 billion dollars in legal betting and it is estimated that illegal wagering is twice that amount. A recent government report, based on the broadest population survey, concludes that the lifetime and pathological gamblers in the U.S. range between 4 and 10 million persons and is growing. If we include the families affected by problem gambling then the potential impact is indeed prodigious. Virtually no community in the U.S. and Canada is left untouched by entertainment or problem gambling. Treating problem gambling has evolved from a small group of practitioners in the 1980's working in specialty inpatient units into an international enterprise that affects the caseload of many mental health professionals. Owing to its quiet origins, problem gambling treatment strategies are not well known throughout the clinical community. Consequently the average clinician is him/herself "learning as they go." This approach does not benefit either client or therapist. As the book's first chapter makes clear, problem gambling differs significantly from substance abuse, its nearest clinical relative. Not attending to these differences leads to poor results and clinical failure. This book is the one essential tool needed by clinicians treating or likely to treat problem gambling. Written by a clinician with wide experience, it is intended for the general clinician treating or likely to treat problem gambling desiring a comprehensive, yet user-friendly guide. Assessment and treatment of problem gambling and those affected by it is discussed Includes diagnostic instruments developed by the author An integrative approach is taken with a special focus on cultural concerns and clinical applications for women and minorities Integration of spirituality in treatment is covered

Addiction by Design

Recent decades have seen a dramatic shift away from social forms of gambling played around roulette wheels and card tables to solitary gambling at electronic terminals. Slot machines, revamped by ever more compelling digital and video technology, have unseated traditional casino games as the gambling industry's revenue mainstay. *Addiction by Design* takes readers into the intriguing world of machine gambling, an increasingly popular and absorbing form of play that blurs the line between human and machine, compulsion and control, risk and reward. Drawing on fifteen years of field research in Las Vegas, anthropologist Natasha Dow Schüll shows how the mechanical rhythm of electronic gambling pulls players into a trance-like state they call the "machine zone," in which daily worries, social demands, and even bodily awareness fade away. Once in the zone, gambling addicts play not to win but simply to keep playing, for as long as possible--even at the cost of physical and economic exhaustion. In continuous machine play, gamblers seek to lose themselves while the gambling industry seeks profit. Schüll describes the strategic calculations behind game algorithms and machine ergonomics, casino architecture and "ambience management," player tracking and cash access systems--all designed to meet the market's desire for maximum "time on device." Her account moves from casino floors into gamblers' everyday lives, from gambling industry conventions and Gamblers Anonymous meetings to regulatory debates over whether addiction to gambling machines stems from the consumer, the product, or the interplay between the two. *Addiction by Design* is a compelling inquiry into the intensifying traffic between people and machines of chance, offering clues to some of the broader anxieties and predicaments of contemporary life. At stake in Schüll's account of the intensifying traffic between people and machines of chance is a blurring of the line between design and experience, profit and loss, control and compulsion.

Feminist Perspectives on Addictions

Commercial gambling is a recent historical phenomenon. It has developed into a profitable industry that supplies a range of recreational activities to its customers, and is a significant way of collecting money from players to distribute to companies, state budgets, and other beneficiaries. Many of these are civil society organizations, using the money for producing services in sports, culture, social work, and health care. However, gambling can also develop into pathological behaviour. Using a public interest framework, this book discusses the policies that will best serve the public good and minimize individual and collective harms. After describing the historical context of the gambling and the current global burden of the activity, available methods of regulating the industry are evaluated using the available scientific evidence. By analysing the effectiveness of gambling policies and their alignment

with the public interest, the epidemiological obstacles to successful regulation are considered in detail. There is good evidence for the effectiveness of restrictions on availability and access, but preventing gambling-related harm is not possible without limiting the overall volume of the activity, and hence the profits for the gambling industry and governments. Taking an international approach, this book delivers a comprehensive review of the epidemiological evidence documenting the harmful effects of gambling on individuals, communities, and societies. Essential reading for policymakers, social and behavioural scientists in gambling research, and public health researchers, *Setting Limits* examines a global view of an emerging epidemic of gambling problems.

Setting Limits

DSM-V broke new ground in May of 2013, designating a new disorder called "behavioral addiction." Clinicians immediately wanted to know: how is a behavioral addiction different from an impulse control disorder? What are the criteria for determining that some behaviors are addictions rather than impulses? What, if anything, does this mean in terms of effective treatment? *Behavioral Addictions* is the first and most authoritative text ever written on the subject of behavioral addictions. This comprehensive work explains the criteria used to determine addiction, the evidence for identifying assorted behaviors as addictions, and the evidence-based treatment for each. With contributions from preeminent experts covering an exhaustive list of behavioral addictions, this book is unique in its coverage of behavioral addictions, their criteria, and treatment. It is a valuable and timely resource for any clinician treating addictions. A guide to understanding the new DSM-V designation of behavioral addiction Defines the criteria for behavior to be considered an addiction designation Discusses the evidence for behaviors meeting addiction criteria Identifies what is now, likely will be, and is not a behavioral addiction per evidence Discusses behaviors formerly considered impulse control disorders Presents evidence-based treatment for each behavioral addiction

The American Journal of Psychiatry

Presents an examination of services available for the treatment of problem gambling in the UK, highlighting available resources and information.

Behavioral Addictions

You want to stop your addiction to gambling and *Four Weeks to Freedom* can help you to succeed. This really practical guide is jam packed with advice and guidance from the author's extensive experience as a leading UK expert in gambling addiction in women. Talking to you through the pages as though you were in her consulting room, Liz Karter will take you step by step through the hardest weeks of withdrawal and recovery. You will be helped to understand what to expect at each stage and what to do about it. You will be inspired by stories of women who have successfully walked the path which you are now on. *Four Weeks to Freedom* helps you to stop your addiction to gambling and to start living a healthier and happier life: you will understand yourself better than you ever have before. Believe that lifelong, rewarding recovery is entirely possible: the first four weeks are the vital foundations of the path to freedom.

