

Recovery Track

Tips, Tidbits, and Techniques to Achieve Financial Recovery Goals for Disordered Gambling

Kayte Conroy, Ph.D., LMHC, CRC, Clinical Professor at SUNY Buffalo

Setting financial goals for disordered gambling issues can include unique options and considerations. This workshop will present an overview of various ways a gambler and their family or partner can understand the value system, underlying beliefs, and expectations around money and debt. Learning healthy ways to spend and save, as well as the role of “bailouts” and budgets during recovery will be discussed.

Our Stories Have Power: Recovery Community Messaging

Ruth Bowles, BS, CPP, CARC, Director of Rockland Council on Alcoholism and other Drug Dependence

Recovery messaging changes the language from how public perception see people in active addiction or recovery addiction. This message will help address addiction as a public health issue, eliminate barriers, reduce stigma and develop a non-punitive non-judgmental language.

Who Gets Stressed? Not Me! Recognizing How We Feed Our Everyday Stress and Anxiety, and How We Can Step out of the Cycle to Unwind These Habits

Judson Brewer, M.D., Ph.D., Director of Research, Center for Mindfulness, University of Massachusetts Medical School

In this program, together we’re going to explore all the ways that you might have tried to deal with stress and anxiety in the past, and where they might have or continue to be helpful. We’re also going to dive deeply right into the heart of what anxiety feels like for you, what drives or feeds it, and explore ways that you can step out of the process. And with this, instead of feeding anxiety, we’re going to befriend it, which paradoxically stops feeding it while giving us more control in our lives.

The Power of Positivity and Resilience in Recovery from Problem Gambling

Steve Birchak, Ed.D., Professor of Counseling, The College of Saint Rose

Changing a destructive habit is one of the most challenging and difficult tasks in life. Habits may be deeply embedded in personality and long-standing routines. Very few individuals are capable of solving serious addictions on their own. Dr. Bird will compare success rates of individuals who attempt to overcome addictions by themselves or within a group. Dr. Bird will also discuss how each of us may be unaware of how we are maintaining habits and why our attempts fix our relapses fall short.

REGISTER



New York Council on Problem Gambling