

HEALTHY PLAY



ALL THE WAY.

THE SHIFTING LANDSCAPE

CLINICAL TRAINING ON GAMBLING, GAMING AND EMERGING TRENDS

CLINICIAN FOCUSED EDUCATION IN TREATING ISLANDERS
FACING GAMBLING/GAMING HARMS AND ADDICTION.

Health & Wellness Gambling Support Unit





Health & Wellness Gambling Support Unit

THE SHIFTING LANDSCAPE: CLINICAL TRAINING ON GAMBLING, GAMING AND EMERGING TRENDS

CLINICIAN FOCUSED EDUCATION IN TREATING ISLANDERS FACING GAMBLING/GAMING HARMS AND ADDICTION.

With Guest Training Facilitators:

Dr. Youssef Allami



Dr. Youssef Allami is a Clinical Psychologist and Assistant Professor at the School of Psychology, Université Laval. His research focuses on psychological factors influencing the severity of harm related to various addictive behaviours. He explores care access pathways and the psychological mechanisms underlying addictions, including the interaction between addictive behaviours and other mental health problems.

Serge Bourque



Serge Bourque is the Senior Health Consultant with the Government of New Brunswick's Department of Health, Addiction and Mental Health Services Division. With over 20 years of experience as a clinical social worker, he has worked in diverse settings including withdrawal management, youth treatment, adult mental health services, and as Clinical Coordinator for group services in Moncton.

Dr. Andrew Hyoun Soo Kim



Dr. Andrew Hyoun Soo Kim is a Clinical Psychologist and Assistant Professor in the Department of Psychology at Toronto Metropolitan University. His clinical interests are in providing evidence-based care for people with co-occurring addictions and mental health difficulties. Relatedly, his research interest lies in developing an integrated treatment for substance and behavioural addictions and their mental health comorbidities.

DATE:

MONDAY OCTOBER 20TH 2025

TIME:

**REGISTRATION 8-8:30AM
TRAINING 8:30AM-3:30PM**

LOCATION:

**RODD CHARLOTTETOWN HOTEL - 75 KENT ST.
2ND FLOOR - VICTORIAN ROOM**

**MORNING COFFEE / NUTRITION BREAKS
AND LUNCH PROVIDED**

Topic: Fostering Self-Awareness

Visual Tool: “The Square”

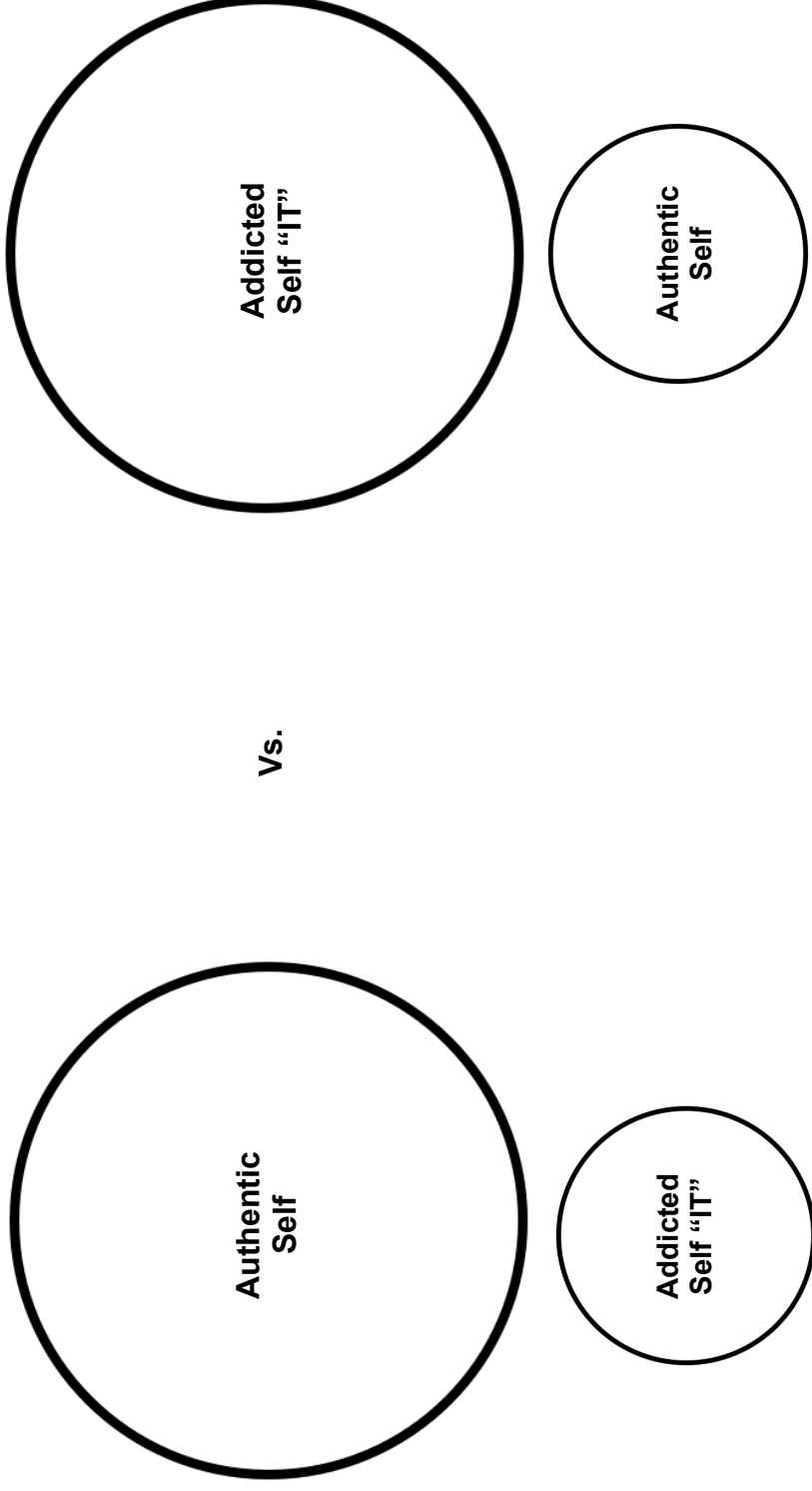
LONELINESS/DEPRESSION	STRESS/ANXIETY
BOREDOM/ISOLATION	LOSS OR VOID

Which category or categories fit in as the main reason that led you to substance use or to gamble and explain briefly?

