

The Problem Gambling Research and Treatment Centre

A joint initiative of the Victorian Government, the University of Melbourne and Monash University

PROFESSIONAL DEVELOPMENT SEMINAR SERIES



Session details: Congruence Couple Therapy for problem gambling

Workshop Presenter: Associate Professor Bonnie Lee, Lethbridge University, Alberta, Canada

Dates:

Wednesday 16th May 2012 10.00am – 4.00pm

Thursday 17th May 2012 10.00am - 4.00pm

Friday 18th May 2012 10.00am – 4.00pm

Venue:

Venue: Rydges on Swanston (Bouverie Room, 4th Floor), 701 Swanston Street, Carlton (public parking available at the University car park, entrance in Bouverie Street, Carlton)

Abstract:

Treatment in problem gambling has commonly focused on the individual. A growing body of empirical evidence indicates that relational processes play a critical role not only in the etiology, but also in the maintenance and relapse of problem gambling, substance abuse and a range of psychiatric disorders. This workshop will provide counsellors with knowledge and skills of Congruence Couple Therapy (CCT) to assess and intervene in couple/family relational problems and to holistically facilitate clients' healing experiential processes with intra-psychic, intergenerational and universal-spiritual awareness. An empirical base supports this relational, systemic treatment model for problem gambling. Participants will be invited to discuss the merits and limitations of this innovative model for other forms of mental health and addiction issues. Counsellors working with disorders other than problem gambling are welcome to participate.

Format: Short lectures, case examples, role-plays, video-clips, and live demonstrations (if available).

Objectives:

Participants will learn to:

- (1) Use a conceptual framework to identify goals and priority of interventions
- (2) Recruit, engage, and retain a couple or other relationship pairs in treatment
- (3) Identify and practise relational interventions in concert with intra-psychic, intergenerational and spiritual components
- (4) Discuss empirical support for a conceptual framework and effectiveness in a the CCT relational model.

Fee:

Fully subsidised places for Gamblers Help staff and Victorian Office of Gaming and Racing staff are available; \$425 otherwise (includes morning and afternoon refreshment and lunch each day)

Registration:

The contact for registration is Chelsea Harris, the Problem Gambling Research and Treatment Centre Administrator at the University of Melbourne. RSVP's can be sent to Chelsea by email at chelseah@unimelb.edu.au or by phone on 8344 8220, up to 30th April.

Workshop Presenter:

Bonnie Lee, Ph.D., is an Associate Professor in the Faculty of Health Sciences (Addictions Counselling), Lethbridge University, Alberta, Canada. She obtained her doctoral degree from the University of Ottawa. She is a Registered Marriage and Family Therapist and a Clinical Member and Approved Supervisor with the American Association for Marriage and Family Therapy. Dr Lee has pursued a progressive series of studies on "Congruence Couple Therapy" (CCT), a 12-session model, which has shown not only positive outcomes in reducing gambling behaviours and urges, but also improvements in couple relationship and communication, healing from childhood trauma and reclaiming of one's universal-spiritual resources. CCT is an integrative, humanistic, systems model that addresses intra-psychic, interpersonal, intergenerational, and universal-spiritual disconnections of pathological gamblers and their spouses to shift towards congruence. Specifically, CCT's theoretical foundations, main constructs, and treatment interventions are illustrated in a progression of six clinical phases: (1) Engaging the presenting client; (2) Aligning with the couple and assessing the couple communication and gambling; (3) Facilitating congruence; (4) Deepening experiencing; (5) Linking the past to the present; (6) Consolidating changes.

References

Lee, B. K., Rovers, M., & MacLean, L. (2008). Training problem gambling counsellors in Congruence Couple Therapy: Evaluation of training outcomes. *International Gambling Studies*, 8(1), 95-111.

Lee, B. K., & Rovers, M. (2008). 'Bringing torn lives together again': Effects of the first Congruence Couple Therapy training application to clients in pathological gambling. *International Gambling Studies*, 8(1), 113-129.

McComb, J. L., Lee, B. K., & Sprenkle, D. H. (2009). Conceptualizing and treating problem gambling as a family issue. *Journal of Marital and Family Therapy*, 35(4), 415-431. doi: 10.1111/j.1752-0606.2009.00146.x

Lee, B. K. (2009). Congruence Couple Therapy for pathological gambling. *International Journal of Mental Health and Addiction*, 7(1), 45-67.