

# When the chips fall... and Gambling Becomes Problematic

The Whitehaven Clinic

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Founder & Program Director

# Who Is The Whitehaven Clinic?

- Private Day Rehab Clinic based in Burswood
- Created Addiction Recovery Process (ARP) Program
  - Contains words best practise in addiction recovery
  - Addresses the underlying root cause of problematic and addictive behaviours
  - Structured program
  - Individually tailored treatment plans specific to clients treatment needs
- We use personality profiling for the basis of our programs
  - Identifies underlying root cause of issues and identifies red flags
  - Cuts through the 'crap' and identifies specific strategies for clients

# Why we Exist

Online gambling in Australia has 'exponentially increased', new report warns



Australians are continuing to gamble at a 'new normal' of elevated post-pandemic levels, researchers say



## Australians are the world's biggest gamblers - could banning ads help?

26 August 2024

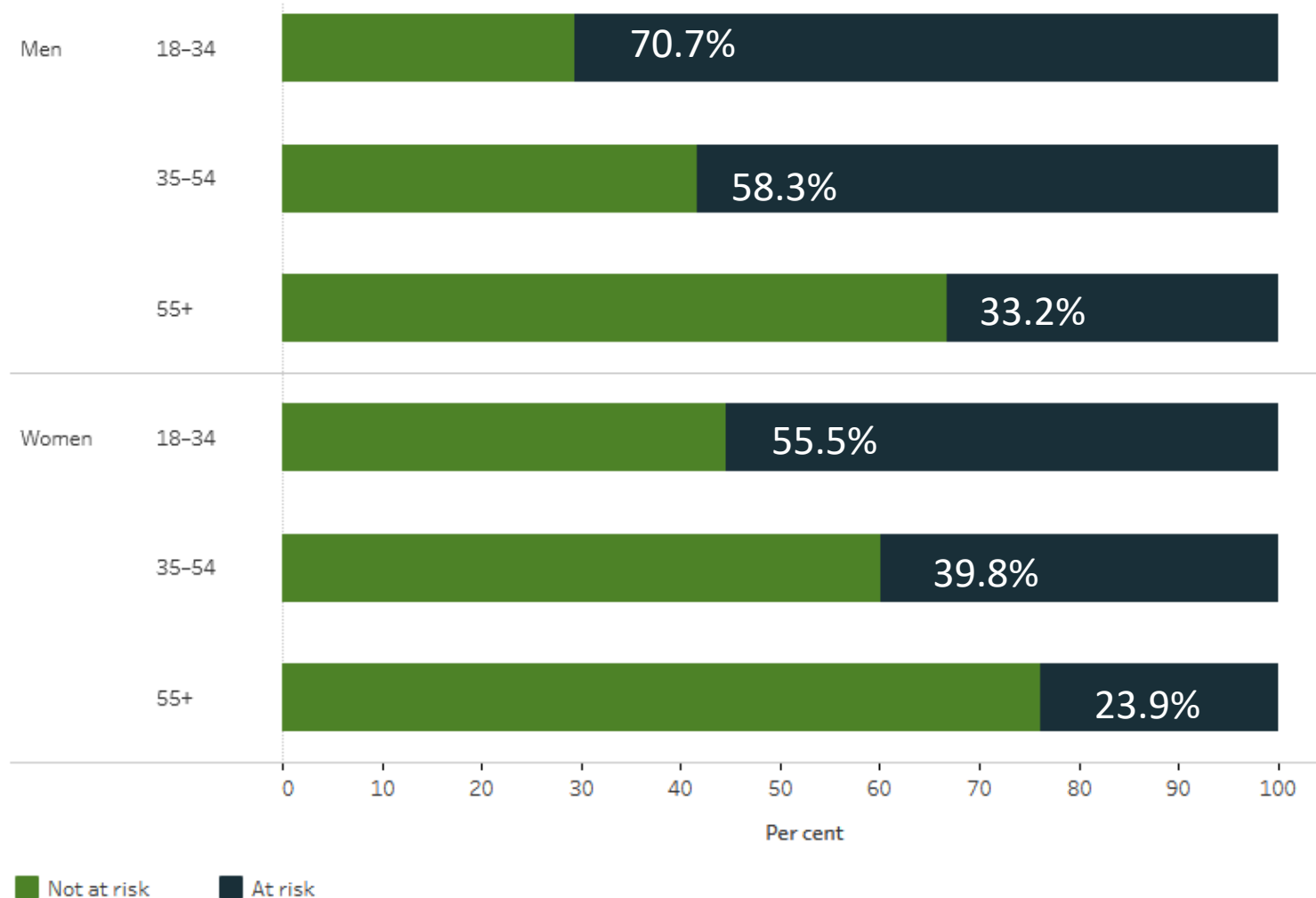
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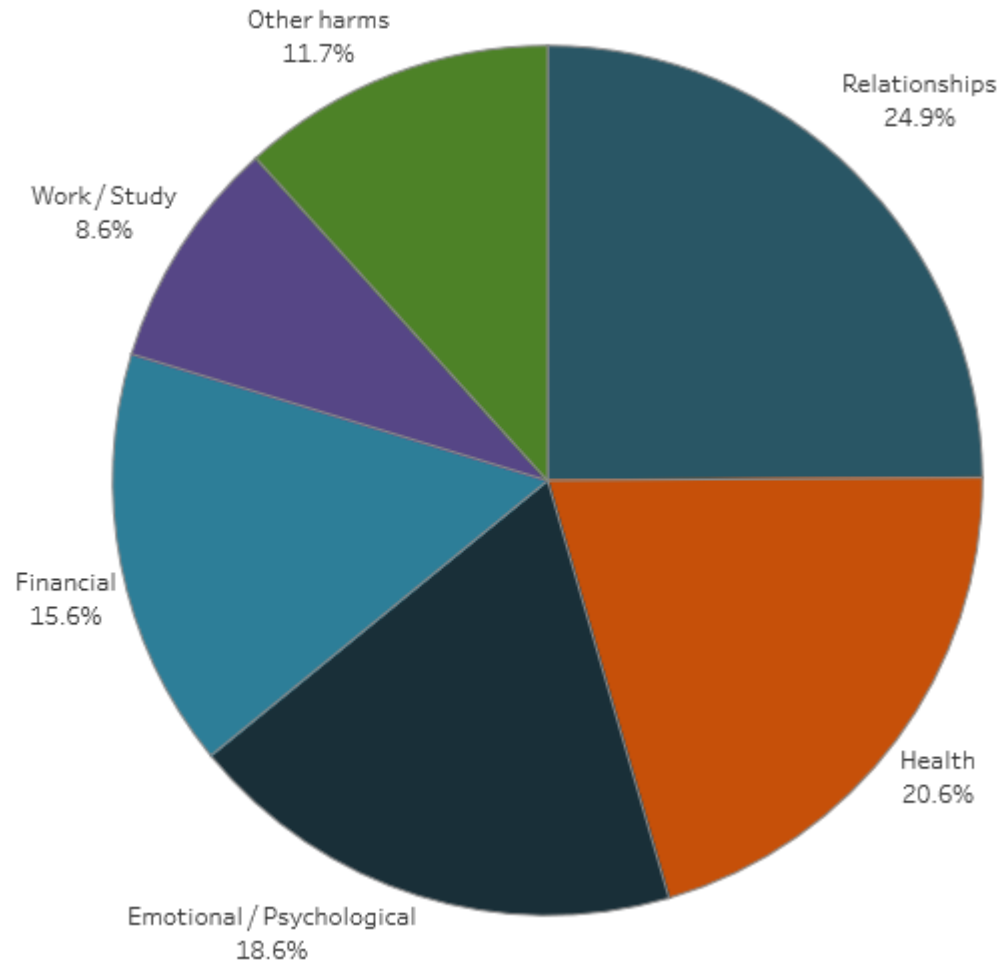
Call for action to address gambling harm as report finds Australians lose average of \$1,600 a year

Grattan Institute says losses in Australia are double those in the US, and poker machines are more common in Australian suburbs than ATMs

