



**40th Annual Statewide Conference on Disordered Gambling
Friday, September 23, 2022**

Presentation Descriptions

Keynote by Dr. Michelle L. Malkin

Understanding Gambling-Motivated Crime

Michelle L. Malkin, JD, PhD, explores the experiences of people who have a history of problem gambling, with a focus on those that commit gambling-motivated crimes. In her research, anonymous surveys were analyzed for types of social, economic, and legal consequences people faced due to their gambling. Findings allow for fuller understanding of the pathways compulsive gamblers have toward commission of a crime and their experiences in the criminal justice system, primarily for acquisitional crimes to support gambling and pay off gambling related debts. She also discusses the issues that problem gamblers face within courts and corrections. Additionally, Dr. Malkin shares her own story of consequences due to a history of gambling. The presentation includes suggestions for counselors and others who have clients who may have been involved in gambling-motivated crimes.

Plenary Session I by Dr. Vivien (Wen Li) Anthony and Jackie F. Stanmyre

The Nuance of Mindfulness: Gambling Treatment Implications

To be mindful indicates an awareness of your thoughts, feelings, and experiences so they may be evaluated. Generally, greater mindfulness is associated with being more adaptive and having better mental health. In addiction studies, including gambling, greater mindfulness is associated with less problem severity. With this, mindfulness-based interventions have become increasingly proven to support successful recovery. However, our recent study found that, among gamblers, there is a variety of ways in which one might be mindful, with some profiles being more adaptive (i.e., improved mental health, less problem gambling) and others being less adaptive (i.e., greater depression and anxiety, greater problem gambling). Different mindfulness profiles among gamblers could inform more targeted prevention and intervention strategies involving cultivating specific mindfulness techniques (e.g., being non-judging of inner experiences and being aware). Aligned with the theme of this year's conference, mindfulness techniques are tools of positive psychology, such that an empowered client population, through better understanding of self, can make better-informed choices regarding their gambling.

Plenary Session II by Ken Litwak

Getting to Current Thinking on Gambling and Trauma

This presentation will walk attendees through the relationship between problematic gambling and traumatic occurrences. The presenter will discuss the current research on how gambling disorder and PTSD intersect. The presenter will share information on current thinking about recovery from gambling disorder for those who struggle with co-occurring traumatic stress. The presentation will include a brief history of the concept of trauma and how it has evolved over time to the present day. The presentation will describe the evolution of problematic gambling eventually demonstrating an intersection between PTSD leading to modern research with traumatic stress.

Plenary Session III by Gloria & Steve and Sheila & Arnie

Problem Gambling: Voices of Recovery

Four panelists will discuss their experiences with problem gambling and recovery. Gloria, Steve, Sheila, and Arnie, with over 200 years of combined recovery between them, will share their insights on the challenges, the journey, and how the recovery programs continue to work for them.