

# Addressing Stigma with Gambling Disorder

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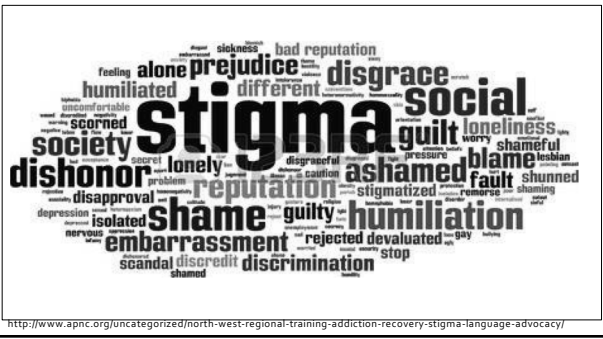
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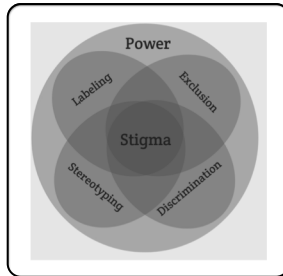
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## What is Stigma?

- an attribute, behavior, or reputation which is socially discrediting in a particular way: it causes an individual to be mentally classified by others in an undesirable, rejected stereotype rather than in an accepted, normal one.

[https://en.m.wikipedia.org/wiki/Social\\_stigma](https://en.m.wikipedia.org/wiki/Social_stigma)



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### Definition(s)

- Stigma is a perceived negative attribute that causes someone to devalue or think less of the whole person.

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### Social/Public Stigma

Social stigma is severe social disapproval of personal characteristics or beliefs that are against cultural norms.

<https://www.mentalhealth.org.nz/assets/ResourceFinder/individual-self-stigma-resource-card-4.pdf>

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### Self Stigma

- Self-stigma is the biased, negative judgment that we impose on ourselves.
- Self stigma is an internalised stigma that eats away at our self esteem and self efficacy.
- The why bother? effect

<https://www.healthplace.com/other-info/mental-health-newsletter/signs-of-self-stigma-do-you-stigmatize-yourself>  
<https://www.mentalhealth.org.nz/assets/ResourceFinder/individual-self-stigma-resource-card-4.pdf>

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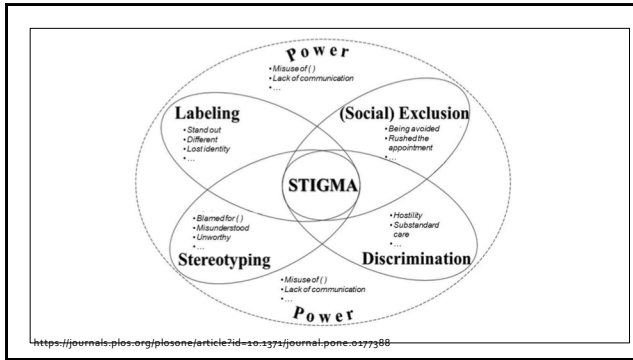
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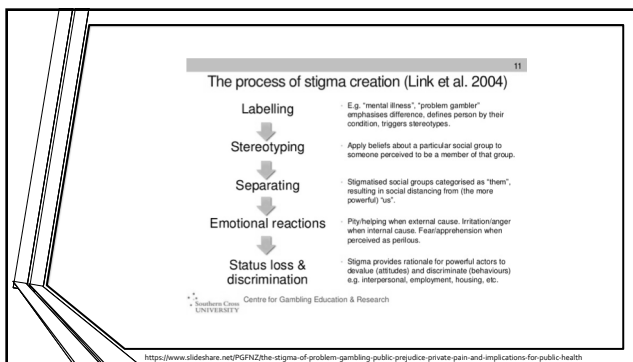
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### Gambling Stigma

- "Our research found that people with gambling problems feel ashamed and feel stupid, and that other people perceive them as being stupid, selfish people who hurt their families, Under these circumstances, people experiencing problems with their gambling don't want to seek help because they don't want to be labeled a problem gambler."
- Dr Annie Carroll, ANU Centre for Gambling Research.

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### Gambling and Stigma

- "While people with alcohol and other drug problems who seek treatment elicit some public sympathy because they are understood to have an addiction, people with gambling problems tend to be blamed for their lack of control and are more likely to be viewed as being desperate if they seek help"

Dr Annie Carroll, ANU Centre for Gambling Research.