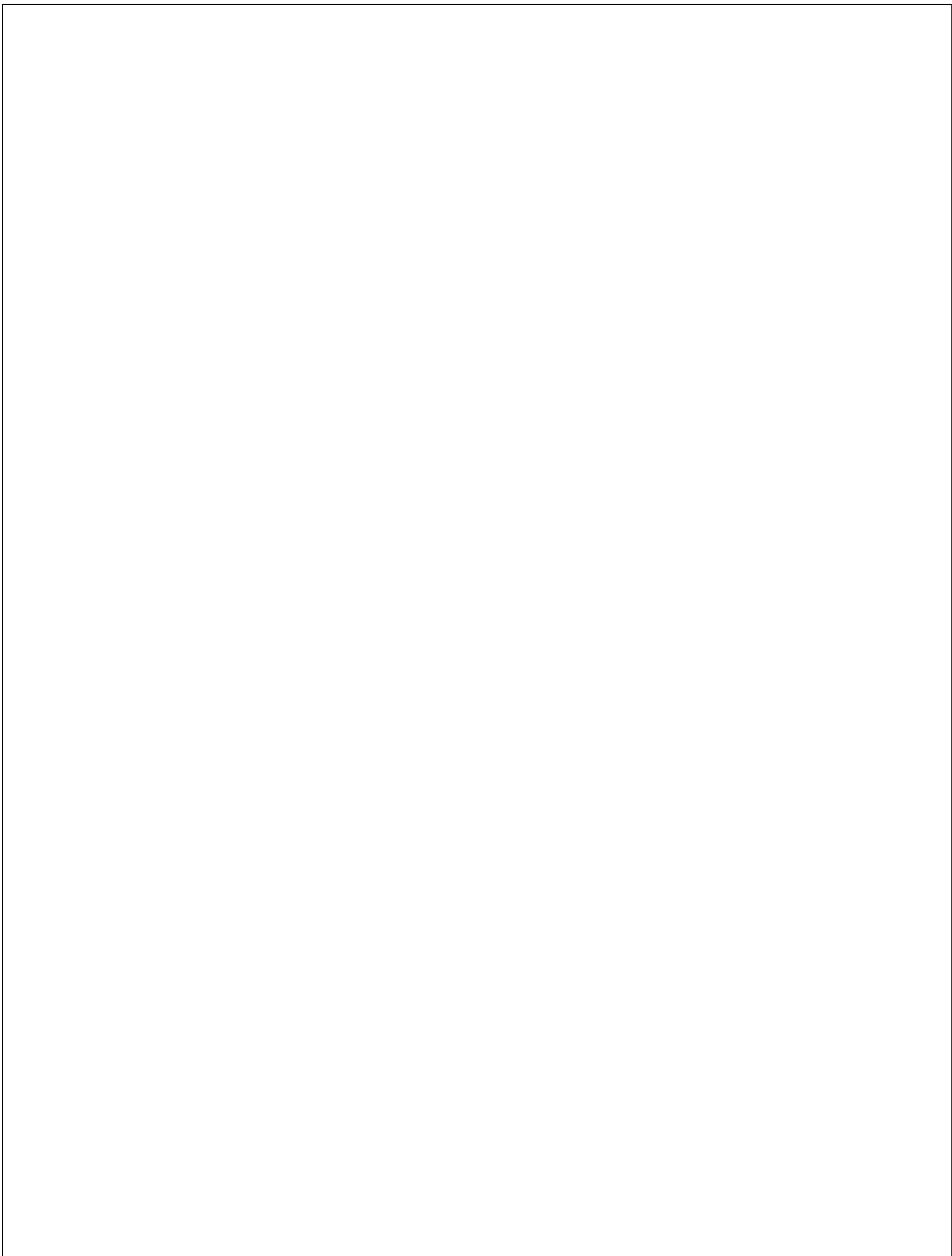
Which strategies could be put in practice for each:

Source: Horizon Health Network. (2022). The “A New Chapter... Group Program”, Addiction and Mental Health Services, Moncton, NB

The “Authentic Self” vs “Addictive Self” Model



Adapted from: Nicolaus, M. (2009). *Empowering your sober self: The LifeRing approach to addiction recovery*. Jossey-Bass/Wiley



Topic: Motivation and Change

Topic: Motivation and Change



*“Things do not change: We change.”
-Henry David Thoreau*

Aligning the approach with what motivates the individual

«Anyone could have easily decided not to attend the session with a clinician or group that day. But you got up and came to your session.
What motivated you to come here? What’s important in your life? »

Write down the key factors (your « Why’s ») that motivate your change:

**** Reflection point: Is having only 1 or 2 motivators enough to sustain change? Or should it be a combination of factors? ****

Exercise: Decisional Balance

Adapted from: Horizon Health Network. (2022). *The "A New Chapter.... Group Program"*, Addiction and Mental Health Services, Moncton, NB



Changing the current drinking, drug use or gambling behaviours

What's good about it?
(Authentic Self – aligns with your values)

What's not so good about it?
(Addicted Self)

Continuing the current drinking, drug use or gambling behaviours

What's good about it?
(The experience we are seeking from the behaviour)

What's not so good about it?
(Motivators - Harmful consequences that matter to you aligns with your values)

Topic: Meeting clients where they are by matching the approach to their goals

Goal Setting

« *What seems important to you, may not be important to me* ».

This session has 2 important messages:

- Exploring the impact of setting too many or not enough goals in our lives (past experiences)
- Focusing on co-designing the treatment plan with the client
- Exploring goals that align with the individual's values

Goal Setting Approaches

SMART GOAL:

- S** - Specific
- M** - Measurable
- A** - Attainable
- R** - Relevant
- T** - Time-bound

W5 GOAL:

- **Who** are you with?
- **What** are you doing?
- **Where** are you going?
- **When** are you doing this?
- **Why?** Is it connected to your values
– is it a purpose driven goal?)

Activity: Group Discussion on our goal setting history or experiences

No Goals	Balanced approach to Goals (SMART)	Too many Goals

Activity: About You

- List 5 things you are grateful for in your life.

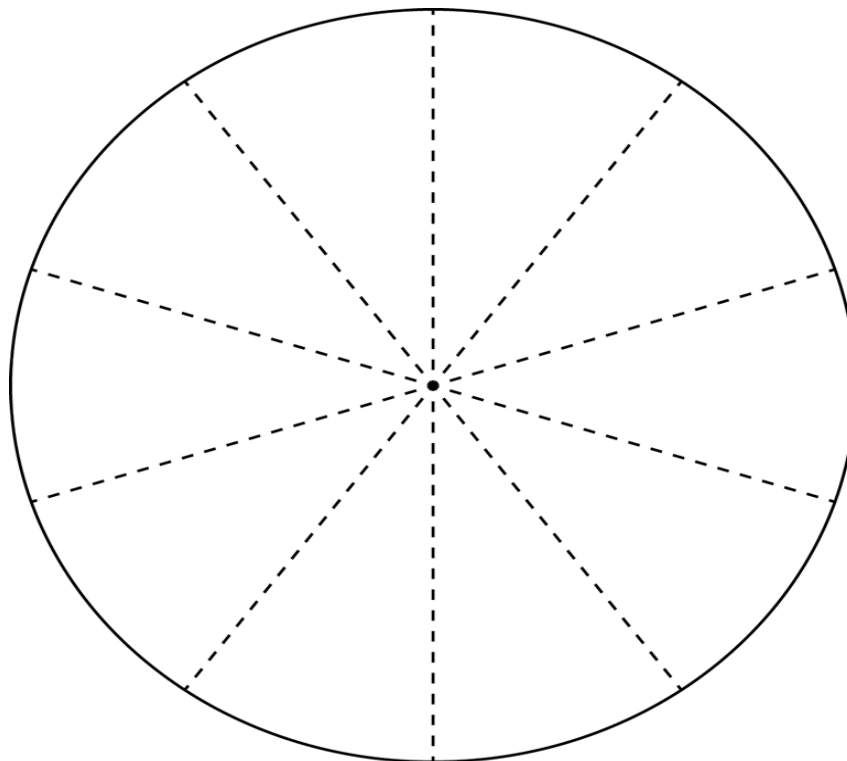
1. _____
2. _____
3. _____
4. _____
5. _____

- List 3 achievements you're proud of in your life.

