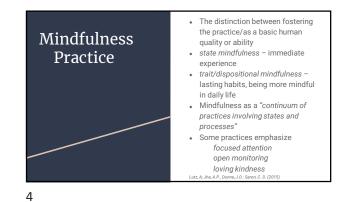


Learning Objectives

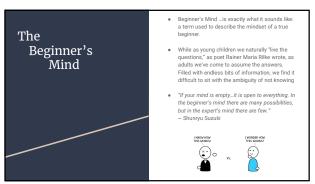
2

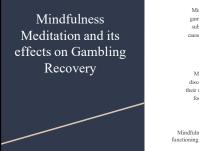
- We will explore various aspects of Mindfulness Gambling Recovery and its promotion.
- Examine the theory and research on mindful compassionate recovery for gamblers.
- We will discuss the benefits of compassion practice for gamblers and professionals.
- Review the skill set of the mindful helping professional.

TAKE A DEEP BREATH



3





Mindfulness Meditation allows gamblers to detach awareness of subjective experiences that can cause unpleasant or overwhelming feelings.

Meditation allows gambling disordered individuals to switch their mind to the present instead of focusing on negative actions

Mindfulness Meditation may improve executive functioning and decision making relevant to problem gambling

5

Mindfulness Meditation can assist in coping with mental events and provide a more positive response. Results found using Results found using Providing a gambler with a choice about how to best respond to gambling related cognition (Toneatto, 281). : Mindfulness can modify tendencies of impulsivity, urges, boredom. Mindful Meditation Mindful Meditation Cognition altering qualities of gambling can be altered through mindfulness
 Outcome is awareness based response in the presence of gambling riggers and high risk situations, rather than repeat the automatic behavior (Toneatto,281). Mindfulness - based interventions have been proven effective in reducing variables in relapse. Mindfulness can help the ability to cope with urges and cravings which may allow a more stable recovery. travings wince may annow a more scance recovery. Mindfil mediations can be considered a form of counterconditioning, this means that by increasing the present mount awareness and relaxation may invoke an impulse to reject the experience underlying the caving (i.e. axity); depression) and waken the association between the craving and gambling (Toneitto, 281).

Mindfulness Meditation may cause a direct relationship between concentration on breathe and awareness.

cent concentration on preatme and awareness. This can reduce tradencies that lead to distraction This is helpful in recovery because when a gambler feels overwhelmed with the consequences of gambling, mindfulness meditation can help maintain positive therapeutic morivations helpful the person continue in treatment rather than relapse (Toneatto, 822).

- effective an reducing variables in relapse. Mindfilmess may reduce the intensity of variables that trigger relapse Mindfilmess facilitates an attitude of reflexivity, perspective, and insight into the conditioned connection between subjective experiences and behavioral activity. As a result, impulsive, spontaneous, computive, or otherwise automatic response partners are attenuated and replaced with the discernment that, in the face of com-and allerminives to act in ways other than gambling (Toneatto,282).

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6

Mindfulness and Problem Gambling Treatment

 The purpose of this study was to evaluate the feasibility of teaching problem gamblers about mindfulness meditation as part of regular treatment for problem gambling. The researchers integrated into the problem gambling treatment service offered by the Problem Gambling Institute of Otaria (PGIO) at the Centre of Addiction and Mental Health (CAMH) in Toronto (Chen,1).

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- The act of gambling involves automatic thoughts which means that the act itself is placed outside of someone's awareness. By implementing mindfulness techniques may allow problem gamblers to distinguish mental events from automatic responses (Chen, 4).
- The researchers believe that if people can be aware of their thoughts by practicing mindfulness techniques, the urges and eravings that often drive a person to gamble, or relapse to gambling, can be overcome (Chen, 4).

Study

Method: The study evaluated an 8-week minffulness group program that included 2 hour sessions once a week. The researchers used questionnaires that were distributed be the first group session and after the final group session. The evaluation was a mixed metho included both qualitative and e feedback about the group. (+

Participants: In total, 27 clients from the Problem Gambling Institute of Ontario at the Centre for Addiction and Mental Health. The average age of the clients was 52.7 years (SD 14.8), Groups 1 and 2 each started out with 8 clients, and group 3 started with 11 clients.

Scale:Each group ran separately and was evaluated using the Mindfulness Attention

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Results cont.

"person noted that mindfulness is now a main tool for resisting the urge to gamble" (Chen,

Feel calmer or more relaxed

- Able to complete a task without becoming overwhelmed and stressed (Chen,11) Improved self discipline and self control over gambling
- Clients noted they were able to control thier behavior, able to stop and think about what they are doing (Chen,11) 0
- Increased interpersonal skills People with addictions commonly have difficulty with intrapersonal relationships due to mindfulness, elients noted they had a better understanding of social relationship which improved thier interaction with others (Chen, 12)
- · Gained positive experiences in thier lives After the study clients stated they felt better about themselves. Mindfulness allows clearer thinking and improving mental and physical health (Chen, 12).



