

# New York Council on Problem Gambling 2012 Annual Problem Gambling Conference

*On the Horizon: The Future of Gambling  
and Problem Gambling in New York State*

**May 9th - 10th, 2012**

**Albany Marriott  
189 Wolf Road  
Albany, New York 12205**



**Conference Fee: \$50.00**

Includes 2 day conference, breakfast, lunch and breaks.

**10 Continuing Education Units (CEUs) Available**

**Special points of interest:**

- International and National Speakers
- General, Treatment, and Recovery Tracks
- Introductory and Advanced Clinical Training Available

**Confirmed Speakers:**

Steven Cymbrowitz, *New York State Assembly, Chair, Committee on Alcoholism and Drug Abuse*

Dr. Mark Griffiths, *Nottingham Trent University*

Lisa Athan, *Grief Speaks*

Dr. Lisa Najavits, *Seeking Safety, Boston University School of Medicine*

Keith Whyte, *National Council on Problem Gambling*

Hon. James Murphy, *Saratoga County District Attorney*

Dr. Robert DeYoung, *The Recovery Center*

Rebecca Cooper, *NYS Office of Alcohol and Substance Abuse Services*

Heiko Ganzer, *Money Addictions of America, LLC.*

Jim Wuelfing, *Massachusetts Council on Compulsive Gambling*

**Keynote Speakers**

**Mark Griffiths, Ph.D. Professor of Gambling Studies**

Professor Griffiths is internationally known for his work on gambling winning many awards including the American 1994 John Rosecrance Research Prize for "outstanding scholarly contributions to the field of gambling research", the 1998 European CELEJ Prize for best paper on gambling, the 2003 Canadian International Excellence Award for "outstanding contributions to the prevention of problem gambling and the practice of responsible gambling" and a North American 2006 Lifetime Achievement Award For Contributions To The Field Of Youth Gambling "in recognition of his dedication, leadership, and pioneering contributions to the field of youth gambling".

He has published over 200 refereed research papers, a number of books, over

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to register now!

## Mark Griffiths (continued)

50 book chapters and over 550 other articles. He has served on numerous national and international committees (e.g. BPS Council, BPS Social Psychology Section, Society for the Study of Gambling, Gamblers Anonymous General Services Board, National Council on Gambling etc.) and is a former National Chair of Gamcare. He also does a lot of freelance journalism and has appeared on over 1800 radio and television programs since 1988. He has been the keynote speaker at national gambling conferences in the UK, USA, Canada, Australia, Germany, Spain, Sweden, Norway, Denmark, Ireland, Finland, Poland, Italy, Holland and Belgium.

He has been a consultant for Government bodies including the Gambling Commission, Home Office, DCMS, Department of Health, Victorian Casino and Gaming Authority (Australia) and various international Governments (US, Australia, Sweden, Norway and Finland). In 2004 he was awarded the Joseph Lister Prize for Social Sciences by the British Association for the Advancement of Science as one of the UK's "outstanding scientific communicators".

His most recent awards are the 2006 Excellence in the Teaching of Psychology Award by the British Psychological Society and the British Psychological Society Fellowship Award for "exceptional contributions to psychology".

## Lisa Athan, MA, Executive Director Grief Speaks

Lisa Athan is the Executive Director and founder of Grief Speaks. Lisa has over 20 years of experience in communicating educational and inspirational information to adults, teens and children. Her specialty is facilitating workshops and training programs on grief and loss. Lisa is able to communicate with passion, compassion and humor. She explains that grief is not only about death but divorce, job loss, pet loss, moving, bullying, living with someone who is ill or addicted, having someone in the family incarcerated, loss of home and more.

Lisa has a Master's degree in Education and Counseling and is a Grief Recovery Specialist. Lisa serves on the Traumatic Loss Coalition for Youth as a Lead Responder in Union, Essex and Middlesex Counties. Lisa also is a volunteer healing circle leader and screener for Comfort Zone Camp, the world's largest bereavement camp for children and teens. Lisa worked at Fair Oaks Hospital in the outpatient recovery unit working with people dealing with drug and alcohol addiction. Lisa also worked at The Center for the Treatment of Eating Disorders and ran groups for people dealing with eating disorders and their parents. Lisa worked at Overlook Hospital on the in-patient psychiatric unit as a counselor and facilitated daily group therapy, and met hundreds of teens and adults suffering with unacknowledged and unresolved grief which often presented itself through addictions, depression, anxiety, eating disorders, psychosis, self injurious behavior, and suicide attempts.