1. _____
2. _____
3. _____

“The Pie Chart”

- For each section of the “pie” add an area of your life that is important to you and where you could invest more time in which will in turn reduce your substance use and/or gambling (i.e. Family, Activities, etc).



CC BY-NC-SA mathclass.net

Activity: Putting it into practice

Set one “value” driven **goal**

Does this goal answer the following:

Is it a SMART Goals

- S - Specific (“What will I do?”)
- M - Measurable (“How much, how long, how often?”)
- A – Attainable (“Is it realistic? Can I do it?”)
- R – Relevant (“Is it pertinent to my objective?”)
- T - Time-bound (“When will this happen and for how long?”)

Is it a W5 Goal (by answering the following in the area you want to work on)

- Who: _____
- What: _____
- Where: _____
- When: _____
- Why: _____

Topic: Managing Urges / “moments”

Managing the Urges/Moments/Cravings

Discussion on normalizing the experience:

- What is your all-time favourite food?

"Craving"	"Moment"

Strategies to manage urges /"moments"/ cravings (First Aid Recovery Plan)

- Experiencing this is a *normal part of the process*, and everyone may experience it in their own unique way.
- Avoid implying a "right" or "wrong" way to feel.
- Encourage reflection in a *non-judgmental, compassionate* tone
- Try to have a *snack, hydrate yourself, eat balanced meals*.
- Know how many hours of *sleep* are needed to be able to handle everyday situations.
- Know how to *recognize and accept* that you may be having an urge to connect, and that substances or gambling is a means to connect.
- *Delay* any decision to use substances or gamble for 30 minutes.
- Think about all the *possible consequences* of using substances or engaging in gambling in response to the urges or cravings.
- Think about the *benefits of not* using substances or engaging in gambling in response to the urges or cravings.
- *Avoid locations or leave a situation* immediately if possible.
- *Participate in an activity* that will allow you to not think about the lack or the urge to use a substance or engage in gambling.
- *Talk about what you are experiencing* with someone you trust.
- Attend an in-person or virtual LifeRing, SMART Recovery, AA, NA, CA, JA meeting.
- Remember why you chose to invest deeply in the change process.
- Be *compassionate* if you engage in substance use behaviors or gambling and be aware of what may have contributed to this "event".
- "DEADS" SKILLS
- Focusing on the foundation: Hungry, Angry, Loneliness, Tired (HALT)

Urge/"Moment"/Craving Intervention Plan

Write two "triggers"/irritants that apply to you for each category.

- 1) **People** _____

- 2) **Places** _____

- 3) **Emotions** _____

- 4) **Situations** _____

Write five strategies/skills that will help you handle your "moments"/cravings/urges in a positive way.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Topic: Support Systems

Support System



Discussion:

- What would be the role of a support system?

- Why is it important to have a support system?

Types of Support and what they bring to your life

Healthy Supports (« Boosters »)	Unhealthy Supports (« Drainers »)

Increasing Social Support

It's important to have a network of people who are supportive and with whom you can discuss your feelings and experiences safely. People with such a network usually feel more capable of coping with day-to-day life, as well as with any problems that come up. Social support is particularly crucial for people who have quit or cut down on substance use. It can help them cope with stresses in relationships, at work and within the family.

Who can provide support?

Support can come from anyone you trust and feel comfortable approaching; for example:

- Your partner or a family member (parent, brother, sister, adult son or daughter)
- A trusted friend
- A health professional (therapist or family physician).

