



The Gambling Addiction Client Workbook

By Robert R. Perkinson

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The Gambling Addiction Patient Workbook is a patient workbook intended to walk the client through the recovery process of gambling addiction. It is an evidence-based program using treatments including motivational enhancement, cognitive-behavioral therapy, skills training, medication and 12-step facilitation and walks clients through self-reflective activities and exercises meant to help them reflect upon the underlying causes and motivations causing their gambling addiction. The workbook also contains specific chapters focused on honesty and relapse prevention and contains a personal recovery plan.

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The Gambling Addiction Client Workbook By Robert R. Perkinson Bibliography

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Editorial Review

Review

"The addiction field has long needed a comprehensive set of exercises counselors could use to guide patients through good treatment. The workbooks developed by Dr. Perkinson take the patient from the beginning of treatment to the end. They are written in such a manner that Dr. Perkinson is your mentor and is conversing with you, sharing with you his vast area of expertise and knowledge about recovery. These patient exercises meet the highest standards demanded by accrediting bodies."

(Dr. Bob Carr, Director)

"I have been working with compulsive gamblers and their family members for 12 years and find this work extremely rewarding and challenging. I have been utilizing Dr. Perkinson's workbooks for 10 years and have found them to be some of the most useful tools in helping addicts and gamblers identify the many ways that addiction has impacted their lives. Our clients benefit from the straightforward approach of the workbooks and the clear instructions of how to begin incorporating a 12-step recovery program into their lives. I highly recommend Dr Perkinson's workbooks."

(Lisa Vig, Licensed Addiction Counselor and Nationally Certified Gambling Counselor)

"I have been in the chemical dependency field for over 28 years. I have worked as a counselor, clinical supervisor and executive director in a number of treatment centers. These are the best exercises for alcoholics, drug addicts and problem gamblers that I have ever seen. I have used them for years and patients find them easy to understand. The material covers everything an addict needs to know to enter a stable recovery. I highly recommend these patient handbooks. Patients love them and they make the counselor's job easy. The book makes the job easy as all you will need to help your patient is in one place."

(Bob Bogue, CCSII, CCDC III, Clinical Supervisor)

"Dr. Perkinson does an excellent job of bringing together and individualizing 12 step treatment for addicts and gamblers including identifying character defects and relapse prevention. Comments from patients include, 'it has opened my eyes to my gambling and behaviors associated with it' and 'I feel it is easy to work and very self explanatory.'"

(Ron Scherr, CCDC II, Certified Chemical Dependency Counselor)

From the Inside Flap

"The addiction field has long needed a comprehensive set of exercises counselors could use to guide patients through good treatment. The workbooks developed by Dr. Perkinson take the patient from the beginning of treatment to the end. They are written in such a manner that Dr. Perkinson is your mentor and is conversing with you, sharing with you his vast area of expertise and knowledge about recovery. These patient exercises meet the highest standards demanded by accrediting bodies."

--Dr. Bob Carr, Director, Substance Abuse Program and Mental Health Services, Sioux Falls V.A. Regional

Medical Center, South Dakota

"I have used the exercises in The Gambling Addiction Patient Workbook for years. Patients have reported reduced levels of stress from assignments organized in this format. It is a challenge for the pathological gambler to slow down and learn in early recovery."

--Sue Van Doren, Nationally Certified Gambling Counselor

"I have been working with compulsive gamblers and their family members for 12 years and find this work extremely rewarding and challenging. I have been utilizing Dr. Perkinson's workbooks for 10 years and have found them to be some of the most useful tools in helping addicts and gamblers identify the many ways that addiction has impacted their lives. Our clients benefit from the straightforward approach of the workbooks and the clear instructions of how to begin incorporating a 12-step recovery program into their lives. I highly recommend Dr. Perkinson's workbooks."

--Lisa Vig, Licensed Addiction Counselor and Nationally Certified Gambling Counselor, Gamblers Choice, Fargo, North Dakota

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--Ron Scherr, CCDC II, Certified Chemical Dependency Counselor, Avera St. Lukes, Worthmore Treatment Center

About the Author

Robert R. Perkinson is the clinical director of Keystone Treatment Center in Canton, South Dakota. He is a licensed psychologist; licensed marriage & family therapist; internationally certified alcohol and drug counselor; South Dakota certified chemical dependency counselor, Level III; and a nationally certified gambling counselor and supervisor. His specialty areas focus on treating alcoholics, addicts, and pathological gamblers. He is the author of *Chemical Dependency Counseling: A Practical Guide* (2nd ed.) (2003a), which is the leading treatment manual in the world for chemical dependency counselors. With Dr. Arthur E. Jongsma Jr. (2001) he is the coauthor of *The Addiction Treatment Planner*, which is the best-selling treatment planner and computer software program for mental health and addiction professionals. He has also written *The Alcoholism and Drug Abuse Patient Workbook* (2003c) and the *Gambling Addiction Patient Workbook* (2003b). These workbooks have all of the exercises patients need to enter a stable recovery. His book entitled *Treating Alcoholism: How to Help Your Clients Enter Recovery* (2004) trains professionals how to treat patients with alcohol problems. He is the author of the book *God Talks to You* (2000) and the meditation tape *A Communication from God* (2008) by cdbaby, which help addicts make their first conscious contact with a Higher Power of their own understanding. He is a composer and has completed his second

CD, *Peace Will Come*, music that helps addicts learn the essentials of a spiritual journey. With Dr. Jean LaCour (2004), he wrote the *Faith-Based Addiction Curriculum* to teach professionals of faith how to treat addiction. Dr. Perkinson is an international motivational speaker and regular contributor to numerous professional journals. He is the webmaster of several web pages, including www.robertperkinson.com, www.alcoholismtreatment.org, and www.godtalkstoyou.com, where he gets over 2.6 million hits a year and answers questions on addiction for free. His biographies can be found in *Who's Who in America*, *Who's Who in Medicine and Healthcare*, *Who's Who in Science and Engineering*, and *Who's Who in the World*.

Users Review

From reader reviews:

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Moses Bean:

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Joel Newsom:

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