Relationship Between Action & Flow

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MA, CADCI, CGACII, NCGCII, CPS, LMNOP etc.
Statement of Goals

Introduction to Flow

Flow as a framework for compulsive gambling

Benefits of using Flow model in treatment
Introduction to Flow

Flow Channel

Anxiety

Boredom

You should be here

Challenges

(High)

(Low)

0

Skills

0 (Low)

(High) ∞
Introduction to Flow

Requisites for Flow

- Structured goals & progress
- Immediate feedback
- Balance of perceived challenge and skill
Comparison of model to gambling experiences

- Boredom → Action
- Anxiety → Escape
Comparison of model to gambling experiences

Wins v. losses, ups & downs $\rightarrow$ hope

Reinforcements
Hope vs. despair

Emphasis on perception
Gambling = attempt to buffer what is perceived to be an intolerable state of being.
Kitten Break!
Comparison of model to gambling experiences

Challenge and skill components are largely subjective perceptions

- individual experiences
- messages
- life lessons
Risk and protective factors can determine means to seek Flow

- Exposure
- Acceptance/Social Norms
Benefits of using Flow model in treatment

- With what emotions is the client struggling?
Benefits of using Flow model in treatment

- How is individual responding to treatment?
Benefits of using Flow model in treatment

- Alternative means of achieving Flow states

- Not just a replacement for gambling

- New ways to experience joy and satisfaction in life and recovery
Benefits of using Flow model in treatment

- Opportunities for exploration of social, recreational, or occupational activities
- Guided by individual factors

- Learning Styles & Preferences
- Opportunities
- Personal Taste
- Client History
- Strengths & Skills
Credit where credit is due


Questions & Discussion