## Lisa Najavits, PhD, ABPP

Lisa M. Najavits is a Professor of Psychiatry, Boston University School of Medicine; Lecturer, Harvard Medical School; clinical psychologist at VA Boston; and clinical associate, McLean Hospital. She is author of the books *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* (2002) and *A Woman's Addiction Workbook* (New Harbinger Press; 2002), as well as over 140 professional publications. She has received various awards, including the 1997 Young Professional Award of the International Society for Traumatic Stress Studies; the 1998 Early Career Contribution Award of the Society for Psychotherapy Research; the 2004 Emerging Leadership Award of the American Psychological Association Committee on Women; and the 2009 Betty Ford Award of the Association for Medical Education and Research in Substance Abuse. She is currently Past-President resident of the American Psychological Association Division on Addictions; and on various advisory boards of Psychotherapy Research, Addiction Research and Theory, and the Journal of Gambling Studies. Dr. Najavits has received a variety of National Institutes of Health and other research grants. Her major clinical and research interests address vulnerable populations, including homeless, women, veterans, and community-based care; she specializes on trauma/substance abuse, development of new psychotherapies, and evaluation and outcome research. She is a licensed psychologist in Massachusetts; a psychotherapy supervisor; and conducts a psychotherapy practice.

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## **Keith Whyte, Executive Director NCPG**

Keith Whyte is Executive Director of the National Council on Problem Gambling, the national advocate for programs and services to assist problem gamblers and their families. He has worked on gambling and problem gambling issues for more than 8 years, and has over 11 years experience in public policy advocacy. He frequently speaks at national and international conferences and in national broadcast media.

Keith S. Whyte became the Executive Director of the National Council on Problem Gambling (NCPG) in October 1998. The NCPG is the national advocate for programs and services to assist problem gamblers and their families.

Previously, Keith served as Director of Research for the American Gaming Association where he was responsible for research and public policy issues, including problem gambling. Prior experience included the American Bar Association's Section of Individual Rights and Responsibilities where he dealt with policy issues relating to civil rights, human rights, healthcare, and immigration law. He also worked in the office of the Assistant Secretary for Planning and Evaluation at the United States Department of Health and Human Services on healthcare policy issues. Keith graduated from Hampden-Sydney College with a B.A. in History and a Certificate in International Relations. He also studied at Leiden University, the Netherlands.

Mr. Whyte has written numerous articles, studies and book chapters on various aspects of gaming policy and presents frequently at national and international conferences. In addition, he has testified before the United States Congress on gambling-related legislation. He regularly discusses gaming issues in national and international print, radio and broadcast media. He is a member of the Editorial Board of the *Gaming Law Review* and the Editorial Advisory Board of the *Responsible Gaming Quarterly*. Keith also serves as a reviewer for the *Electronic Journal of Gambling Issues* and the Alberta Gaming Research Institute, and sits on the Advisory Board of the International Centre for Youth Gambling Problems and High-Risk Behaviors at McGill University.

## **Jim Wuelfing, CPP-R, NRPP, Director of Prevention and Recovery**

Jim Wuelfing is the Director of Prevention and Recovery for the Massachusetts Council on Compulsive Gambling, a leading organization in the country providing advocacy and services to recovering gamblers, their families and the community at large. In his prevention capacity, Jim directs the prevention effort across the Commonwealth of Massachusetts utilizing best practices in prevention to design target interventions focusing on youth, college students, older adults, African-Americans, Latinos, and Asian-Americans.

In his recovery capacity, Jim has developed linkages to the recovery community, works with recovery community organizations (RCOs), trains recovery coaches and promotes services consistent with a recovery-oriented system of care. He has worked to develop RCOs in several states and is the author of the Connecticut Community for Addiction Recovery's Recovery Coach Academy.

In 2009, Jim received the inaugural Prevention Award from the National Council on Problem Gambling. He was further honored by the National Council in 2011 when the Prevention Award became the Jim Wuelfing Prevention Award. In 2002, he received the Lifetime Achievement Award from the Massachusetts Association of School Committees for his work in support of children and public education.