Gambling Addiction and Its Treatment Within the NHS

Problem Gambling in Europe Challenges, Prevention, and Interventions Edited by Gerhard Meyer, University of Bremen, Germany Tobias Hayer, University of Bremen, Germany Mark Griffiths, Nottingham Trent University, United Kingdom As a leisure activity, gambling dates back to ancient times. More recently, the surge in avenues for gambling—casinos, sports betting, lotteries, and remote media (e.g., Internet, mobile phone, interactive television) among them—finds growing numbers of people losing control over their gambling behaviour, usually at great personal and financial expense. *Problem Gambling in Europe* is the first book to offer a robust international knowledge base compiled by an interdisciplinary panel of researchers in gambling behaviour. Reports from 21 countries throughout Western, Eastern, Northern, and Southern Europe reveal wide variations in types of wagering activities, participation by populations, social and criminal consequences related to pathological gambling, the extent to which governments acknowledge the problem, and efforts to control it (often with the involvement of the gaming industries). For each country, noted experts discuss: Current legislation regulating gambling. Forms of gambling and their addictive potential. Participation rates and demographics. Prevalence of pathological gambling. National policies to address problem gambling. Prevention strategies and treatment methods. *Problem Gambling in Europe* brings insight and clarity to a widespread and

complex phenomenon, and will be of considerable interest to all parties working to reduce their negative effects: social science researchers in addictions, gambling behaviour, and public health; clinical, social, and health psychologists and psychiatrists; treatment practitioners; the gaming industry; regulators; and policy makers.

Gambling Addiction in Women

Since the UK Gambling Act of 2005 was introduced, gambling has stopped being seen, politically and legally as an inherent vice and is now viewed as a legitimate form of entertainment. Gambling Regulation and Vulnerability explores the laws around gambling that aim to protect society and individuals, examining the differences between regulatory rhetoric and the impact of legislative and regulatory measures. Malgorzata Carran finds that although the Gambling Act introduced many positive changes to gambling regulation, it has created an environment in which protection of vulnerable individuals becomes difficult. Carran challenges the existing legislative premise that regulation alone is able to balance the effect of liberalisation for those who are vulnerable.

Problem Gambling in Europe

This book documents the history of ideas about problem gambling and its link to addictive disorders. The book uses a combination of literature review and conceptual and linguistic analysis to explore the way ideas about problem gambling have changed over time. It examines the religious, socio-cultural, and medical influences on the development of the concept of problem gambling as a disease, along with the ways in which such ideas were influenced by attitudes about substance abuse. The history of mental illness, notably as it pertains to themes such as loss of control over behavior, is also addressed. The book ends with a discussion of the current status and future prospects, with an eye to which ideas about problem gambling and addictions seem most promising and which should perhaps be left behind.

Gambling Regulation and Vulnerability

"More than ever, women are taking charge of their own health. No longer content to 'let the doctor decide,' they are demanding a say in picking the therapy or procedure that's best for them. Indeed, American women are envied around the world because they have so much control over their bodies." "With this newfound control comes the responsibility to be a truly informed partner in making important medical decisions. This means keeping abreast of new scientific developments and knowing what questions to ask or where to find the answers - no easy task given the sometimes overwhelming and often conflicting flood of medical information available through the media and other sources." "With this in mind, the editors of Good Housekeeping have created the Illustrated Guide to Women's Health, a timely and thorough text compiled by a team of medical experts. These highly respected specialists represent the spectrum of women's health concerns from internal medicine, endocrinology, rheumatology, breast surgery, and plastic and reconstructive surgery to psychiatry, occupational medicine, nutrition, and exercise physiology. Unlike general health books that concentrate heavily on male health issues, this book focuses solely on a woman's body, her medical needs, and the social issues she faces from adolescence to old age." "Like other books on women's health, it provides sound information and advice about pregnancy, childbirth, menstruation, menopause, and other facets of gynecologic health. But unlike most other books for women, it also addresses such topics as heart disease, occupational health hazards, stress management, and physical fitness - facets of health that are just as critical to women as to men." "There's also a full-color atlas of the female body and its various systems as well as an illustrated encyclopedia covering scores of disorders, diagnostic procedures, and treatments. Throughout, the text is written in clear, understandable language, supported by illustrations that make even the most complex material easily understandable. Above all, its tone is straightforward, non-political, and objective." "Regardless of which roles you fill as a woman - wife, mother, daughter, caregiver, employee - we think you'll agree that The Good Housekeeping Illustrated Guide to Women's Health is the one indispensable book designed to make you an informed partner in your own health care."--BOOK JACKET. Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

The History of Problem Gambling

The Wiley-Blackwell Handbook of Disordered Gambling is a complete guide to the current empirical literature relating to the conceptualization, assessment, and treatment of disordered gambling. The international contributors are all experienced, practicing clinicians who discuss gambling within a global

context. Best-practice guidelines for the clinical management of problem and disordered gambling Contains empirically derived findings that translate research into practical clinical applications that clinicians and counselors can use in understanding and treating problem gamblers Brings together a distinguished international group of scholars whose contributions discuss gambling as it occurs around the globe Clearly organized into sections that cover conceptualization, research, assessment, treatment, and special topics

The Good Housekeeping Illustrated Guide to Women's Health

The Wiley-Blackwell Handbook of Disordered Gambling