

The logo for Tiltti is a white cloud shape containing the word "tiltti" in red lowercase letters. Below the cloud, the tagline "Tietoa & tukea pelaamisen hallintaan" is written in a smaller, grey font.

tiltti

*Tietoa & tukea
pelaamisen hallintaan*

Two stylized, light blue clouds are positioned in the upper left corner of the slide, partially overlapping the main title text.

RECOVERING AS A FAMILY; EXPERIENCES AND OBSERVATIONS FROM THE FAMILYCLUB OF TILTTI

- Group for problem gamblers and their family members
- First meeting in September 2017
- Today; four (4) couples, two (2) spouses, one gambler
- Club meetings every other week and 1,5 hrs at the time - in Zoom platform since 2020 spring

OUR PRICIPLES

- Confidentiality
- Anonymity
- Tolerance
- Feel free to ask
- Pay regard to others
- We don` t talk about money in numbers

”It is because we are in the same group, problem gamblers and close ones”

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- The thesis of Bachelor`s Degree in Social Services was done in spring 2019.
- The purpose on this thesis was to find out about the experiences and effects on participants in Tiltti`s Familyclub and why they still want to participate in the club meetings.
- The thesis was carried out as a qualitative study and the theme interview was used as a data collection method.
- Five participants were interviewed (2 gamblers, 3 family members).

Experiences and effects

- Increasing understanding of the perspective of the other party.
- Reconstruction of lost confidence.
- Shame reduction.
- Improving self-esteem.
- Talking about and expressing of feelings.
- The social context of meetings.
- The development of interaction skills.
- The club as a recovery resource.

OBSERVATIONS

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- Different timing → both can be surprised
- Shame
- Guilt
- To be afraid
- Be on your toes
- Loss of confidence

THANK YOU!

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Tietoa & tukea
pelaamisen hallintaan