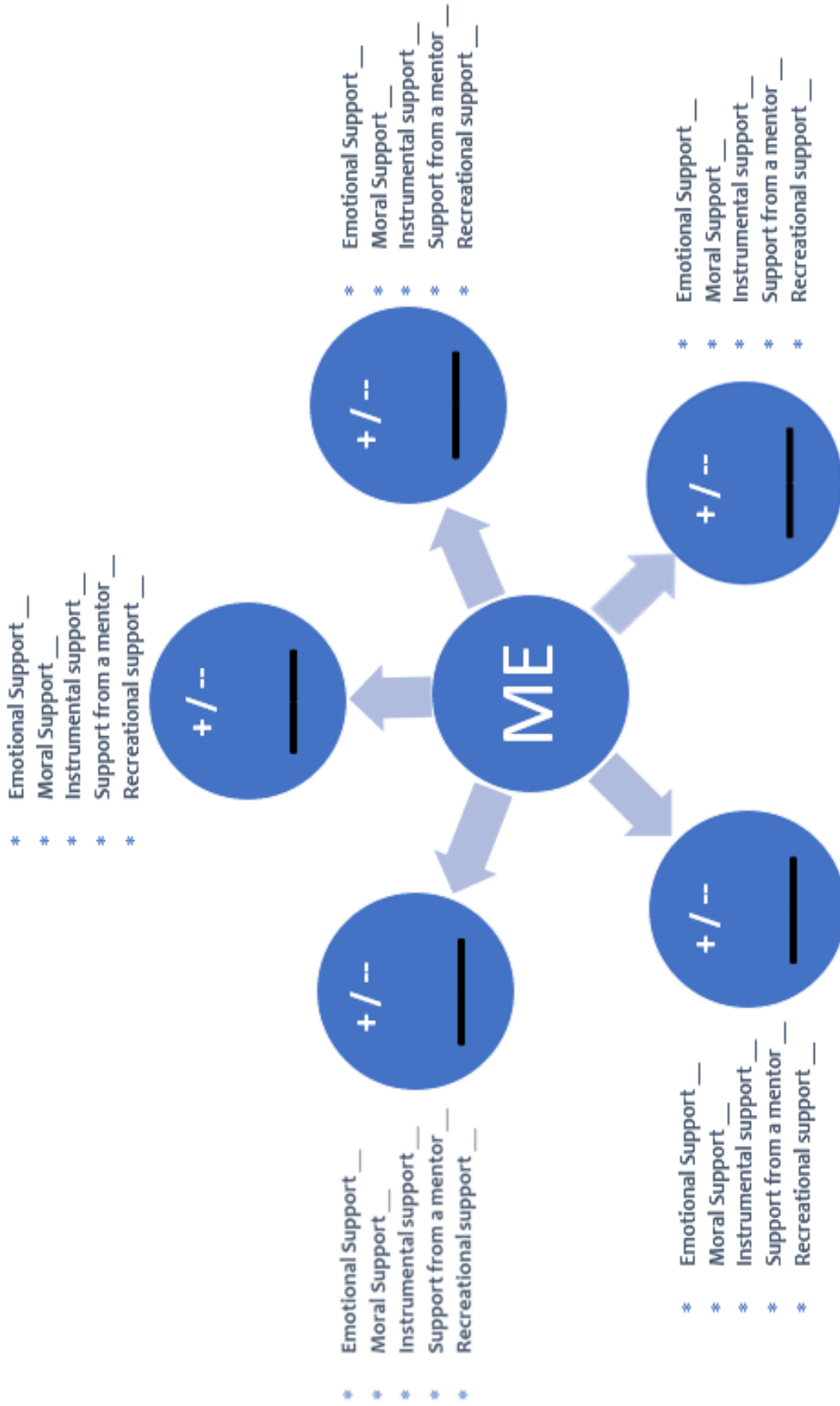
Different Kinds of Support

Work on building your support network. While you may already have one or two people you can talk to or spend your time with, developing a network that includes a number of different people lets you give—and receive—support to meet different needs you may have. The kinds of support you might find helpful as you work to change your alcohol or other drug use include:

- **Emotional Support:** someone with whom you can discuss feelings
- **Moral Support:** someone who can give you encouragement
- **Instrumental support:** someone who can help you with practical tasks such as childcare or transportation
- **Support from a mentor:** someone who can give you guidance and instruction
- **Recreational support:** someone you like to share free time with

Source: *Structured Relapse Prevention- Coping Skills Exercises* 2006 (Centre for Addiction and Mental Health)

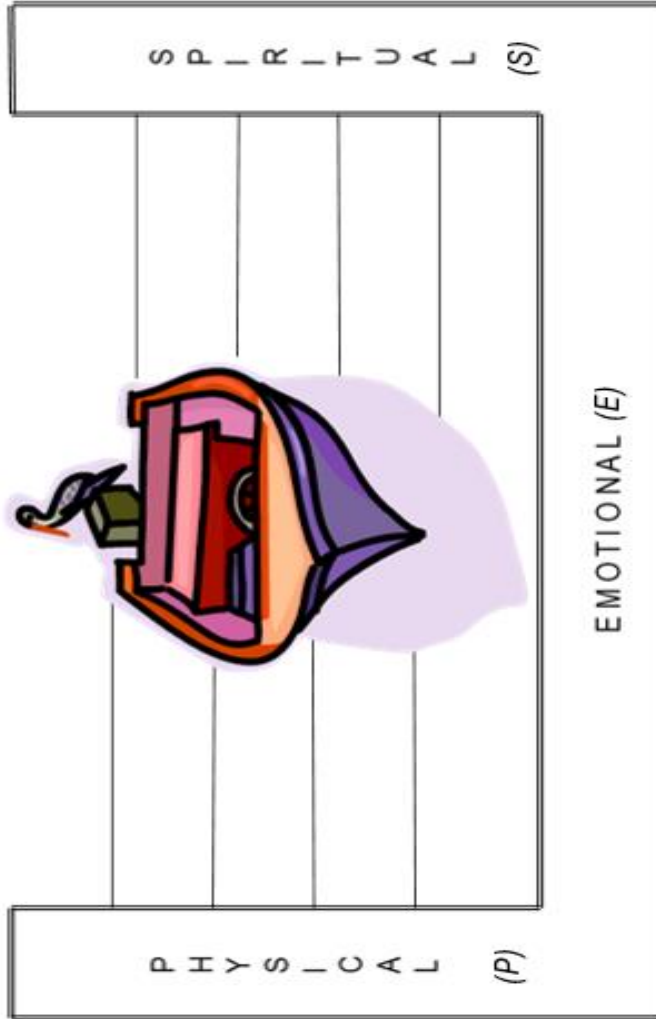
“You’re the AVERAGE OF THE FIVE people you spend the most time with” – Jim Rohn



Examples of different Support Systems

- **Family:** As we've discussed, family members can be triggers but can also play a very important part in your recovery. It is important to choose the ones that will support you through this difficult time (non-user family members). Tell the ones you trust what is going on with you. Tell them when you are craving and want help. It can also be a motivation to you as you know that they are aware of your situation and you will not want to disappoint them.
- **Family Doctor:** Your family doctor will be able to help you with your withdrawals. He can also give you education on what is happening to you or give you the proper medication needed. It is also important for your family doctor to be aware of harmful behaviours in order for him/her to best treat your health problems.
- **Psychiatrist:** Your psychiatrist will be able to do the proper assessment and can provide medication management as needed.
- **Psychologist:** Your psychologist will be able to help you resolve past issues. It is known that in recovery, you are to put your past aside. However, it is important to resolve it first and then put it aside. Otherwise, it will prevent you from moving forward.
- **Counselor:** Your outpatient counselor will help you move from today to tomorrow by helping you to manage mental health and/or harmful behaviours. The outpatient counselor can guide you to the right resources and give you the support you will need by giving advice that enables you to meet daily challenges. In crisis, your outpatient counselor will give you material and emotional comfort or just listen to you without judgment.
- **Support Groups:** For some, these meetings can be a main support. Use it as needed!!! They are there every day in an in-person or virtual setting. It is okay if this is not a support for you. What is important is that you build your own boat.
- **Detox/Prevention:** The staff can help you to manage withdrawals symptoms in a safe and supportive environment. They are available 24/7 by phone and admissions occur daily in the daytime. You can also come in detox for prevention (i.e. haven't engaged in substance use or harmful gambling but are at increased risk).
- **Work:** Your work can be good for you. It keeps you busy and helps to change your mind. You can also use your co-workers as support. Work can be a positive stress. Use it to your advantage.
- **Activities/Hobbies:** Find what you love to do, for example, sports, crafts, biking, hiking, visiting loved ones, going for a coffee, going shopping, etc. Do your best to take some time for yourself every day.
- **Volunteer:** You can feel good about yourself by helping others.
- **Friends:** You will find out who your real friends are. Disregard the ones that only want harm for you.
- **Get a pet:** A pet is great company! It will keep you busy!

