

Incorporating families into individual gambling disorder treatment: An evidence-informed discussion

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An Evidence-Informed Conversation

Research broadly demonstrates:

1. Social support improves addiction treatment outcomes, including long-term recovery/outcomes
2. Involving family improves treatment engagement, retention, and completion
3. Reduces engagement in the addictive behavior and improves clinical outcomes
4. Improves family functioning and relational dynamics

Question 1:
When should we involve family,
and when should we not?

Question 2:
What treatment approaches or
models do you find useful?

Question 3:
What does effective 'family
involvement' look like in routine
clinical practice?

Question 4:
How do you manage the tension
between patient autonomy and
family engagement?

Question 5:
How do you work with 'resistant'
or burned-out family members?

Literature Cited

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