# Levels of At-Risk Gambling Amongst Australian Adults



# Gambling-Related Harms

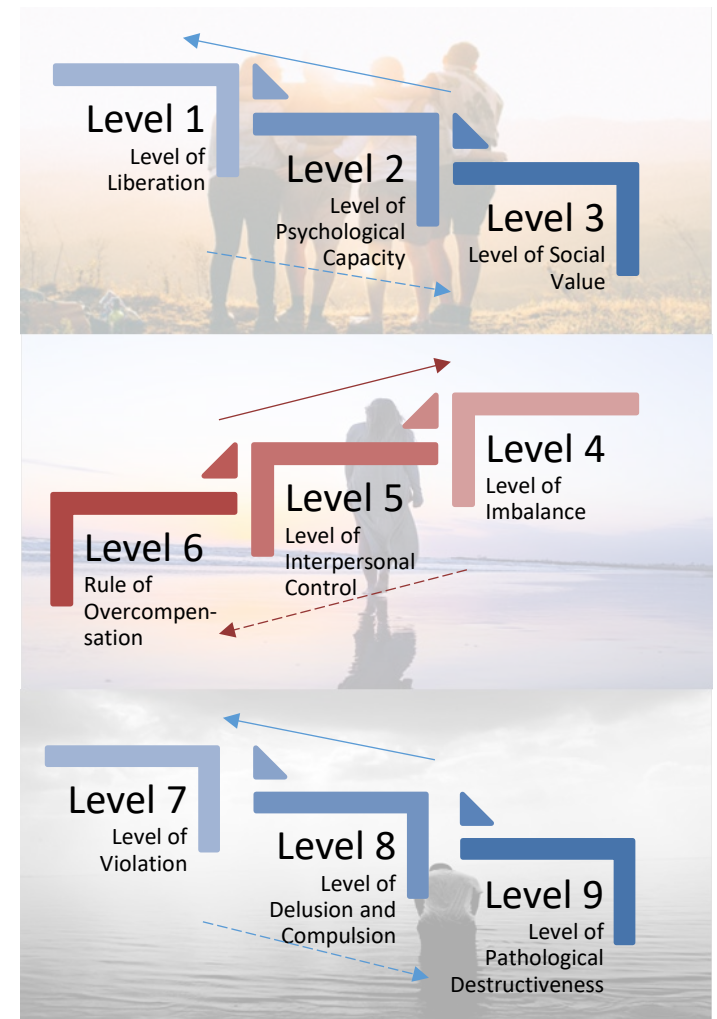


# Our Program Ethos

***I don't have a gambling  
problem, I have a  
'my life's not working'  
problem***

# Levels of Healthiness Framework Overview

- The Healthy Levels
  - Level of Liberation
  - Level of Psychological Capacity
  - Level of Social Value
- The Average Levels
  - Level of Imbalance
  - Level of Interpersonal Control
  - Rule of Overcompensation
- The Unhealthy Levels
  - Level of Violation
  - Level of Delusion and Compulsion
  - Level of Pathological Destructiveness





# Addiction Recovery Process (ARP)

## Gambling Treatment Program

- A structured one-on-one treatment program to meet your specific treatment needs.
- Addresses the underlying root cause of your addictive behaviours.
- 12 core modules that will provide the tools to regain control and create the life you want.
- Gain immediate insight into your behavioural patterns, thinking style and belief systems.
- Develop strategies to ensure long-term change.



# Addiction Recovery Process (ARP) Treatment Program

## Gambling Treatment Program

“ I went to Whitehaven after my wife discovered I'd gambled away money we had saved for a deposit on our house. She threatened to leave me if I didn't do something about my gambling addiction. Whitehaven helped me to see that my gambling was the result of other issues in my life. Once I addressed those, the gambling was easier to work through. I'm now so much less stressed. I can't thank the Whitehaven team enough. ”

# Thank you!

- Any Questions!?
- My contact details
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  - [info@whitehavenclinic.com.au](mailto:info@whitehavenclinic.com.au)
  - Burswood Clinic: (08) 6454 2510
- I love talking and advocating for change!
  - Welcome opportunities to present and brainstorm solutions.