

## Training Summary Exercise

Client: CHARLOTTE, age 46, employed as waitress at 'high-end' restaurant for 14 years, earning approximately \$50,000/year.

Husband (since 1995): Ted, age 52, computer technician, \$60,000/year.

Daughter from first marriage: Caitlin, age 24, graduated from San Jose State (Dad lives in the Bay Area), teaches elementary school in Sacramento, has a steady boyfriend.

Client Gambling History: Client reports five or six trips to Reno and Lake Tahoe during the 1980's and early 1990's; she reports playing the 'slot' machines almost exclusively, staying within her 'gambling budget' and not thinking about gambling after coming home. Starting in mid 1990's, she and her new husband began visiting Spirit Mountain Casino, one hour west of their home in Portland.

Client reports that gambling was not a problem for the first few years at the Oregon casino, just something "fun to do" every couple of months. She continued to play slot machines exclusively, while her husband would play table games. In February 2002 she won a \$10,000 jackpot, and reports that "the high feeling was unbelievable".

During the next three years, client increased her number of trips to the casino and the amount she gambled. As a waitress, she had access to cash and was able to keep the extent of her gambling hidden from her husband. In early 2004, she applied for two credit cards without her husband's knowledge. Both cards were maxed out when her husband found the monthly statements in April 2005. Client entered treatment at that time.