

Trauma Informed Gambling Treatment
Reducing Relapses
and
Increasing Recovery Success



Introduction

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- ▶ Private practice in Nebraska and Iowa since 1999.
- ▶ Worked with traumatized clients for over 20 years.
- ▶ Worked with clients whose diagnosis was PTSD or DID for 15 years.
- ▶ Supervised over 27 therapists while training them on trauma treatment.
- ▶ Executive Director, owner, of Spence counseling center.
- ▶ Worked with gamblers and substance abuse disordered individuals since 1995.
- ▶ A preferred provider with the state of Nebraska for the treatment of problem gambling since 2001.





How is this going to help you as a therapist?

- Helps clients stop relapsing, and maintain sobriety, abstain for longer periods of time.
- Increases a client sense of control over self, and external situations.
- Enables clients to stay grounded and use interventions to prevent flooding, re-enactments, and decompensation.
- Helps therapists set goals in order to teach interventions, to support, reframe, re-socialized the core.
- Help the core to reclaim their parts from the past and to re-associate them to the present to heal them in the safe place.



What is core?

Antonio DiMaggio defines core as the self which is seen as necessary for awareness. Is foundational to auto biographical and proto-self.

Core consciousness has several traits which can be recognized phenomenologically. First, it is necessary for the full range of consciousness. Secondly, it is separate from its functions. Lastly, it is associated with emotions in the brain, and is central to all of one's knowledge and thought.

There are several features of core consciousness which include an inner sense based on images. Those images are connected to a feeling, and includes the enhancement of that object which initiated the image and resulted in the feeling. It is generated in a pulse like fashion for each contact when we are conscious of it. Images that constitute knowing and sense of self do not command center stage.

DiMaggio states that there are three basic parts of the self. The core self, the autobiographical self, and the proto-self.



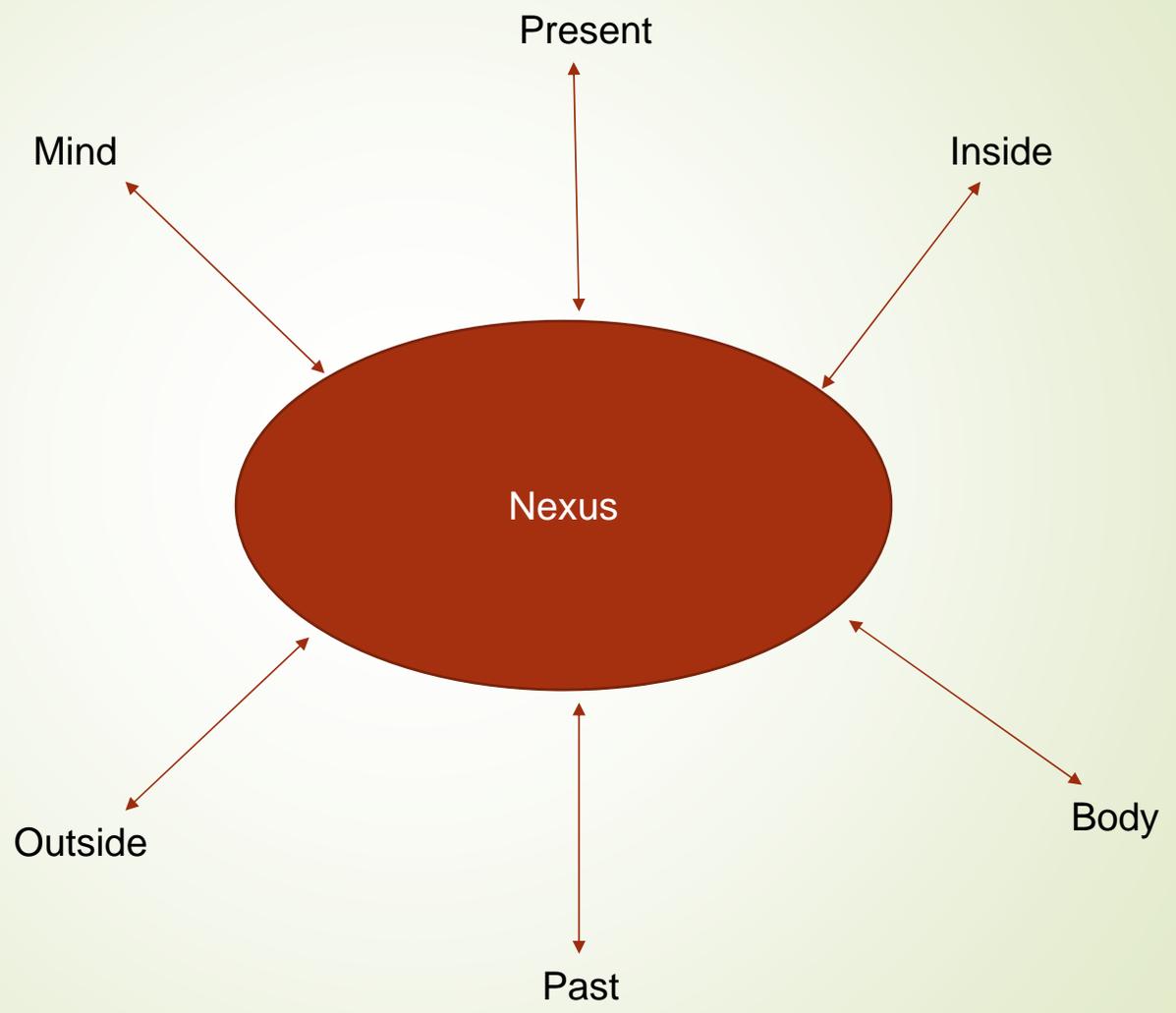
Bernard Barr's proposes that self is deep context, and driven by a "goal hierarchy". Bernard Barr's states that there is a theater of consciousness. On this theater stage parts of us, of ourselves, move on and off of this stage as needed based upon our external world. Bernard Barr's goes on to state that there are different parts of us present based upon the needs, triggers, situations we have at any given moment. And that there is a basic connection between self and conscious experience just like there is in the relationship between context and content.

