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Gambling: Why a Drug of choice?

Despite its ever-growing media profile gambling addiction remains the most misunderstood dependency. This lack of understanding prevents those suffering the addiction seeking treatment and tests the confidence and skills of even the most experienced drug and alcohol addiction therapists.

Threads of similarities run through the underlying causes and consequences of gambling addiction and some drug addiction, and in treatment methods, but these threads are broken in striking and surprising ways too. To begin understanding how to deliver effective treatment methods we need to understand- and to help our clients to understand- that what drives an addiction to gambling is so much more than money.


What drives someone to choose gambling as a drug of choice? Why do many of my clients tell me they made a conscious choice to let go of substance and alcohol addiction in favor of gambling

addiction? What are the key ingredients for effective treatment creating lifelong rewarding recovery? These questions are answered in this presentation based on my over sixteen years' experience of working as specialist in gambling addiction and learning through my practice what it is that really works.

Speaker Biography

Liz Karter is a therapist with over seventeen years' experience of treating gambling addiction in both men and women and is considered a leading UK expert. Working within leading UK treatment agencies, Liz was a pioneer in identifying differences in male and female gambling addiction patterns and developing specific treatment methods for women. She established the first UK women's recovery groups for problem gambling in 2006. Liz regularly appears on national and international TV and radio as consultant therapist and writes articles on addiction for worldwide publications. As well as contributing chapters to addiction treatment publications Liz has published two books on her area of specialization, which is gambling addiction in women.

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