



Women in Treatment

A Residential Perspective

Ruth Champion MSc(psych)BSc(Hons) MBPsS



Treatment in UK

- ▶ Gamblers Anonymous 1968....

GA groups set up across London and various locations across the UK

Male dominated, although women welcome they were not comfortable.

- ▶ Gambling choices not taken seriously
- ▶ Different gambling motivators
- ▶ Lack of understanding/lack of support



Residential Treatment

- No gambling specific residential treatment for women.
- Gordon Moody Association opened first residential for women 2002.
- Initially part of the Male programme
Unsuccessful.....similar issues to GA.....separated = women flourished
- Ran for 7 years
Those who attended responded well.
Many phone calls and application for treatment
Too few attended to retain funding
Doors closed 2009



Demand Vs Attendance

➤ Aware that demand for treatment existed:

Explored Obstacles to attendance:

Childcare

Family commitments

Shame/guilt/letting everyone down

➤ Created a programme with residential element that fitted around women's' lifestyle.

➤ Four and three days away from home and 1-1 sessions in between that can be tailored around childcare/work commitments.

➤ All female environment = total support and understanding

Runs three times per year

More and more women coming forward for treatment

Consistently oversubscribed / Waiting lists...



Conclusion

- ▶ There is a need for gender specific treatment in gambling.
- ❖ Acknowledge the different needs of men and women.
- ❖ Create an environment where women feel safe, understood and free to explore.
- ❖ They will show up for treatment and they will do well.