

Problem Gambling Resources

The following list contains resources with the Problem Gambling Services Resource Library and may be useful for certification or clinical practice. You can request to check out any of the following materials for loan by contacting Jackie Fabrick at jackie.fabrick@state.or.us.

This list will be updated as new resources become available.

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(All books are listed alphabetically by author)

Motivational Interviewing in the Treatment of Psychological Problems
Arkowitz, Hal; Westra, Henny A.; Miller, William R.; and Rollnick, Stephen P.

Following an introductory overview, chapters focus on specific frequently encountered clinical problems and contexts. Contributors discuss how they have used MI either as a pretreatment or throughout the course of treatment for anxiety, depression, post-traumatic stress disorders, suicidal behavior, obsessive-compulsive disorder, eating disorders, gambling addictions, schizophrenia, and dual diagnosis.

Behind the 8-Ball: A Recovery Guide for the Families of Gamblers
Berman, Linda and Siegal, Mary-Ellen

Behind the 8 Ball is written for the millions of spouses, parents, siblings, children, friends, and coworkers of compulsive gamblers who suffer from the often disastrous effects of that person's compulsive gambling. This supportive guide will help the reader gain the understanding and information he or she will need to gain the financial, legal, and emotional freedom needed to reclaim his or her life.

Out of the Shadows: Understanding Sexual Addiction
Carnes, Patrick J.

This work has been updated and revised to include the latest research and to address cybersex addiction. It identifies the danger signs, explains the dynamics, and describes the consequences of sexual addiction and dependency.

Facing the Shadow: Starting Sexual and Relationship Recovery

Carnes, Patrick

This book takes techniques used by thousands of people recovering from sex addiction and show, step by step, how to break free of this addiction and live a healthier, more fulfilling life.

Pathological Gambling: The Making of a Medical Problem

Castellani, Brian

This book draws on five years of research, and provides a unique view into the history of pathological gambling and how pathological gambling became a major social problem in the US, how it was made into a medical disorder, and the impact its legalization has had on our current society and gambling culture.

Counseling problem gamblers: A self-regulation manual for individual and family therapy

Ciarrocchi, Joseph

This book pulls together clinical wisdom and research findings into a treatment package aimed at developing the component skills for successful recovery.

Pathological Gambling: A Critical Review

Committee on the Social and Economic Impact of Pathological Gambling and National Research Council

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.

Gambling problems in youth: Theoretical and applied perspectives
Derevensky, J.L. and Gupta, R.

This book 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.

Motivational Enhancement Therapy for Problem and Pathological Gamblers: A five Session Curriculum-Based Group Intervention
Fields, Ann

This motivational enhancement group model has broad application for all treatment providers, counselors, therapists, educators, and other human service practitioners working with problem and/pr pathological gamblers.

Impulse Control Disorders: A Clinician's Guide to Understanding and Treating Behavioral Addictions
Grant, Jon E.

Impulse Control Disorders is the first book to offer a detailed explanation of impulse control disorders and treatment options for clinicians. It is an up-to-date and essential guide to these complex behaviors.

Gambling in America: Costs and Benefits
Grinols, Earl L.

This book breaks ground by developing analytical tools to assess the benefits and costs of the economic and social changes introduced by casino gambling in monetary terms, linking them to individual households' utility and well-being.

Losing Your Shirt: Recovery for Compulsive Gamblers and their Families
Heineman, Mary

A classic of recovery literature, this second edition offers true heartbreaking stories, updated material, and cutting-edge research on compulsive gambling. It remains the most complete, comprehensive resource available, offering compassion to addicts & their families.

Alcoholism and Pathological Gambling: Similarities and Differences

Herscovitch, Arthur

This book compares alcoholism and pathological gambling, demonstrating both the differences and the overwhelming similarities between the two disorders. Included is information about why some individuals are other substance abusers and pathological gamblers and some are addicted to one but not both drugs and gambling.

Gambling, Game, and Psyche

Knapp, Bettina L.

This book explores the rush and thrill of risk taking versus the depression and defeat of losing. In a unique Jungian approach, the author probes the universal and eternal mysteries that lady luck herself offers to humanity's never-ending quest to defy destiny.