**Register NOW!**

## Plenary Descriptions

**Lisa M. Najavits, PhD**  
**Boston University School of Medicine**  
*Posttraumatic Stress Disorder and Problem Gambling*

This presentation will address current understanding of the association between posttraumatic stress disorder (PTSD) and problem gambling. We will address background, rates, clinical presentation, and treatment challenges. In addition, the workshop will provide an overview of *Seeking Safety*, an evidence-based therapy for trauma and/or addiction. The model has been implemented with problem gamblers as well as substance abuse clients. It teaches present-focused coping skills to help clients attain safety in their lives. It is highly flexible and can be conducted with a broad range of clients, clinicians, and settings. There are up to 25 treatment topics, each representing a safe coping skill relevant to both trauma and addiction, such as "Asking for Help", "Creating Meaning", "Compassion", and "Healing from Anger". Topics can be done in any order and the treatment can be done in few or many sessions as time allows. *Seeking Safety* strives to increase hope through emphasis on ideals; it offers exercises, emotionally-evocative language, and quotations to engage patients; attends to clinician processes; and provide concrete strategies to build recovery skills.

### Objectives:

- 1) To increase understanding of co-occurring PTSD and problem gambling
- 2) To learn about *Seeking Safety* therapy for use with problem gambling
- 3) To obtain assessment and treatment resources

**Dr. Mark Griffiths, Professor of Gambling Studies**  
**International Gaming Research Unit, Psychology Division,**  
**Nottingham Trent University, UK**  
*Behavioral Tracking and other Technological Trends in Gambling*

Technology has changed the nature of gambling practices over the last decade and is continuing to do so. This presentation will concentrate on the use of behavioral tracking technologies and evaluate the positives and negatives and the implications for problem gambling screening tools and the development of tools for player protection. The presentation also briefly reviews what I believe are the ten most notable changes and trends that the gambling studies field is witnessing as a consequence of the impact of technology. The talk briefly examines and review the psychological implications concerning the: (i) feminization of remote gambling, (ii) increase in numbers of digital natives, (iii) increase of empirical research into remote gambling (particularly internet gambling, (iv) increase in mobile gaming, (v) increase in technological advertising and marketing of gambling, (vi) increase in gambling via social networking sites, (vii) increase in gambling convergence and cross-fertilization of technologies, (viii) emergence of new type(s) of problem gambling, (ix) increase in online help and therapy for problem gamblers, and (x) increase in use of behavioral tracking data.

**Keith Whyte, Executive Director**  
**National Council on Problem Gambling**  
*The Future of Gambling and Problem Gambling in America*

This presentation will provide a perspective on national gambling trends and problem gambling issues. Critical questions to be addressed include: How does the public view gambling addiction? Will internet gambling be legalized? What is the Federal role in problem gambling services? Will gambling continue to expand, and if so how and where? The presentation includes discussion of how participants can help shape the answers to these questions.

## SCHEDULE

Wednesday, May 9, 2012

8:30 Breakfast and Registration

9:00 General Session

12:00 Lunch

1:30 Workshop Session I

2:45 Workshop Session II

4:00 Adjourn



Thursday, May 10, 2012

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### **Lisa Athan, MA Grief Recovery Specialist**

#### **Grief Speaks**

*Gambling and Grief: Exploring the Connections*

Explore the connections between gambling and grief from the time line before, during and after the problem gambling.. Often there can be loss and grief traced back to a time prior to the onset of problem gambling. During the course of problem gambling there is obvious cause for grief on the part of the person gambling as well as for family, friends and co-workers. There's often a loss of trust, loss of significant relationship, finances, possibly health issues and, work. Then there is the grief experienced when a person stops compulsive gambling ending an unhealthy behavior that also may have some positive things associated with it such as socialization, pleasure, excitement, connection and belonging, and a sense of purpose. Participants will learn about the concepts of grief, mourning and disenfranchised grief, ambiguous loss and complicated grief. Discuss the future of the importance of screening for problem gambling behaviors both on an in-patient and outpatient setting as is done for other mental health disorders. Find out how gender and age factors may relate to gambling and the corresponding grief experiences.