Discovery Boat



"MOMENTS"/STORMS

- 1. People: _____
- 2. Places: _____
- 3. Feelings: _____
- 4. Situations: _____

Total for each type of support:

E = _____
 P = _____
 S = _____



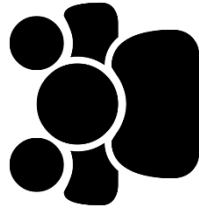
Source: Horizon Health Network. (2022). The "A New Chapter.... Group Program", Addiction and Mental Health Services, Moncton, NB

Topic: Coping Skills

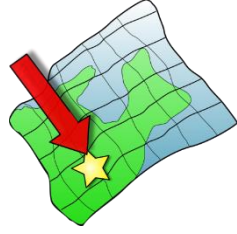
Coping Skills

DISCUSSION:

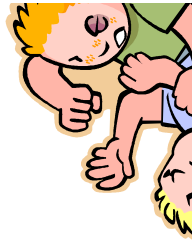
Identifying current “events” or “irritants” that may require additional Coping Skills:



People (*External*):



**Locations
(*External*):**



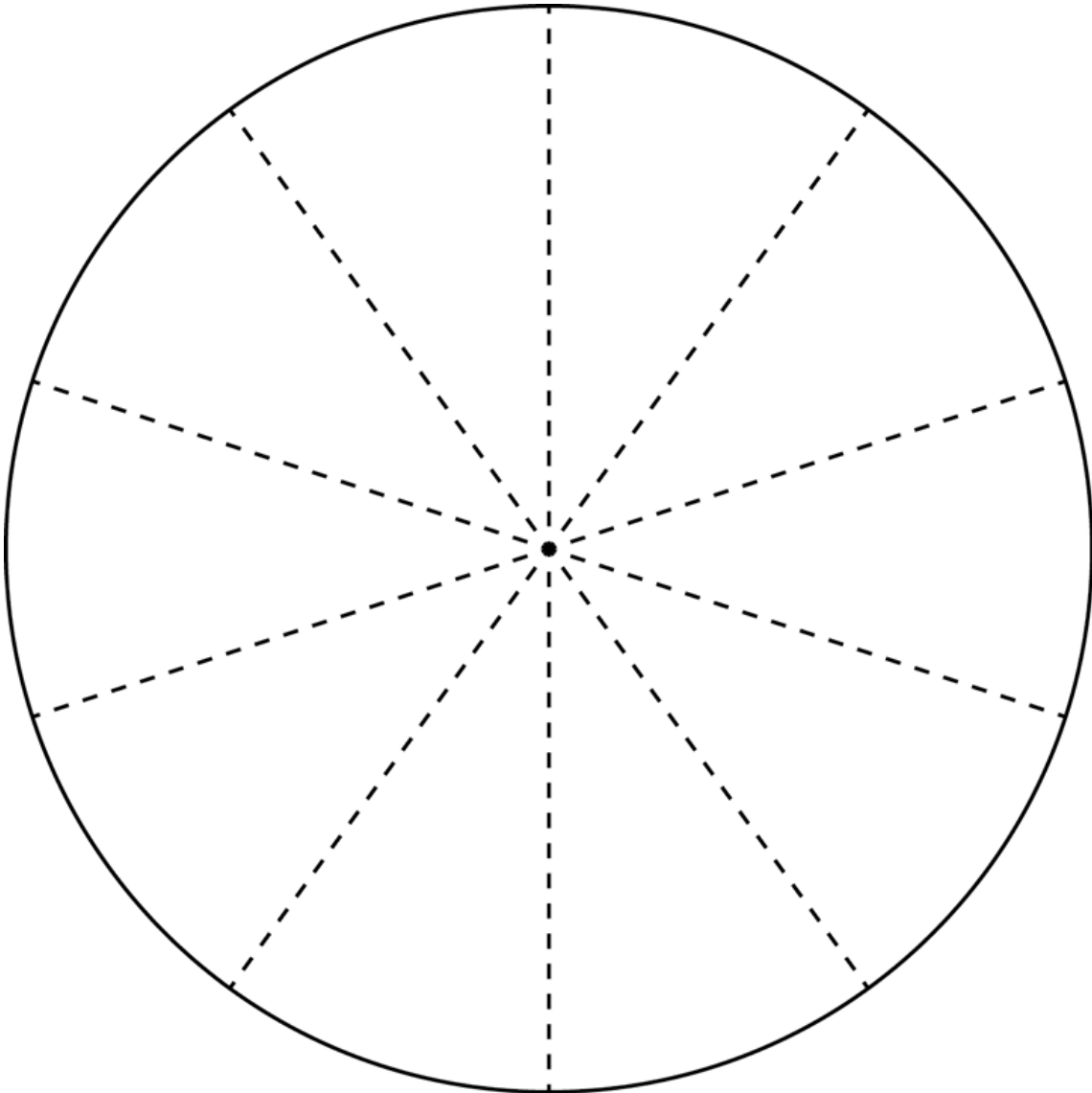
**Situations
(*External*):**

**Emotions
(*Internal*):**

“The Pie Chart”

- Write down the primary experience you are looking for when using a substance or engaging in gambling. Then for each slice of the “pie” add a skill or an activity that helps you meet that need other than harmful behaviours.

The experience you are looking for: _____



CC BY-NC-SA mathclass.net

Source: Horizon Health Network. (2022). The “A New Chapter.... Group Program”, Addiction and Mental Health Services, Moncton, NB

Examples of Coping Skills

- Going for a walk/ exercise
- Reading a book
- Thinking positively (gratitude list)
- Eating a good meal/ snack
- Getting some rest
- Visiting a supportive family member or friend
- Volunteering
- Doing Crossword puzzles/ playing games
- Doing something nice for myself
- Attending a support group
- Thinking about the people that helped me
- Assess the pro's and con's of engaging in the harmful behaviour
- Seek counseling
- Drawing/Painting
- Listening to music
- Writing poems/ letters
- Taking a warm bath
- Cleaning/ organizing my room
- Thinking about the promises I made to others
- Thinking about the effects it would have on my supportive significant others
- Remembering that the craving/urge/"moment" pass
- Talking about emotions and problems
- Problem solve the situation
- Think before you act
- Gardening
- Backpacking
- Camping
- Song writing
- Learn a foreign language
- Meditation (i.e. on YouTube or Spotify)
- Jewelry making
- Cooking/ Baking
- Yoga