Results

- For the 17 clients who completed the group sessions, average pre-treatment score on the MAAS was 3.65 (SD=1.01) and post treatment score on the MAAS was 4.0 (SD = 0.78). This difference was significant, t (16) = 4.9, p < .001 (Chen, 7).
- Clients learned mindfulness techniques
 - Participants reported being more aware of the activities that they engage in on a daily basis and using this enhanced self-awareness to separate themselves from their thoughts. Accept thoughts instead of being controlled by them (Chen, 12)
- · Awareness of triggers, increased coping ability
 - Using mindfulness allowed the clients to be aware of thier triggers and allow them to improve thier ability to cope (Chen, 11)

Gambling involves automatic behavior patterns which means that the person impulsively responds to the triggering stimuli. This can cause a high concern of relapse (108).

Mindfulness allows someone to change thier relationship between one's thoughts and feelings by a non-reactivity to inner experience, observing and attending sensations, perceptions, thoughts, and feelings, acting with awareness, labeling with words, and no judgement (111).

3

Study

en utë researchers compared a Mindfulness ked Cognitive Therapy (MBCT) intervention th a standard mutual-aid group intervention vered in a pathological gamblers' association (Ventola, 13)

rd, the different facets of mindfulness are further analyzed to determine indfulness and craving could be related to each other (Ventola,113).

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Participants: the study consisted of 33 participants in total

Design: The study consisted of two groups the Mindfulness Based Cognitive Therapy (MBCT) and the mutual aid group. Both groups were conducted by health psychologists and had similar structure. Both groups had 8 weekly sessions. There were a total of six trials completed with questionnaires or interviews (Ventola,113-114)

Results

"The participants experienced no relapses during and after the mindfulness training" (Ventola,126).

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- The results revealed that the mutual-aid group The results revealed that the mutual-aid group intervention produced only moderate reductions in craving intensity (η =0.27). In contrast, the MBCT program significantly increased the scores of the mindfulness-related variables (η 2 ranging from 0.84 to 0.99) and reduced the craving intensity (η =0.95), frequency (η2=0.93) and urge (η2=0.91) (Ventola,1).
- Mindfulness helped reduce craving, intensity, frequency, and urgency

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- Mindfulness may prevent a person from engaging in impulsivity driven maladaptive behaviors, even if emotions are present (Ventola, 125).
- The results showed that Mindfulness based cognitive therapy increased the mindfulness levels among participants such as awareness, attitude, nonjudgmental, onreactivity (Ventola, 125).
- Mindfulness also improved participants coping skills allowing them to shift thier cravings and prevent relapse (Ventola, 126).



The importance of Self-Compassion

"self-compassion involves generating kindness toward ourselves as imperfect humans, and learning to be present with the inevitable struggles of life with greater ease" (Neff, 1)

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Self compassion is not about being "good" or "bad" but about motivation to improve ourselves.

Developing Self- Compassion

Self- compassion is a trained trait. Practicing self-compassion may generate feelings of positivity and goodwill towards the self and others. (Neff,9)

Three Facets of Self- Compassion

- Sett Kindness: allows one to recognize struggles and difficulties are antural part of life and should be enbraced (Neff, 4).
 Common Humanity: Connects imperfections with shared human experiences allowing one to feel included interact of iosiated (Neff, 4).
 Mindfulness because we do not fully acknowledge the pain we go through, mindfulness allows us to be aware of what is going on rather than being fixated on the pain of the process (Neff, 5).

Research findings on Self-Compassion

Self-Compassion and Well-Being: Self compassion shows psychological resilience. Self-Compassion gives people the emotional resources to endure painful or challenging experiences such as addictions (NefT5.). Research states people with self compassion took a more general perspective on their isse and experimede less feelings of isolation, anxiety, and self-conscious (Neff, 6).

Self- Compassion and Self- Esteem: Self - compassion is Serie Compassion and serie Externit series of compassion is related to a more stable feeling of self-worth. Self-compassion was found associated with lower levels of self-comparison, anger, self-consciousness. This is beneficial for a successful recovery (Neff, 8). Self- Compassion and Interpersonal Relationships:

Ser-Compassion and interpersonal relationships: People who practiced self- compassion were found to be more emotionally connected and accepting. These participants were also found less controlling and angry (Neff, 9).

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Increases Positive Emotions & Decreases Increases Positive Emotions & Decreases Negative Emotions Increases Vagal Tone – Increase of PE and Feelings of Social Connection Healing of Mental Disorders – Reduces Depression and PTSD Symptoms Emotional Intelligence – Activates Empathetic Responses & Emotional Processing Increases Grey Matter Volume Best Way to Increase Compassion Increases Social Connection Curbs Self-Criticism – Increases Self-Love Effective in Small Doses Has Long Term Impact Science Based ٠ Reasons for the . Practice of Loving ٠ Kindness ٠ deserve your love and affection." Meditation . . • Loving-Kindness Meditation Emma Seppala, PhD – Stanford University Center for Compassion and Research and Education.

Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism.

When used as an addiction recovery tool, self-compassion has shown to help people overcome cravings, deal with the stresses of early recovery, and better manage their emotions. It involves being mindful, but the practice also boosts self-esteem, reduces self-criticism, and allows the person to feel more confortable in his or her own shin – qualities that are essential for lasting sobriety.

Compassionate mind states may be learned, and may alleviate shame, as well as other distressing outcomes, such as depression, anxiety, self-tattexbs, feelings of inferiority, and submissive behavior.

"You yourself, as much as anybody in the entire universe

– Buddha

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Research findings

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on Self-Compassion