Bernard Barr's goes on to state that the brain proves mind and that we have parts which do the bidding of core, self. He states that brain proves mind because we all have inner speech, mental imagery, conscious perception, emotional feelings which we are conscious of, conscious effort, and conscious self experiences. He developed the global workspace theory.



CORE

- ▶ That every person is born with a unique identity that is “Core” self.
- ▶ That “Core” self owns and uses mind, body, and soul to express identity.
- ▶ That “Core” self is naturally observed in moments of wonderment, contemplation, or horror.
- ▶ That “Core” self creates an internal social world to organize, contain, and express self consciously to the external world.
- ▶ That “Core” self uses a Nexus of consciousness in the process of expressing to the external world.
- ▶ That this Nexus is the place in the mind of interaction between the past and present, mind and body, and the internal and external world.
- ▶ That “Core” self has an innate dissociative ability to compartmentalize and survive overwhelming trauma.
- ▶ That the wishes, wants, needs, and desires of “Core” self drive the self-system event to seeking healing.





DiMaggio talked about the nexus which is where the past present internal external mind and body will meet. This nexus has been called several things throughout time however the phenomenology of it has remained consistent. It includes the birth, or waking of the knowing mind. The coming of the sense of self into the world of the mental. He calls this process "coming into the light".

Problems begin to arise when parts of us blend in the nexus.

Individuals who work with "ego states" and understand J. Watkins will know the nexus as the seat of consciousness.



Historical Perspective of Self and Consciousness in Psychology from 1880 to 1950

- Freud stated that unconscious mental states energize the mind.
- Janet stated that intense emotions caused memories of particular events to be disassociated from consciousness.
- Federn stated that a person's ego state is an organized system of behavior and experiences with emotions are bound together by some common principle.



