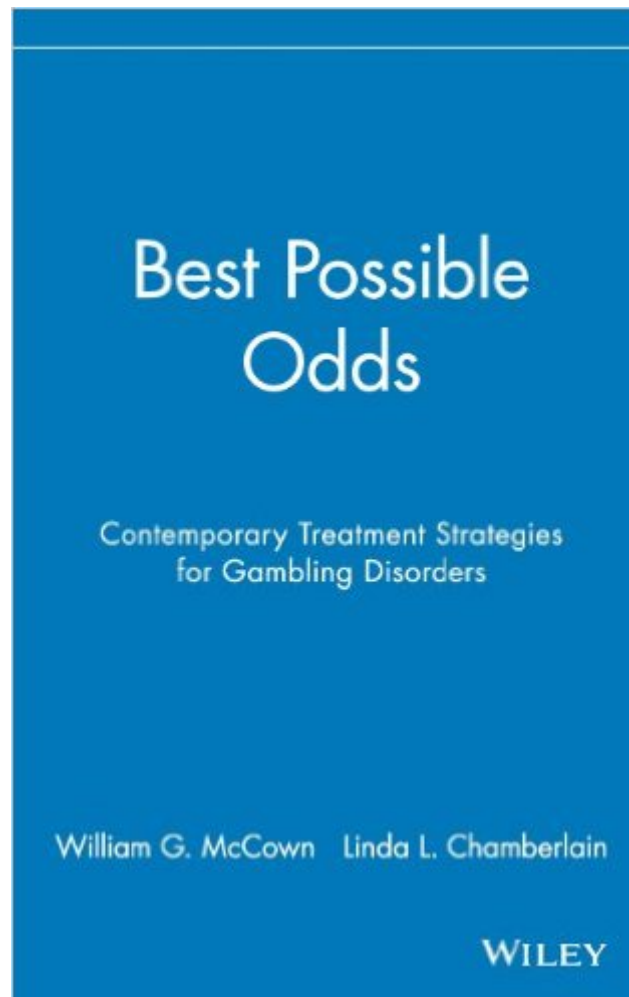


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# Best Possible Odds: Contemporary Treatment Strategies For Gambling Disorders



## Synopsis

An estimated 3-5% of all individuals who gamble will become compulsive gamblers. This "invisible addiction" can be financially and emotionally devastating to both the gambler and his/her family. This timely clinical manual explains why gambling is on the rise and the factors which distinguish recreational and compulsive gamblers. Mental health professionals will learn how to assess and treat compulsive gamblers using a variety of interventions: behavior therapy, inpatient treatment, family therapy, and 12-step programs.

## Book Information

Hardcover: 260 pages

Publisher: Wiley; 1 edition (March 13, 2000)

Language: English

ISBN-10: 0471189693

ISBN-13: 978-0471189695

Product Dimensions: 6.5 x 1.2 x 9.5 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #2,893,125 in Books (See Top 100 in Books) #116 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Gambling](#) #2210 in [Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior](#) #2232 in [Books > Humor & Entertainment > Puzzles & Games > Gambling](#)

## Customer Reviews

Gambling is one of the most rapidly spreading forms of addiction. In response, the biomedical addictions establishment has responded in its typical fashion of first denial, then quick evaluation whether these "new" patients can make the practitioner more financially comfortable. Following this comes the inevitable third generation of turf squabbles, where various segments of the addictions and other interested communities attempt to cut themselves the largest portion of pie they can. McCown & Chamberlain are brutally honest with this grim reality, as they are equally blunt regarding the multi impediments anyone with a gambling problem faces. While their review of the literature is not academically pedantic, it is sufficient to cause the run-of-the-mill clinician or even parent to give serious consideration to the idea that gambling may be the crack of the next quarter century. However, these authors are not pessimists! Nor are they ideologues with a turf to defend. Instead they insist that only a unified campaign from the biological, behavioral, and social sciences will help

those whose gambling has crossed the line from harmless hobby to life threatening addictions. These authors argue from a morally neutral tone-despite having witnessed the horror of gambling disorders first hand. They admit that a major limitation of the effort is the mental health community has committed so resources into treatment that we lag behind progress made in other fields of addiction be a half century or more. McCown & Chamberlain are not afraid to attempt to experiment and to admit failures. They are open when they are stymied by our social policy and lack of treatment technology.

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