

## PROGRAM CO-ORDINATOR

**Gabriela (Gabi) Byrne** M.Ed

*"I have had personal experience with gambling. It took me four years to be finally free of my addiction to poker machines. I understand what it takes to make the change."*



Gabi also knows how heartbreaking a gambling addiction can be for the individual, family, friends and the wider community.

To address this problem, in 2001, she established the not-for-profit organisation, Chrysalis Insight Inc. which combines cutting edge addiction science with extensive experience to inform, educate and encourage people to find futures beyond addiction.

This work has culminated in the very successful "Free Yourself" programs and her popular book of the same name.

Gabi is a sought after conference speaker and for many years has been an outspoken advocate for gambling reform. She is completing her PhD at Victoria University, Melbourne.

## VOLUNTEERS

Volunteers bring their individual talents, skills and experience to all aspects of the program. They also offer understanding, friendship and support to each other and people who are new to the program. Volunteers who have personal experience of gambling, willingly share their stories and the strategies that have worked for them.

With unrelenting energy and enthusiasm, they will inspire and motivate you to stick with your decision to change, especially on the difficult days.

## FACILITATORS

**Patricia Cameron-Hill** BAppSc (Adv Nsg)  
**Shayne Yates** MBBS

Authors of the book "You won't die laughing!" and with a wealth of experience in their careers as a nurse and doctor, Patricia and Shayne dispense laughter medicine throughout the program. Amidst all the laughter are quiet messages that bring hope, optimism and joy. [www.chy.com.au](http://www.chy.com.au)



## How to apply

**Attendance is free of charge.**

If you want to join the program, you need to come to each session to give yourself every chance of success. Places are limited.

### DATE

18 February – 8 April 2017

The program starts with a two-day weekend and continues every Saturday **OR** Sunday (3 hours) for the remaining 7 weeks.

**We welcome your expression of interest to:**

Chrysalis Insight Inc.

Phone: 0428 304 041

[info@chrysalisinsight.org.au](mailto:info@chrysalisinsight.org.au)

[www.chrysalisinsight.org.au](http://www.chrysalisinsight.org.au)



## Comments

*From people who are now free of their gambling addiction:*

"I knew I had finally found something that could help me. There was no misery, no talking of losses, no blaming or judging – no need to hang my head in the shame I felt. I retained my dignity while being able to talk to others who understood."

*"I could be myself with the group. I couldn't tell other people at work or my family about my secret."*

"I have discovered that my unhappiness and mistakes do not have to define who I am."

*"I have become more adventurous in what I do in my free time and I have gained confidence in meeting new people."*

# Tired of trying to stop gambling?

Consider the ***Free Yourself*** program to escape the addiction cycle



**Melbourne 2017**

***"This is a fresh, positive approach in dealing with gambling addiction."***

Tim Costello, CEO, World Vision Australia

## Addiction can happen to anyone...

*"It was at a time in my life when I felt overwhelmed with things. I thought it might give my life the boost it needed and solve my problems. From a once in a while gambler, I became obsessed. The temptation was everywhere."*

## Nobody starts out intending to develop an addiction, but...

When we do something repeatedly, we form habits. That's how we learn. But bad habits like addiction grow more deeply and quickly than other habits. A pathway develops in the brain which narrows our focus to a single goal – to gamble. As we lose control we cut out everything else we could be doing.

## It is not enough to "just say no"...

Whatever the brain can learn, it can unlearn. Instead of trying to change, by "just saying no", we can move beyond addiction by saying "yes" to other things – the things that provide meaning in our lives. Much like an overpass on a freeway. If it is strong enough, the old pathway loses its strength. Our "desire" is redirected.

**This program is an opportunity to build your new pathway to a better future.**



# The program

**Free Yourself** is an 8 week program of encouragement, support and possibilities to help you stop gambling.

It differs from other approaches by combining social events, activities and education. There is always something to do. This provides a solid foundation for you to build your new pathway beyond addiction.

## Discover the motivation and strengths you need as you:

### 1. Feel better about yourself

How you feel about yourself affects everything you do. In an atmosphere of compassion and support, you'll explore ways to develop a better opinion of yourself. This involves knowing how to separate the problems you face from your worth as a human being. Feeling good about yourself can give you the confidence to handle tough times and to believe in a different future.

### 2. Recover your sense of humour

Whatever you can laugh at you can survive. Yet it is easy to get caught up in the problems we face and lose our sense of humour. This program is about connecting with others, having fun and not taking ourselves too seriously. We build light-hearted and appropriate humour into all our sessions and events.

### 3. Set small goals

We all need a reason to get out of bed in the morning. This program gives you something to do immediately and includes things for you to do from week to week. In this way, it can fill the gap that people sometimes feel when they stop gambling. Learning how to set small goals and achieving them can give you a sense of progress and control in your life. Small goals can be the stepping stones to any bigger changes you want to make.

### 4. Manage your moods

When we are anxious, or in a low mood, we are more vulnerable to do things that may feel good, but have bad results. In a good mood, we not only make better choices but everything we do can be easier. You'll learn how to manage your moods by changing habits of thought and action.

### 5. Get along with others

"Interpersonal skills" or getting along with others, is something we use every day to interact with other people, yet most of us have never learnt to do this. We make it fun to learn: how to listen effectively; how to give and receive criticism; making and refusing requests; how to apologise and how to manage difficult people.

**"Free Yourself" is a chance to socialise with others and rediscover how to enjoy yourself without gambling. Activities and social outings are free and include listening to live music, singing, drumming, painting, BBQ's and ten-pin bowling.**