Trauma context that hurt and separate core

- ▶ Normative traumas that we all go through in life: divorce, death of loved ones, leaving home, domestic violence, sexual abuse, physical abuse, emotional abuse, spiritual abuse.
 - ▶ Spiritual or religious trauma due to deviant groups within any organized religion. This falls into three separate categories. The first being revelatory religions. The second being pagan religions. The third being magik groups.
 - ▶ Medical, and scientific experimentation.
- 



<u>Pagans</u>	<u>Dualists</u> God		<u>Ceremonial Magik</u>
Influence world prior to Revelation			Masons
Mother Nature	Jesus	Devil	Shriners
Father Sun	Heaven	Earth	Kinghts of Columbs
Son/Daughters	Sacriments		Temple of Set.
Develop Favor	Mass		
Polythiestic	Love & Fruits of the Spirit	Pain & Fear	
Maternal	Grace	Works	
Customs	5 y.o. Girls Mary Satan		
Burn/Drown			

Energy is Never Lost

10	↑	↑	↑	↑	↑	↑
	↑	↑	↑	↑	↑	↑
DID	↑	↑	↑	↑	↑	↑
	↑	↑	↑	↑	↑	↑
-	↑	↑	↑	↑	↑	↑
PTSD	↑	↑	↑	↑	↑	↑
	↑	↑	↑	↑	↑	↑
5	↑	↑	↑	↑	↑	↑
	↑	↑	↑	↑	↑	↑
-	↑	↑	↑	↑	↑	↑
NORM	↑	↑	↑	↑	↑	↑
	↑	↑	↑	↑	↑	↑
	↑	↑	↑	↑	↑	↑
0	B. Baars control over self decreases as trauma increases	# of parts increase as trauma increases	Concretenes of parts increases as trauma does	Degree of Dissociation increases as trauma increases	Ridgity of system increases as trauma increases	Time to uncover and need for safety increases as trauma increases



The Role of Memory

Four Parts of Memory

- Behavior
- Affect
- Sensation
- Knowledge



Bernard Barr's – BASKV behavior, affect, sensation, knowledge, volition.

J. Watkins- When the state is invested with ego energy it becomes the “self” in the here and now. This state is executive and experiences the other states which are then invested with object energy.

B. Van der Kolk “ the body keeps score”. The overwhelming nature of a traumatic event is held by the limbic system until such time as the experience can be processed cognitively.

As a result traumatic memories are stored in a state dependent fashion. Memories remain inaccessible from prolonged periods of time. Memories are expressed as physical symptoms, behavioral reenactments, vivid sensory reliving experiences.



Parts have physical and human traits.
They become more concrete over time, severity
of trauma.

- Size
- Weight or Power given up by core – drives core away
- Roles or Responsibility
- Space Occupied mentally
- May have names or titles
- Have will/volition
- Identify
- Occupy time



Assessing Trauma Levels

You have to get to their related memories or situations.

- Bio Psycho Social History
- DES
- Become comfortable with discussing parts, ego states, different feelings.
- Assess triggers, pitfalls, situations where the individual acts “out of character”.
- Assess individuals on all spectrums from 0 to 10.



Treating trauma levels and the related memories.

There are three basic levels of trauma which require specific treatments or approaches. I most often use the first two and sometimes in my more severe cases need to use the third modality.

1. The first modality is talk therapy which can take the form of CBT, RET, Gestalt, narrative, or ego state therapy. These therapies are used to help treat normative levels of trauma which every individual on the face of the earth experiences.
2. The second modality that I use is Robert Schwartz Internal Family Systems therapy which deals with parts. This therapy assumes wounded children, firefighters, and managers. This therapy is very effective for people dealing with low to moderate PTSD.
3. The third modality that I use is called Core Integrity and was developed by Lowell Routley who works primarily with individual struggling with high levels of PTSD, and DID. People who benefit from core integrity often come from occult backgrounds and have also suffered medical abuse.

DES

Eve Bernsein Carlson, Ph.D.

Frank W. Putman, M. D.

Directions

This questionnaire consists of 28 questions about experiences that you may have in your daily life. We are interested in how often you have these experiences. It is important, however, that your answers show how often these experiences happen to you when you **are not** under the influence of alcohol and/or drugs.