<https://medicalxpress.com/news/2013-11-stigma-people-problem-gambling.html>

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### Gamblers Self-Stigma

- "Most people with gambling problems feel that others see their condition as their own fault due to failures of character such as lack of self-control and dishonesty."

<https://www.insidegambling.com.au/edition2/article/the-stigma-of-problem-gambling-causes-characteristics-and-consequences>

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### Language

"There exists, for everyone, a sentence - a series of words - that has the power to destroy you. Another sentence exists, another series of words, that could heal you. If you're lucky you will get the second, but you can be certain of getting the first."

— Philip K. Dick, VALIS

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### Gambling and Language

- What do you picture when you hear responsible gambling (gaming)?
- What is the picture of the opposite of responsible gambling?
- Does the term responsible gambling impact stigma?

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### Recovery Language Discussion

- What is your definition of recovery?
- What are the signs and symptoms of recovery?
- What words in your mind are supportive of recovery?

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### Recovery

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

[https://www.naadac.org/assets/2416/samhsa\\_working-definition\\_of\\_recovery.pdf](https://www.naadac.org/assets/2416/samhsa_working-definition_of_recovery.pdf)

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**10 Guiding Principles of Recovery**

- Hope
- Person-Driven
- Many Pathways
- Holistic
- Peer Support
- Relational
- Culture
- Addresses Trauma
- Strengths/Responsibility
- Respect

<https://store.samhsa.gov/system/files/pep12-recdef.pdf>

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**Addressing Stigma**

- Talk Openly about Mental Health (Gambling)
- Educate Yourself and Others
- Be conscious of language

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**Addressing Stigma**

- Encourage equality between physical and mental illness (gambling)
- Show Compassion for those with mental illness (gambling)
- Choose empowerment over shame

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### Addressing Stigma

- Be honest about treatment
- Let the media know when they are being stigmatizing
- Don't foster self stigma

<https://www.nami.org/blogs/nami-blog/october-2017/9-ways-to-fight-mental-health-stigma>

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### Challenging Self Stigma

- Identify people who are positive and supportive in your life and spend more time with them.
- Take less notice of those who run you down.
- Make an effort to notice and value your strengths.
- Do things that help you feel good about yourself.

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### Challenging Self Stigma

- Notice your negative internal voice or feelings and challenge them with positive ones.
- Voice your positive feelings. E.g. "I am a worthwhile person!"
- Further educate yourself about self stigma.
- Education is argued to be helpful in reducing as well as preventing, self stigma" (Watson and Corrigan 2001).

<https://www.mentalhealth.org.nz/assets/ResourceFinder/individual-self-stigma-resource-card-4.pdf>

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## Reducing Stigma

- Increasing self-esteem and self-efficacy; and stimulating positive identities
- Improving social inclusion and social participation

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## Reducing Stigma

- Encouraging self-confidence and a sense of personal value

[https://www.mhinnovation.net/sites/default/files/downloads/resource/LEP\\_stigma\\_guidelines\\_-\\_3\\_web.pdf](https://www.mhinnovation.net/sites/default/files/downloads/resource/LEP_stigma_guidelines_-_3_web.pdf)

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"You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of the battle."  
JULIAN SEIFTER  
HUTCHPOST HEALTHY LIVING

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**Resources**

Council on Compulsive Gambling of Pennsylvania, Inc.  
 PO Box 444  
 Spring House, PA 19477-0444  
 Office Phone: 215-643-4542

- Josh Ercole, Executive Director
- Cell: 267-968-5053
- Email: [josh@ncouncil.com](mailto:josh@ncouncil.com)
- [www.ncouncil.com](http://www.ncouncil.com)

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**Resources**

The stigma of problem gambling: Causes, characteristics and consequences  
 Nerilee Hing, Alex Russell, Elaine Nuske, and Sally Gainsbury (September 2015)  
 Available as a PDF

Unpacking the public stigma of problem gambling: The process of stigma creation and predictors of social distancing  
 Hing, Russell, Gainsbury  
 J Behav Addict. 2016 Sep; 5(3): 448–456.  
 Published online 2016 Aug 11. doi: 10.1556/2008.5.2016.057

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**Resources**

<http://www.williamwhitepapers.com/pr/Recovery%20Capital%20Scale.pdf>  
<http://www.williamwhitepapers.com/pr/2008RecoveryCapitalPrimer.pdf>  
<https://socialwork.du.edu/news/reflecting-recovery-capital>  
<https://store.samhsa.gov/system/files/pep12-recdef.pdf>

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