Topic : Relapse / Setback Prevention

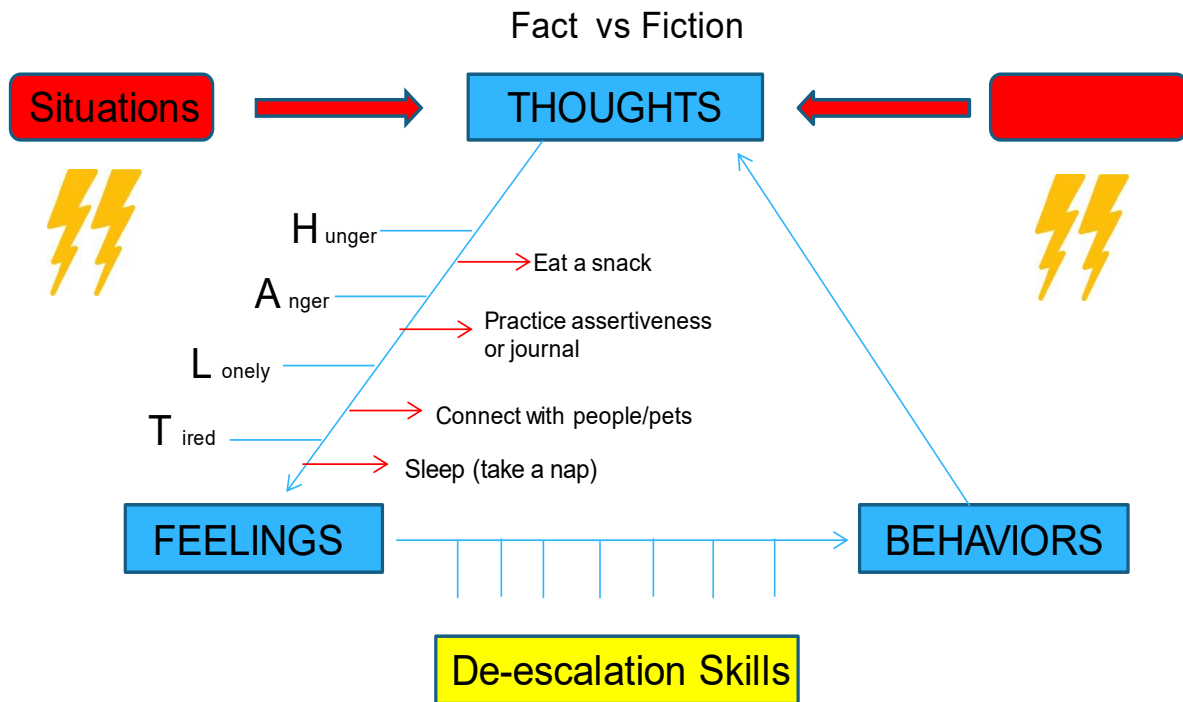
Relapse / Setback Prevention

Discussion: Relapse vs, setback/slip/ occurrence (Power of language)

Relapse	Setback/slip/occurrence/bump in the road

Quick Facts

- Relapses/setbacks/occurrences just don't happen one day. There are often signs or symptoms occurring the weeks prior to the actual experience itself. This means that something in your recovery plan may need adjusting.
- One must be able to recognize the symptoms within ourselves and take action to move forward in our recovery journey.
- Prevention means that you recognize the symptoms and make the necessary changes to manage them before they lead to a relapse/setback/occurrence.



Individual activity: “Know Your Thoughts, Feelings and Behaviors.”

Take 5 to 10 minutes to complete this activity.

Directions: For each of the next three sections below (i.e. THOUGHTS, FEELINGS and BEHAVIOURS), put an “X” at the thoughts, feelings or behaviours that put you most at risk of a possible setback/occurrence and then finish this exercise by indicating the top 5 to 10 that are currently the most challenging out of all three sections.

THOUGHTS that can lead to a setback

- 1. “I am young. I have many years to drink gamble and do drugs before I must stop.”
- 2. “I have not lost anything yet. My problem is not that bad.”
- 3. “If I stop using drugs and alcohol, I will have no social life.”
- 4. “I can control it because I was able to stop using or gambling for a while.”
- 5. “I am at my best when I drink, do drugs or gamble.”
- 6. “I cannot talk to girls (or guys) unless I have had a few drinks in me.”
- 7. “My life stinks. Getting high, drunk or gambling is the only way to deal with it.”
- 8. “Life was worse when I was straight. I might as well get high, drunk or go gambling.”
- 10. “If I do not use alcohol or drugs, people will think that I am a loser.”

FEELINGS that can lead to setbacks

- 1. Anger/Resentment
- 2. Sadness
- 3. Nervousness
- 4. Guilt
- 5. Shame
- 6. Frustration
- 7. Self-pity
- 8. Being overconfident
- 9. Loneliness
- 10. Boredom/Not caring
- 11. Insecurity
- 12. Feeling tired
- 13. Hurt feelings
- 14. Feeling good (celebrating)
- 15. Jealousy

BEHAVIOURS that can lead to a setback

- 1. Arguing with my partner or family members
- 2. Isolating
- 3. Not eating well
- 4. Sleeping too much or too little
- 5. Keeping to yourself too much
- 6. Not talking to other people
- 7. Having too much time on your hands
- 8. Trying to do everything at once
- 9. Daydreaming about the “old days”
- 10. Not following your recovery plan
- 11. Insisting on doing it “my way”
- 12. Not attending support groups
- 13. Not speaking up for yourself
- 14. People-pleasing
- 15. Not being honest about what is going on

List **5-10** of these thoughts, feelings and behaviours that are the most difficult for you to deal with:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Some symptoms putting us at risk of a potential setback, relapse or “incident”

- **Exhaustion:** It is important not to allow ourselves to become overly tired or in poor health as this can lead to having a negative outlook on life. You can become exhausted if you don't listen to your body and rest as needed.

How to prevent exhaustion:

1. Listen to your body and rest as much as you need
2. Let your body heal physically and emotionally
3. Healthy nutrition, exercise and have a routine

- **Impatience:** It is common for people in recovery to become impatient and this can lead to being discouraged and giving up because you feel that things aren't happening fast enough. Not having the services you want immediately such as a Live-in Treatment program and counseling can be discouraging, however, we need to focus on what is currently available. It is also common for people to get frustrated because they are tired or in withdrawal. Remember it takes time for the body and mind to heal.

How to cope with impatience:

1. Live life one day at a time (gratitude list)
2. Focus on services that are available to you such as support group meetings
3. Explore different services available (i.e. Intensive Day Treatment Service) and on the process of referral for these services.
4. Remind yourself that this process was gradual, and the healing process will be as well.

- **Mood Fluctuations:** While in recovery it is normal to have mood fluctuations and to not feel like yourself at times. It is also normal to have depressed feelings to come and go in cycles as your body is working at regaining balance. However, you need to be cautious regarding arguments with loved ones and using these feelings as a reason to engage in harmful behaviours.

How to cope with mood changes:

1. Be aware of your urges and withdrawals and how they affect your body
2. Be open about what you are experiencing and how you are feeling
3. Surround yourself with people who support you
4. Problem solve your issues and identify your needs.
5. Access different services as needed
6. Engage yourself in activities you enjoy

- **Expectations towards others:** Simply being aware and mindful that our expectations of others may not be realistic at certain times in our recovery journey.

How to be realistic with expectations:

1. Be patient with friends and family and allowing them to follow their own recovery journey
2. Acknowledge that it takes time to rebuilt trust
3. Communicate with loved ones to know what they expect of you and do the same with them.
4. Don't try to change people who are not ready to change
5. Focus on your recovery and don't loose sight of your needs by helping others

- **Letting up on discipline:** It can be risky when we start letting go of our support system because things are going well. Remember that the recovery boat needs to be secured all the time to be safer and sustain our recovery journey. It is ok to decrease meetings and to start focusing on other goals such as education and employment when you are doing well, but we still need to focus on our overall well-being.

