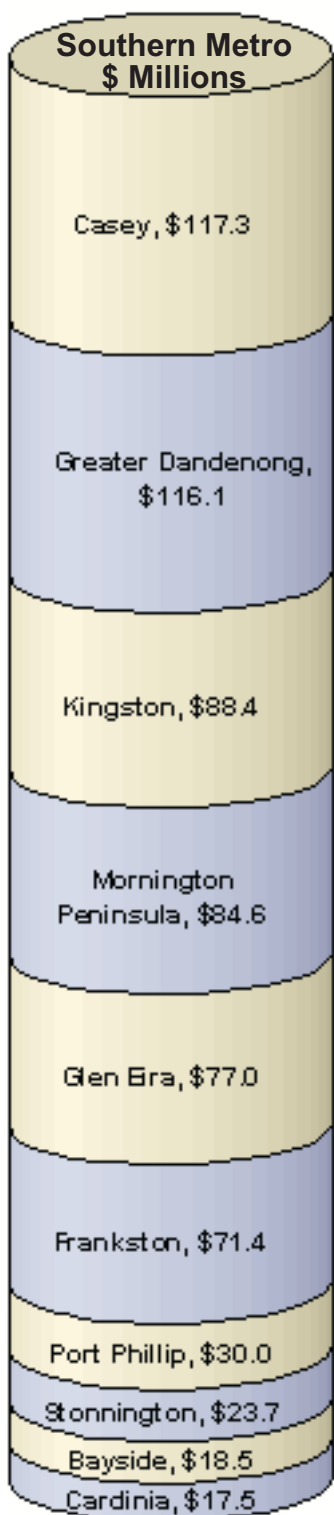


# Pokies Loss - Update -

\$2.6 billion was lost on Victorian pokies in 2007/08, an increase of 2.7% on the previous year. A quarter of this amount was spent in the southern metropolitan region, where total losses grew by 4.2% to over \$644 million. Annual losses in each southern municipality are shown below. Bayside (9.3%) and Glen Eira (6%) had the largest increases in the region.



# Gambler's Help to 2011

Gambler's Help services are now in the early stage of implementation of new service agreements for the period 2008 to 2011. These agreements align the state's problem gambling service system with the Victorian Government's "Taking Action on Problem Gambling" strategy.

## Service Types & Descriptions

### Counselling

Gambler's Help Southern offers counselling to people with a gambling problem and others affected by someone's gambling. This includes couples and family counselling, work with employers, online, self help and group sessions. Services are provided across ten local government areas, with some locations offering after hours and Saturday morning appointments. Counselling covers not only gambling, but the range of other issues that accompany problem gambling.

### Mobile & Outreach Services

The service constantly monitors demand and moves resources where they are most needed, also changing service hours and types to meet demand. If someone is unable to attend a Gambler's Help site, the service will find a location the client can access and provide service from there. The service may be involved in providing mobile

and outreach services out of hours depending on need, supported by a new IT system that will allow appointments to be made across the state at all times.

### Service Coordination

In an effort to ensure clients receive the best possible service that addresses the widest range of needs, Gambler's Help services will participate in service coordination processes. This means that all clients will receive a thorough needs assessment when they contact the service, comprehensive care planning during treatment and referral to other services as required.

### Portfolio Services

Gambler's Help Southern will expand its partnership work with mental health, drug and alcohol and family services through closer working relationships with each of these service types. This will include direct case work within these services provided by Gambler's Help staff, as well as secondary consultation and professional development.

### Financial Counselling

Financial counselling cases span inability to meet commitments, legal matters, financial assistance and benefits, housing insecurity and consumer rights.

Continued p.4



Source: Victorian Commission for Gambling Regulation, [www.vcgr.vic.gov.au](http://www.vcgr.vic.gov.au)

# GM GAMBLING MATTERS

Vol. 7 Iss. 1  
August 2008  
ISSN 1449-1923



**GAMBLER'S HELP™ 1800 156 789**

**SOUTHERN**

# Do-It-Yourself Experiment

Ever needed convincing that your chance of winning the top prize on a pokie is pretty slim? Just the mention of the word "mathematics" is enough to give some of us a headache, so this demonstration aims to give you a clear visual picture of your chances.

