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Bindningar & jäv

- Anställd Sustainable Interaction
- Arbetar med stora delar av spelbranschen
- Timanställd Folkhälsomyndigheten
- Treasurer EASG
- Förtroendevald revisor SBRF
- Doktorand SU

Vilka söker behandling?

- I huvudsak män
- +30
- Snabba spel
- Ibland problem med annat

Inledningsvis

- Spelhistoria
- Bedömning av spelproblem och andra svårigheter
- Resurser
- Involvera anhöriga
- Arbeta med motivation

Smörgåsbord (I)

- Spelandets funktion(er)
- Tankefällor
- Hantera känslor
- Ekonomi
- Återfallsprevention - risksituationer och hantera spelsug
- Exponering

Smörgåsbord (2)

- Parallella problem
- Nya aktiviteter
- Relationer & Konfliktlösning
- Grundantaganden och livsregler
- Mål & mening i livet

Check-in 6/7

And now some questions about your alcohol habits

We'd appreciate it if you answer these questions as accurately and honestly as possible by ticking the alternative that best describes you. By alcohol we mean: medium-strength beer/lager, strong beer/vodk, wine, dessert/fortified wine, spirits.



Beer, 50 cl
1-2.8 % alcohol



Beer, 33 cl
4-5% alcohol



Wine (red or white),
10-15 cl, 10-13% alcohol



Fortified wine, 5-8cl,
18-20% alcohol



Spirits, 4cl,
40% alcohol

During the past 6 months, how often have you drunk alcohol?

- Never
- Once a month or less
- 2 to 4 times a month
- 2 to 3 times a week
- 4 or more times

How many "drinks" (see example) containing alcohol do you have on a typical day when you are drinking?

- 1 or 2
- 3 or 4
- 5 or 6
- 7 or 9
- 10 or more

SCREENING

Gamblers with problems share their stories



Let's start here with some stories from people who have experienced the negative aspects of gambling.
(Note these are real stories from gamblers)

10 years

You have finally got round to it

Positive and negative things about gambling - Kim

The consequences - Jero

Positive and negative things about gambling - Kim

To be honest, I gamble because I'm chronically restless. This is a big problem, however, because I've gambled away all my dreams (travel, girlfriend, etc) and now my financial situation is a disaster. I don't like to talk positively about gambling, but it does offer a sense of rest and relaxation, and a crazy kick (when gambling for large amounts of money). But the negative consequences are devastating by comparison. Those are terrible. You feel like a mythomaniac and a loser. You have zero energy to dedicate to anything else, other than your destructive ways. The worst thing about it is that you can sit and talk about the negative aspect all day, but it's so difficult to act, I've tried so many times... You just have to accept that it's impossible to stop abruptly. You have to go through a process that becomes a burden.

Previous

A new start!

Next

UPPGIFTER



CHAPTER & PROGRESS

About gambling problems and over consumption

- Welcome!
- A new start!
- Problem gambling - keywords
- It can happen to anyone
- Problem gambling
- A theory about subgroups among gamblers
- Summary and assignment
- Check-up

8 Welcome!



Hi there, and welcome to the programme!

My name is Sigrid and I'll be your guide as you work on this self-help programme. I'll be here to give you support and advice, and also to encourage and help you through the programme. I'll also introduce you to each chapter and remind you what we worked with in the previous chapter. Each chapter will end with a summary, an assignment to work on over the next few days. And I'll ask a few follow-up questions to really make sure that we're working towards your goals.

And I almost forgot, I'll remind you to schedule your next session. It sounds like a lot, and it is, but it isn't that complicated, just follow me!

Congratulations!

You have just made a very important decision and decided to participate in this programme. You have already started to work by filling out a number of forms in which you answered some very personal questions. We know that that can be

ÅTERKOPPLING

Live/internet/telefon

- Tillgänglighet
- Poäng att ha träffats live
- Man vänjer sig som behandlare
- Svårare med anhöriga
- Komplement