

## *Gambling*

Gambling activities are now growing at an alarming rate, and while some find this pleasurable, occasional and without much consequence, others develop patterns of gambling behaviors. For some this sets off a pattern of progression that will yield significant harmful consequences. Finances are not the only area affected by the developing addiction, but eventually one's job, social life, family life, security and even health may be impacted in devastating ways. And while there are some similarities between gambling and other addictions, there are sensitivities that are needed to fully understand the particular dynamics of gambling problems.

Unfortunately, treatment and the related support services are not readily available. Our specialized approaches have been developed from study, from experience and from understanding the unique needs of individuals affected by gambling problems and addiction, and those of family members who are often impacted as significantly.

## *Professional Training*

The therapists at Mind Evolution are recognized and respected for their ability to train other counselors and professionals. The Mind Evolution Training Institute has provided intensive training and professional development to many hundreds of counselors and human service workers. Topics often include Co-occurring Substance Use and Mental Health Disorders and providing counselor instruction on skills needed to effectively work with people struggling with Substances and Other Addictions.



Feel free to call to  
discuss options or  
for an appointment



## **Mind Evolution Counseling for Problem Gambling**

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### *General Counseling Services*

Mind Evolution Counseling Services are targeted toward making improvements in any area of our life and are available for anyone interested in attaining a more satisfying adjustment, or for those facing obstacles or difficult challenges. Some of the areas where we struggle may include:

- Family conflicts or adjustment to loss and grief
- Emotional health or anger issues
- Compliance with supervision in the Criminal Justice System
- Substance Abuse as adolescents or adults
- Managing relationships, reducing conflict and stress
- An interest in increasing our self-awareness & competencies
- Gambling and related addictive processes

### *Gambling Counseling & Treatment*

Gambling is not only a growing problem for many, but one that is wrought with stigma, denial and powerlessness. The availability of gambling venues and options are increasing at an alarming rate, making change and abstinence very difficult for many. The tasks of recovery for the affected individual and family members are significant and are most difficult to negotiate without support and information about the condition and options.

Mind Evolution Counseling provides gambling assessment, individual and group counseling and consultation as ways to assist in the recovery process. Our offices are private & comfortable.

Changing our behavior and thinking is paramount to success in overcoming gambling problems or addiction. We typically begin by identifying areas in need of change, learning about new options, and enacting these changes through thinking, feeling and action. Referrals to other gambling recovery supports are often helpful as well.



*We can best accomplish positive change by gaining relevant information along with tested and effective therapy and guidance.*

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Craig W. Johnson is a N.Y.S. Licensed Mental Health Counselor and is a N.Y.S. Credentialed Alcoholism and Substance Abuse Counselor. He has years of experience in working with individuals and families struggling with mental health issues or alcohol and substance abuse problems, and is specialized in assisting persons with behavioral problems and other addictions such as gambling.



Kevin J. Markman is a N.Y.S. Licensed Clinical Social Worker and is a N.Y.S. Credentialed Alcoholism and Substance Abuse Counselor. In addition, he is a Board Certified Art Therapist with years of experience working with families, youth, and individuals affected by mental health, addiction, and gambling issues.

***Mastering Mind & Living***  
**585.325.7748**