Overcoming Pathological Gambling: Therapist Guide

Ladouceur, Robert and Lachance, Stella

The authors provide step-by-step instructions for clinicians to help clients understand all of the facets of their problem. In addition to correcting erroneous beliefs about gambling, this program teaches problem-solving skills, self-assessment techniques, and trigger recognition and avoidance. Designed to be used in conjunction with the corresponding workbook (see below).

Overcoming Your Pathological Gambling: Workbook

Ladouceur, Robert and Lachance, Stella

Intended for use in conjunction with therapy, this workbook includes various self-assessments and exercises designed to help you reach the ultimate goal of complete abstinence from gambling.

Understanding and Treating the Pathological Gambler

Ladouceur, Robert; Sylvain, Caroline; Boutin, Claude; and Doucet, Celine

This book looks at gambling through the ages and then presents an overview of treatments that have been used for pathological gambling over the last two decades. It examines the cognitive traps that the gambler may fall into and the therapeutic interventions for putting an end to the irresistible need to gamble.

Losing Mariposa: The Memoir of a Compulsive Gambler

Little, Doug

A cautionary tale of obsession and escape, told in the first person. The author's story provides a rare first-hand chronicle of the devastation caused by gambling addiction.

The Quotable Gambler

Lyons, Paul

This book covers gaming's universality and history, superstition and luck, players and places, and every game—from the lowliest back alley crapshoot to the highest-stakes poker contest.

The Downside: Problem and Pathological Gambling

Marotta, Jeffrey J.; Cornelius, Judy A.; and Eadington, William

Gambling over the past thirty years has dramatically increased in availability, acceptance, legitimization, and legalization throughout the world. Accompanying this growth has been an increase in the incidence and visibility of destructive gambling behavior -- the downside.

The Search for the Real Self: Unmasking the Personality Disorders of our Age.

Masterson, James F.

This book describes how one's real self begins to develop in early childhood, what its capacities are, and how one identifies it and articulates it through testing and experiment in the environment to bring one's real self into harmony with the outer world through work and love relationships.

Gambling on Campus: New Directions for Student Services

McClellan, George S.; Hardy, Thomas W.; and Caswell, Jim

This book offers information, suggestions for research, frameworks for policy development, and models for practice related to campus gambling. Useful to students and faculty in higher education graduate preparation programs, student affairs professionals, other members of the higher education community, and all those interested in supporting student success.

Treating Gambling Problems

McCown, William G. and Howatt, William A.

Provides guidance on effectively diagnosing and treating gambling addiction in every phase. Coverage includes: risk factors for gambling disorders; recognizing the signs and symptoms of gambling disorders; developing effective treatment plans; how to develop a professional referral network; recovery theories, programs, and tools; and post-treatment recovery management, including relapse prevention.

How Schools Work and How to Work with Schools

National Association of State Boards of Education

How Schools Work and How to Work with Schools is a primer for health professionals and others who seek to serve children and youth in school settings. This guide includes a summary of the benefits for students when health professionals and educators work together; an overview of the core mission of education; a background chapter on how education works at the school, district, state, and national levels; as well as many practical tips for how to work effectively with educators, school administrators, and policymakers.

No More Bets, Please! Overcoming Problem Gambling (DVD)

Nelson, H.G.

This straight-talking, empowering video program offers essential information on how problem gambling develops, its damaging impact on individuals and families, and how it can successfully be treated. A fitting teaching tool for students and counselors who want to know more about problem gambling, and for gamblers searching for hope and change.

No-Dice: Safety Net to Recovery

Nichols, Marcy

This workbook is designed for use in therapy with a counselor or for a gambler's own use and exploration. A tool for mental health professionals, psychologists, psychiatrists, therapists, social workers, licensed professional counselors, chemical dependency counselors, veterans, Gamblers Anonymous members, or any addictions counseling.

The Gambling Addiction Patient Workbook

Perkinson, Robert R.

This book helps gamblers learn the tools necessary to establish and maintain a program of recovery.

Pathological Gambling: Etiology, Comorbidity, and Treatment

Petry, Nancy M.

This book examines the prevalence and consequences of problem gambling as well as approaches to treatment. It provides current understanding of gambling as a disorder, including its levels of intensity; possible origins in biological, neurological, developmental, and environmental spheres; and special issues surrounding populations that seem to be more susceptible to problem gambling, including youth, ethnic minorities, and those with co morbid affective disorders such as depression.