This experiment involves that icon of Australian party food – Hundreds and Thousands. Remember them? Tiny little sugary balls about the size of a pinhead; red, yellow, blue, green, orange, pink and white; sprinkled on "fairy bread", sponge cakes, toffees and other sweet morsels.

## Here's what you need to do:

Get yourself around 132 kilograms of Hundreds and Thousands. Supermarkets sell them in different size packets, but if you get the 175 gram size, you'll need about 753 packets.

Empty all the packets into one big container, like a bath. Take out a single Hundred and Thousand and colour it black all over using a marking pen. When the ink has dried, put the black one back into the bath with all the others. Give the whole lot a good stir around.

Now, arm yourself with a pair of tweezers. Close your eyes and dip into the bath, tweezing out a single Hundred and Thousand. Check to see if you selected the black one. Repeat as often as you like, making sure you put your selection back into the bath each time and give it a stir.

## What does it mean?

This experiment is set up so that the probability of picking out the one black Hundred and Thousand from the bath is the same as the probability of getting the top winning combination on a poker machine like Dolphin Treasure. When you look into the bath, you will see just how unlikely it is...not impossible, no...but very, very, very unlikely.



This experiment is based on the following:

- A single Hundred and Thousand weighs 0.0037 grams. This was the median weight recorded in a trial using scientific weighing scales, coordinated by Bentleigh Bayside CHS dietitian, Rachele Katz.
- The chance of getting the top winning combination on the poker machine game Dolphin Treasure (ie. 5 x Dolphin Sunset), based on minimum bet selection and excluding feature wins, is 1 in 35.64 million. This information is drawn from Player Information Display screenshots supplied by the Victorian Commission for Gambling Regulation.

**vcgr**  
Victorian Commission  
for Gambling Regulation

## UPDATE

### Gaming Venue Applications

#### Casey Towers Narre Warren

New venue - 60 machines  
**Approved**

#### Pakenham Lakeside Hotel Pakenham

New venue - 60 machines  
**Refused**

#### Tooraddin & District Sports Club Tooraddin

Increase from 42 to 54 machines  
**Hearing adjourned at the request of the applicant, to a date to be fixed**

#### Langwarrin Hotel Langwarrin

Increase from 44 to 60 machines  
**Approved (conditions apply)**

#### Frankston RSL Club Frankston

Increase from 77 to 90 machines  
**Forthcoming**

## New National Helpline Number: 1800 858 858

Australia now has one problem gambling telephone helpline number for all states and territories. The strategy was announced following a meeting of the Ministerial Council on Gambling, held in Melbourne in July. The move aims to allow community awareness campaigns to be shared nationally. Callers to the new 1800 number will be automatically linked to the telephone help service in their state. Existing state helpline numbers, such as the Victorian Gambler's Helpline number, will continue to operate alongside the new number for a period of time.

[www.problemgambling.vic.gov.au/firststep](http://www.problemgambling.vic.gov.au/firststep)

**FIRSTSTEP**  
SELF HELP FOR GAMBLING ISSUES

# UNDERSTANDING YOUR DREAMS

**The dream is a little hidden door in the innermost and most secret recesses of the soul (C.G. Jung)**

**Working with your own dreams can be fun and enlivening. It's a way to deepen your understanding of yourself - your fears, aspirations, dread or desires. C.G. Jung and Sigmund Freud, two great thinkers of the 20th century, held varying theoretical positions on dreams but both saw them as representing a major thoroughfare to the unconscious. For this article in full, go to [www.ghsouthern.org.au/mos/images/pdfs/dreams.pdf](http://www.ghsouthern.org.au/mos/images/pdfs/dreams.pdf)**

This article aims to suggest that dreams are not "just dreams", but vital in our lives as they give us access to our unconscious psyche, which is vastly larger than our consciousness<sup>1</sup>. It sets out some simple steps to get started with dream work, using analytical (i.e. Jungian) traditions. However, there are other frameworks and also many sources that readers can go to for in depth exploration of dreams.

