

# Building of self-efficacy in working with poker players

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# Poker players

- Men aged 18-30 years with
- large debt (up til 450.000 n kr- 36000 euro)
- family conflicts
- relational problems, eg problems with being in relationship over time, the problem with intimacy,
- problems with living with a usual salary
- poor awareness of their own needs, strong id function. low personality and ego function = low impulse control
- low motiasjon to change behavior-meansng that parents, wife, sibling contacts for help
- former drop-out from treatment

# self-efficacy

the belief in one`s capabilities to organize and execute the courses of action required to manage prospective situations.

# Self efficacy also include awareness

about the present

of the feelings and emotions associated  
with the moment

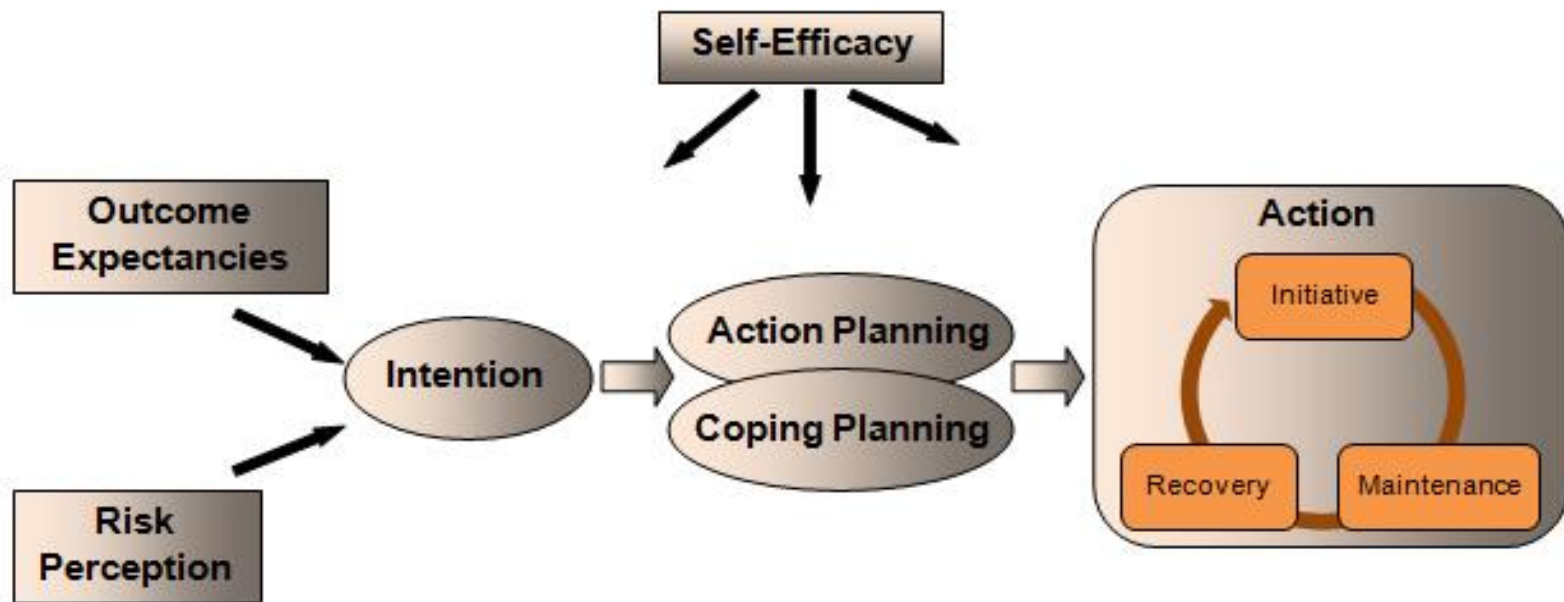
of what is truly being experienced  
versus what is merely an interpretation  
of the events and of this difference

# Building of self-efficacy?

an individual's self-efficacy plays a major role in how goals, tasks, and challenges are approached

# HAPA

The Health Action Process Approach *(by Ralph Schwarzer)*



meet the person in a way that  
makes him/her see

- gambling episodes as a part of his/hers learning history,
- that the habit of gambling is something that the body has adapted
- master experience is the most effective way of developing a strong sense of self-efficacy
- new experience is something that the body needs to perceive and interpret

# attitudes

- descriptive/phenomenological
- being in the aftermath of the situation



# attitudes

I do believe in everything you say about situations you have been in.

Why would I not?

You are the only one who has been in them.

# attitudes

- I do not know
- I want to learn
- I believe in your presentation
- I think you know because you're the only one who has experienced the situations
- I will not contradict you on experienced contexts
- I seek simple contexts
- I think that you know these contexts
- I think you can describe them
- I can present them
- I want to hear details of the events
- I will divide the events, so that we see the connections between the situation before ..... and the situation afterwards
- I think you've handled this, once or maybe more
- In other words: An event, a specific time, a moment, a choice moment

# Three words of importance

~ Habbit

~ Will

~ Choice

# habbit

a recurrent pattern of behavior that has  
been embodied

# will

a property of the mind, and an  
attribute of acts intentionally  
performed

# choice

the act of choosing; selection

the power, right, or liberty to choose

# the present moment

"Subjectively, they are what we experience as an uninterrupted *now*."

Daniel Stern

The way to the present  
moment-(and to self efficacy)

Moments of habits/Gambling moments

Strong Moments /Moments of choice



# Moments of habits/Gambling moments

Analyzing the gambling moments shows us that the situation is stronger than the individual. In other words, the person is wholly or partly controlled by the forces in the situation. The purpose of the analysis of habit moment is to increase awareness of forces in the situation and give attention to the short term consequences

only what is accepted can be  
changed

to give the habit a meaning gives us  
the opportunity to accept it together

# Strong Moments /Moments of choise

Analysing situations where the person could gamble but prevents it, shows us masterexperience, in both coping strategies and emotional consequences.

The person is stronger than the situation.

The situation is suitable for gambling, but the person is aware and able to prevent it.

The person makes a choise.

# The present moment

"The present moment does not whiz by and become observable only after it is gone. Rather, it crosses the mental stage more slowly, taking several seconds to unfold. And during this crossing, the present moment plays out a lived emotional drama."

Daniel Stern

# The moment of truth

In analysing the moment of choice- the person unfolds the present moment- in what we call the moment of truth

# The analysis

The six columns of the form

# the field of force-

- When?
- Where?
- Together with whom?
- What did you think?
- What did you feel?
- What happend?

# habbit

- What would you usually do?



# consequence

- What did it make you feel immediate-short time consequence which keeping the habit alive, making possible not be thrown out of the body- a bodily experience

# action

- What did you do that was inconvincible to what you usually do?

# consequence

- How did that make you feel- imidiatly?
- How did your body respond to this?
- Who are you when feeling this way?
- Foretrukken identitet

# The moment of truth the moment of choice

- What did you say to yourself in this moment- when moving from here to here?
- How did you see that moment- experience that moment?

analysing a moment of habbit

we use the first three columns