How to prevent letting up on discipline:

1. Maintain your recovery plan even though things are going well
2. Make sure that if you decide to spend less energy on your recovery that you spend it on positive goals.

Topic: Improving well-being through leisure and time management in the change process

Improving well-being through leisure and time management in the change process

Physical Health	Emotional Health	Spiritual Health

What is leisure?

- Leisure means different things to different people. Some people like to do sports or hobbies. Others define leisure as free time spent away from chores, work, school or other obligations.
- Leisure can be something active or something inactive. It can be physical like sports and running, or it can be reading a book or working in the garden.
- It can be something you do with other people, or on your own. If it's something that you like to do and simply makes you feel good, it's leisure!
- Making changes can be tough. You may need time to figure out what you like to do best. It might take time before you feel you fit into a "clean and sober" world. However, it does get easier!

Getting started!!!

1. Develop a leisure list
2. List low cost or even free leisure pursuits ex: community recreation centres, churches, schools and clubs, consider volunteering opportunities or self-help groups
3. Create healthy habits
4. Research community resources
5. Set aside time

Activity: Choices for Leisure

Please highlight your choices for leisure. These may be activities you have enjoyed in the past or new activities you would like to try:

Nature/Outdoors

Astronomy	Nature hikes	Snowmobiling
Gardening	Skating	Cross-country skiing
Orienteering	Caring for pets	Sun tanning
Beekeeping	Nature study	Driving for pleasure
Going to the beach	. animals	Tobogganing
Picnicking	. birds	Excursions or trips
Birdwatching	. flowers	Travel
Logrolling	. fossils	Fishing
Raising poultry	. insects	Walking
Backpacking	. rocks and minerals	Flower arrangement
Mountaineering	Nature centre projects	Gardening
Rock climbing	Snowshoeing	Hiking
Camping	Canoeing	Hunting
		Nature tours

Music/Drama

Air guitar	Movies	Fashion shows
Lip synching	Stagecraft	Orchestral concerts
Reading plays	Moviemaking	Video production
Carnivals	Music appreciation	Festivals
Listening to music	Music festivals	Parades
Scenery making	Storytelling	Whistling
Charades	Music study groups	Fiddlers' contest
Making instruments	Singing	Playwriting
Shadowgraphs	Musicals	Workshops
Composing music	TV & radio production	Impersonations
Masquerades	Comedies	Puppetry
Songwriting	Television arts	Improvisation
Dance	Fairs	Radio dramas
	Operas	
	Ventriloquism	

Mental/Language

Book Clubs	Debates	Storytelling
Poetry groups	Jigsaw puzzles	Television programs
Backgammon	Pictionary	Meditation
Collecting	Discussion clubs	Study groups
Public speaking	Reading	Tricks
Checkers	Trivial Pursuit	Mental games
Creative writing	Foreign Language study	Taking
Puzzles	Reading aloud	Courses/classes
Chess	Scruples	Writing E-mail
Computer games	Lectures	Paper and pencil games
Crossword	Readings by author	Table games
Dominoes	Card games	Writing letters
Conversations	Listening to radio	
Find-a-word	Riddles	
Monopoly	Scrabble	
	Magic	

Creative Leisure

Basket weaving
Fabric decorating
Poster making
Beadwork
Furniture refinishing
Pottery
Block printing
Home decoration
Printing
Box making
Jewelry making
Quilting
Calligraphy
Knitting
Rugmaking
Cabinetmaking
Leathercraft
Silkscreen printing
Candle making

Sculpture
Carving (soap, wood, bone)
Mechanics
Sewing
Copper tooling
Macrame
Ship model building
Ceramics
Modelling clay
Sketching
Cooking/baking
Model aircraft building
Snow-sculpture
Cross-stitchery
Needlework
Soapmaking
Crocheting
Painting

Stage set design
Drawing
Papercraft
Toymaking
Dyeing and painting cloth
Paper-folding
(origami)
Weaving
Electronics
Papermaking
Wood burning
Embroidery
Photography
Woodworking
Etching

Social/Special Events

Art galleries
Festivals
Movies
Air shows
Art
Museums
Celebrations/party
Folk
Parades

Clubs/associations
Food
Plays/theatre
Competitions
Music
Races (car, boat, horse)
Conversations
Running
Dancing

Going for coffee
Reunions
Dating
Having a bubble bath
Rodeos
Dining out
Historic sites
Entertaining
Holiday events

Volunteer

Board members
Support groups
Associations
Clubs
AA
Alberta wilderness
Cultural groups
NA
YMCA

Coaching sports
YWCA
Community leagues
Teaching crafts, hobbies
Recreation and parks
Assist with
publicity, or fundraising

Public relations
Group leader
Day care
Political party worker
Service agencies
. Red Cross
. Meals on Wheels
. Food Bank

Active Games/Sports

Aerobics	Bobsledding	sailing
Handball	Karate	Water polo
Rugby	Tai Chi	Dancing
Aquasize	Boccie ball	Motorcycling
Hang-gliding	Kayaking	Waterskiing
Sailing	Tae Kwon Do	Diving
Archery	Boxing	Paddle tennis
Horseback riding	Kickboxing	Waterslides
Shuffleboard	Target shooting	Dog sledding
Aviation	Broomball	Parachute jumping
Horseshoes	Kite flying	Weight training
Scuba diving	Touch football	Downhill skiing
Airplane	Canoeing	Ping-pong
Hot rod racing	Kung fu	Windsurfing
Snowmobiling	Track and field	Fencing
Badminton	Cooperative games	Playing with kids
Ice hockey	Lacrosse	Wrestling
Snowshoeing	Trampoline	Field hockey
Ball hockey	Cricket	Pool/snooker
Ice sailing	Lawn bowling	Yoga
Softball	Trapshooting	Flag football
Baseball	Croquet	Polo
Ice-skating	Marbles	Floor hockey
Soccer	Tug-o-war	Racquetball
Basketball	Cross-country running	Frisbee
Indoor bowling	Miniature golf	Roller skating
Squash	Volleyball	Golf
Bicycle riding	Cross-county skiing	Jumping rope
Jacks	Model airplane	Hacky Sac
Swimming	Flying	Rowing
Boating	Walking	Paintball
Judo	Curling	
Synchronized swimming	Model boat	