To answer the questions, please determine to what degree the experience described in the question applies to you and circle the number to show what percentage of time you have the experience.

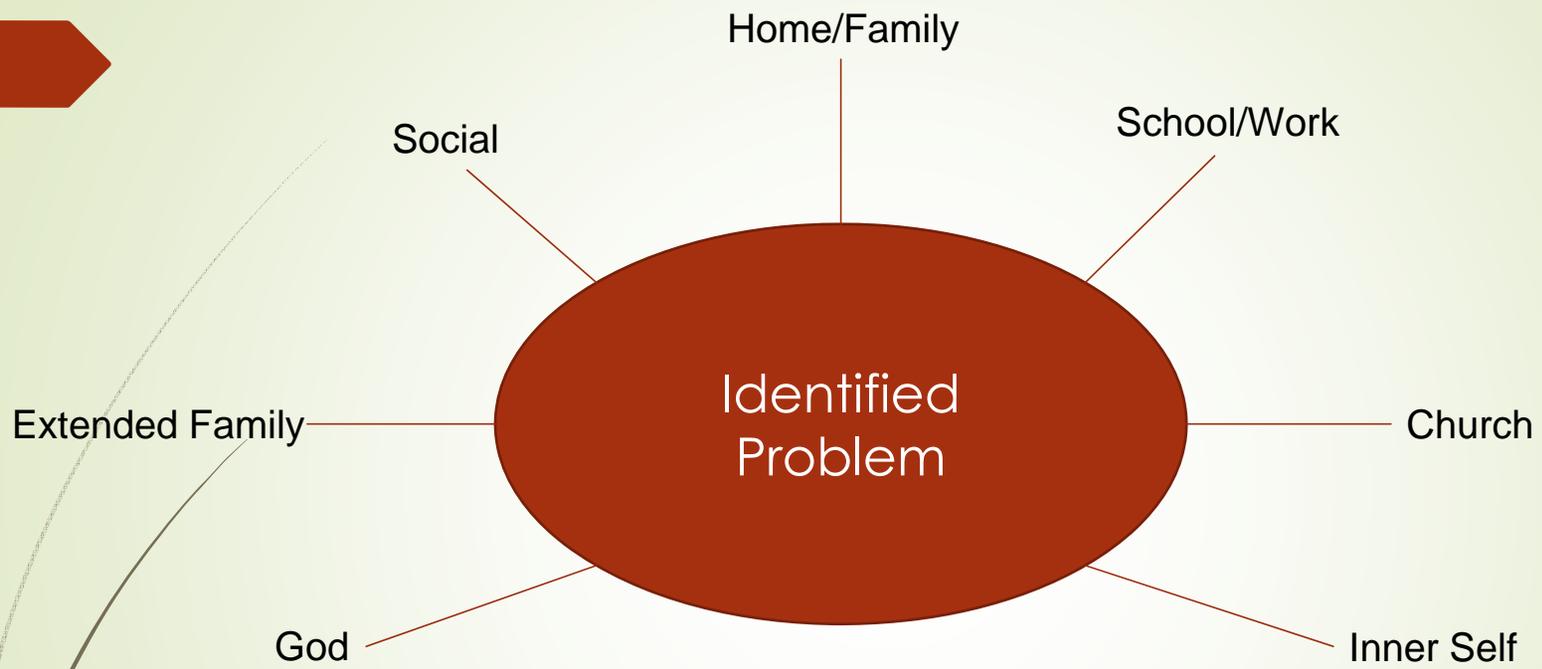
Example:

0% 10 20 30 40 50 60 70 80 90 100%
(never) (always)



Questions:

- How much ego strength?
- How much awareness of Identity?
- Health/biological factors?
- Adult child issues – Family Role
 - Family Rules about emotions & behavior
- Mood instability?
- Addictions?
- Sense of responsibility?
- Spiritual beliefs/false theology?
- Stage of change?
- Safety?





Pass out handouts for developing a safe place.