Specific Treatments for Specific Populations: Problem Gambling (DVD)

Petry, Nancy M.

In *Problem Gambling*, Dr. Nancy M. Petry discusses and illustrates her brief, cognitive–behavioral approach to treating clients with gambling problems. Her manualized approach includes handouts and homework emphasizing self-monitoring and motivation to change.

In this session, Dr. Petry works with a 21-year-old man named Brian who gambles four to five times per week. He works delivering pizzas and makes good tips, attends junior college, and plans to go to a 4-year college. He gambles on riverboat casinos, regularly plays poker with friends, and also places bets with bookies.

Dr. Petry illustrates the first of her eight-session program, demonstrating the start of the treatment process. Brian is typical of a younger problem gambler who has begun to develop some substantial issues related to gambling but, nevertheless, is in some degree of denial. Dr. Petry demonstrates how to integrate the cognitive–behavioral therapy within this context and thereby highlights the adaptability of this approach for a variety of individuals with gambling problems.

Midbrain Mutiny: The Picoeconomics and Neuroeconomics of Disordered Gambling: Economic Theory and Cognitive Science

Ross, Don; Sharp, Carla; Vuchinich, Rudy E.; and Spurrett, David

This book examines different economic models of disordered gambling, using the frameworks of neuroeconomics (which analyzes decision making in the brain) and picoeconomics (which analyzes patterns of consumption behavior), and drawing on empirical evidence about behavior and the brain.

The Craving Brain: A Bold New Approach to Breaking Free From Drug Addiction, Overeating, Alcoholism and Gambling

Ruden, Ronald A,

The author of this book asserts that the roots of addiction most definitely do not lie in our character. Rather, they lie in a complex chain reaction that is inappropriately activated, it drives the body to crave, sometimes with addictive behavior as the end result.

Out of the Shadows: Exploring the many Facets of Gambling and their Implications to Society

Sodergren, Edward H.

This book addresses the history of gambling, its evolution, growth, prevalence, participants and potential for problems, as well as recommended treatment responses. This book is educational, informative and a useful resource for those in our field who may see this behavior, but have not had access to training specific to this issue.

She Bets Her Life: A True Story of Gambling Addiction

Sojourner, Mary

The author of this book has the ability to take both an objective and a deeply personal look at the psychological and physiological impact of gambling addiction on women. The information and resources in this book help steer women (and their loved ones) towards help and healing.

Money and Meaning: New Ways to Have Conversations About Money with your Clients

Stern Peck , Judith

This book is the first of its kind to introduce a model for helping mental health professional and coaches create conversations about money with their clients. It provides a framework and tools to create a safe environment to which have conversations and resolve conflicts.

In the Shadow of Chance: The Pathological Gambler

Taber, Julian

This book describes the distortions of normal thought, the personal agony, and the social destruction caused by an addiction to gambling action. In later chapters, the book reviews some major obstacles to recovery and the steps necessary to radically alter the thinking and behavior of the gambler in order to achieve a normal life.

Betting Their Lives: The Close Relations of Problem Gamblers

Tepperman, Lorne

Based on important new research, this book looks into the personal relationships of problem gamblers, and comes out with some surprising results. It provides a superb discussion of expert opinion on the subject, includes first-hand narratives of those who have suffered from gambling addictions, and bring essential new explanatory concepts to the issues. As gambling increases with the growth of the Internet, understanding this problem becomes ever more urgent.

Problem and Pathological Gambling

Whelan, James P.; Steenbergh, Timothy A.; and Meyers, Andrew W.

This book provides the clinician or graduate student with essential information about problem and pathological gambling. The author presents detailed information on a strategy to assess and treat gambling problems in an outpatient setting.

In the Pursuit of Winning: Problem Gambling Theory, Research and Treatment

Zangeneh, Masood; Blaszczynski, Alex; and Turner, Nigel E.

A panel of 35 experts was brought together to present theoretical, clinical, sociological, historical, and spiritual perspectives on problem gambling, and test population addiction and disease models in the field. Early chapters examine the general psychology of gambling, before moving on to the irrational ideas associated with compulsive wagering, from belief in luck to illusions of control. Chapters are also devoted to evidence based interventions from a variety of clinical orientations.