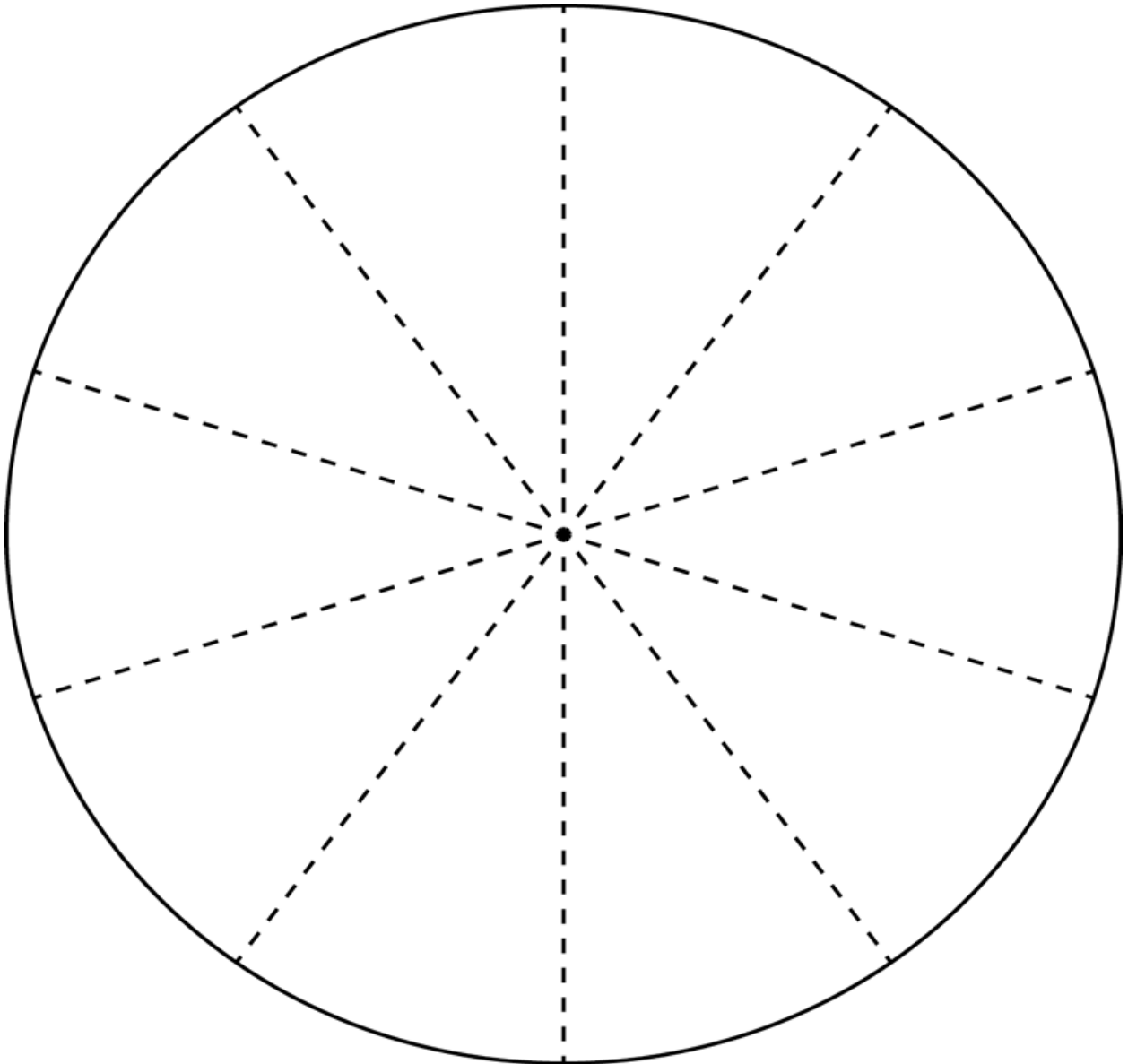
Activity: Things to Enjoy

1. Fill in five activities that you enjoy in each area.
2. Place a check mark in the category to show who else does the activity with you.
3. Fill in the cost.
4. Fill in how often you do the activity.

Activity	Alone	Family	Friends	Cost	How often
1.					
2.					
2.					
4.					
5.					

“The Recreational Pie Chart”

- For each section of the “pie” add an area of your life where you could invest more time that will in turn increase your overall quality of life (i.e. Family, Activities, etc).



CC BY-NC-SA mathclass.net

Methods of relaxation

Examples :

- **Focus on your body:** Relax all your muscles and release tension.
- **Focus on your breathing:** 3 seconds – 3 seconds – 3 seconds
- **Focus on images:** a beach, a spa, beautiful sunshine or a snowstorm.
- **Say the word “relax” or “calm.”**
- **Tense your muscles, then relax them.**
- **Remember a time when you felt relaxed and recall that feeling.**
- **Listen to podcasts or watch relaxation videos.**
- **Talk to someone (try non-caffeinated drinks).**
- **Imagine a peaceful landscape.**





Health & Wellness Gambling Support Unit

THE SHIFTING LANDSCAPE: CLINICAL TRAINING ON GAMBLING, GAMING AND EMERGING TRENDS

CLINICIAN FOCUSED EDUCATION IN TREATING ISLANDERS FACING GAMBLING/GAMING HARMS AND ADDICTION.

AGENDA

8:00 REGISTRATION, COFFEE, SNACKS & NETWORKING

8:30 OPENING REMARKS

CHAD MORASH – MANAGER - GAMBLING SUPPORT UNIT
PEI DEPARTMENT OF HEALTH AND WELLNESS

RON AYLWARD - ADDICTION CLINICAL SERVICES SUPERVISOR WEST - HEALTH PEI

8:40 BUILDING COMFORT: PART ONE

CLINICAL TRAINING IN HARMFUL GAMBLING AND RELATED CONCERNS

SERGE BOURQUE - SENIOR HEALTH CONSULTANT ADDICTION AND
MENTAL HEALTH SERVICES NB

10:15 MORNING BREAK

10:30 BUILDING COMFORT: PART TWO

CLINICAL TRAINING IN HARMFUL GAMBLING AND RELATED CONCERNS

SERGE BOURQUE - SENIOR HEALTH CONSULTANT ADDICTION AND
MENTAL HEALTH SERVICES NB

11:45 BUFFET LUNCH AND SOCIAL TIME

12:30 COMORBIDITY, ADDICTION SUBSTITUTION AND PATHWAYS TO RECOVERY

DR. YOUSSEF ALLAMI - CLINICAL PSYCHOLOGIST AND ASSISTANT PROFESSOR
UNIVERSITÉ LAVAL'S SCHOOL OF PSYCHOLOGY

1:45 AFTERNOON BREAK

2:00 EMERGING TRENDS IN GAMBLING: SPORTS BETTING AND VIDEO GAMING/GAMBLING
CONVERGENCE, WITH CLINICAL TREATMENT STRATEGIES

DR. ANDREW HYOUN SOO KIM - CLINICAL PSYCHOLOGIST AND ASSISTANT PROFESSOR
DEPT OF PSYCHOLOGY AT TORONTO METROPOLITAN
UNIVERSITY

3:30 CLOSING REMARKS AND THANK YOU