**People Experiencing Gambling Harm**

**Coping Skills Training**

This training is directed to those who identify as having experienced gambling harm, are considered appropriate for participation, and wish to have further support in a group setting. This will require a formal assessment and creation of a case file at a designated service. The group process and anticipated outcomes and any additional treatment components will be discussed at assessment. This will be a ‘closed’ group and the facilitator running the groups will initiate the process by introductions, and agreeing group guidelines e.g. active participation, respect and consideration of others etc. Each week of the Coping Skills Training will have an identified theme and participants are encouraged to attend and complete all six weeks.

**Week One: Assertiveness and communication**

* Establish group norms and process
* Active listening skills
* Constructive communication and giving feedback
* Learning to say “no”
* Practice (role plays

**Week Two: CBT/Management of feelings**

* Differentiating feelings from actions/behaviour
* Difference between being assertive and aggressive
* Resolving conflict respectfully
* Reframing Practice (role plays)

**Week three: Grief and change**

* Experiencing grief
* Impacts of loss of an addiction: gambling/alcohol/drugs
* Childhood and adult trauma and addictions
* Depression and anxiety
* Motivation for change

**Week Four: Budgeting/Lifestyle/Legal**

* Budgeting as awareness and relapse prevention
* Recognising impact of addictions on others
* Relationship impacts
* Lifestyle balance and mental/physical health
* Legal issues

**Week Five: Relaxation and leisure**

* Finding viable alternatives for time
* Controlling and dealing with stress
* Breathing and relaxation techniques
* Sleep
* Resources for ongoing support

**Week Six: Relapse prevention**

* Understanding the role of ‘complementary behaviours’ e.g. gambling and alcohol etc.
* Cues, triggers and ‘early warning signs’
* Developing a personal relapse prevention plan
* Maintenance
* Further help and resources
* Where to from here?

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