

Mr Charles Lee

Topic: Challenges and Techniques in Counselling Problem Gamblers

Understanding the nature, personality and characteristics of the problem gambler is the key to effectively helping them in their recovery.

Basically, it is important to know the personality that makes up the Action Gambler and the Escape Gambler. There are various diverse reasons for being in these categories and how the Counsellor approaches the delicate different personality types may determine the final outcome of the recovery process. Failure to recognize the different personality involved may jeopardize the counselling relationship and worse still, result in transference and counter-transference issues between the PG and the Counsellor.

I will discuss some of the counselling methods which have been effective in helping Problem Gamblers and present some of the findings on the gambler profile from the 3 years of problem gambling casework at TPFSC, including counselling service at NTUC Club.