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The Recovery Process: Perspectives from Parents, Spouse and Relatives

Whilst there is growing volume of international research on problem or pathological gambling within family, there is relatively little research conducted within the unique cultural context. Consequently little is known about the determinants that influence the shift from a family being badly affected by problem gambling (e.g., financially ruined, betrayal found in the family) to a healing journey where relationship is being rebuilt and family regains its strengths. This part of the workshop aims to start addressing this gap in knowledge with an emphasis on the effect of one's cultural and social background. Discerning these factors which are related to the recovery process is a prerequisite to the design of effective problem gambling interventions including prevention and harm minimisation strategies.

Problem Gambling and the Family: What Do We Know, What Should We Do?

While there have been important advancements in our understanding of the potential role of neurophysiology in the course of problem gambling, we should avoid viewing addictions in terms of an isolated individual. Problem gambling interventions should not be reduced to services which concentrate solely on treating individuals for example, their level of motivation, thinking and unresolved emotional issues. This paper aims to: 1) review the intricate interplay between family and problem gambling behaviours; 2) give an overview on emerging evidence of treatment effectiveness of family-orientated interventions particularly with regard to working with individuals and families from ethnically diverse background. It will be followed by a proposal to develop evidence-based interventions, family involvement (or relevant social process) in problem gambling services provision to those affected by gambling problems.