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Thursday, May 10, 2012

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9:00 General Session

12:00 Lunch

1:30 Workshop Session I

2:45 Workshop Session II

4:00 Adjourn

### ***Seeking Safety: Clinical Implementation for Problem Gambling***

*Lisa M. Najavits, PhD*

This presentation will expand on the keynote presentation by covering specific *Seeking Safety* treatment interventions, a clinical demonstration, adaptation to problem gambling, and steps in learning the model. By the end, participants will be able to conduct the model in their settings, if they choose to. We discuss the flexibility of the model-- with men or women; group or individual format; open or closed groups; adults and adolescents; diverse settings (e.g., outpatient, residential); all types of trauma and addictions; acute and chronic conditions; and full or sub threshold disorders. It can be conducted by any clinician (no specific degree nor prior training required). We address frequently asked questions about implementing *Seeking Safety*; and explore topics such as adaptation of the model, how to combine it with other treatments, and discussion of the clinician role. The workshop will be highly clinically-oriented and interactive.

Objectives:

- 1) To observe and/or participate in a role-play demonstration of a *Seeking Safety* session.
- 2) To learn frequently-asked questions in implementing *Seeking Safety*.
- 3) To address how to adapt the model to different populations and settings.

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### ***Internet gambling, problem gambling and psychosocial impacts: A British perspective***

*Mark Griffiths, PhD*

This presentation will review some of the research on Internet gambling carried out by the International Gaming Research Unit (IGRU) over the last few years and examine the relationship between internet gambling, problem gambling and psychosocial impacts. The main focus of the presentation will be to concentrate on the analyses of representative national samples of Internet gamblers using our participant data from the 2007 and 2011 British Gambling Prevalence Surveys (n=9,003 in 2007; n=7,756 in 2011). The presentation will also review various other IGRU research projects including studies using behavioural tracking data from 160,000 online gamblers, and a variety of survey studies examining specific types of online gambling (e.g., online poker), specific sub-groups (e.g., students), and specific online game characteristics (e.g., structural characteristics of online games).

### ***Grieving the Loss of Compulsive Gambling: The Importance of Understanding Disenfranchised Grief***

*Lisa Athan, MA*

In the case of a disenfranchised loss, the disenfranchisement seems to stem from a failure or unwillingness to recognize that a real loss actually has taken place. Giving up a life style or way of life, friends, activities and a set of behaviors, in the name of recovery is still a loss none the less. Too often we ignore the grief that occurs in anticipation or following the loss of a behavior such as compulsive gambling. Disenfranchisement, according to Kenneth Doka who coined the term in 1983, applies to people who are not recognized or accepted as having the status of persons who experience grief. We will explore the losses around recovery as well as tools and strategies that will encourage healthy grief responses as well as discover helpful tools and strategies that support this important grief work.

### ***The Impact of Problem Gambling on a Spouse and the "21 Steps to Stop Gambling Workbook"***

*Heiko Ganzer, LCSW-R, CASAC- Money Additions of America, LLC*

The 21 steps is a workbook that provides step by step instruction which helps gamblers to change addictive thought patterns, the exercises that are contained in the workbook are designed to work with the therapist in overcoming the gambling habit, and it also provides a internet support network needed to create recovery. We will review the workbook and the recover meter as well as some of the steps towards recovery. The presentation will include a review of issues that present for the co-dependent spouse of a gambler. We will discuss why they need to be in treatment for co-dependency and what they can do to help recover from living with a gambler.

### ***Utilizing Recovery Coaching for Gambling Addicts***

*Jim Wuelfing, CPP-R, NPPR*

A recovery coach is anyone interested in promoting recovery by removing barriers and obstacles to recovery and serving as a personal guide and mentor for people seeking or already in recovery. The training will provide participants with a comprehensive overview of the purpose and tasks of a recovery coach and will explain the various roles played by a recovery coach. Particular parameters of using coaching with gambling addicts will be addressed and models from around the country will be explored. Participants will be able to:

- Describe the roles and functions of a recovery coach
- Provide examples of the recovery coach process
- Discuss using recovery coaching with gambling addicts.



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groupCode=cpgcpga&app=resvlink&fromDate=5/8/12&toDate=5/9/12](http://www.marriott.com/hotels/travel/albny?groupCode=cpgcpga&app=resvlink&fromDate=5/8/12&toDate=5/9/12)

**Room rates are \$104.00 per night**