## **Do dreams have meanings?**

The view that dreams have meanings is acceptable to some and not others. Whether all dreams carry meanings is certainly contestable. A number of examples of dreams that had significant meaning are cited by Mattoon<sup>2</sup>. For instance, three dreams helped the philosopher Descartes to turn his life toward philosophy, and the scientist, Kekule deduced and solved the structure of the benzene ring during a dream.

## **Symbols are the language of dreams:**

Jung suggested that dream images are symbols, not signs with a clear one-to-one designation<sup>3</sup>. The Jungian analyst, Robert Johnson explained that "The unconscious has a particular capacity to create images and to use those images as symbols. It is these symbols that form our dream, creating a language by which the unconscious communicates its contents to the conscious mind."<sup>4</sup>

## **The process of working on a dream:**

The following is a summary of helpful steps and guidelines as suggested by Mattoon<sup>5</sup> and Johnson<sup>6</sup>:

### *1. Record the dream*

Have paper and a pen next to your bed. Write down the details of the dream as soon as you wake. Or you may prefer to draw your dream instead of recording it in words.

### *2. Write your associations and amplifications*

#### Personal associations (personal amplifications):

Go through your dream, write down every association (thoughts, memories, facts, and feelings) you have about each dream image. For example, the dream image of a red room might evoke associations such as:

- your old bedroom which had a red wall
- red is your favourite colour
- anger as in "I see red"
- seeing coral, the Great Barrier Reef holiday you had
- the band Simply Red
- your Aunt Betty's red hat and your time with her when you were young, and how she sees the world differently from your parents.

#### Archetypal associations (archetypal parallels):

Apart from personal associations, other information about the dream images come from what Jung called the "collective unconscious". This part of the psyche is not a personal acquisition, but is related to the evolutionary, instinctual bases of the human race<sup>7</sup>. Jung considered archetypes to be innate, universal prototypes for ideas<sup>8</sup>. For instance, the dream forest might be reminiscent of a forest where the goddess Artemis roamed.

### *3. Write the conscious situation:*

What is the context - this is where your conscious life comes into play. What was happening in your life before the dream? This includes people, events, situations or decisions that are emotionally significant to you. What was your "emotional climate"?

### *4. Consider the interconnections*

What are the interconnections between the amplifications and conscious situations? Look for themes that point to a particular problem, questions or dilemmas that the dream may be commenting upon.

For instance, a person dreams of three situations in a dream: a friend who was in a process of separation, a young deer lost in a forest, and an elderly man lying curled up in a park bench. The common theme is loss. The dream may be about how the dreamer is dealing with the impending loss of his sick elderly parent and how they are feeling very lost and inadequate.

Sometimes, recurring dreams may point to something important and a series of dreams can be helpful if they are examined as a whole.

### *5. What does the dream mean?*

#### Subjective or Objective meanings:

If the dream figure is someone or something not highly significant in your daily life, such as a movie star, a long lost colleague or an unknown person, then a subjective interpretation is indicated. The dream is telling you about some aspect of your life or self in relation to the dream figure, rather than about the figure itself, as it is not a part of your normal life.

If the dream figure is someone significant in your waking life, such as a family member, a sexual partner or close friend, an objective interpretation is appropriate. The meaning may be around your feelings toward them or the dream is commenting on the relationship.

#### Reductive or Constructive meanings:

A reductive interpretation is concerned with the "why" question. A constructive interpretation asks "what for" or "to what purpose".

### *6. Hypothesise an interpretation*

Johnson<sup>9</sup> suggested the following questions:

"What is the central, most important message that this dream is trying to communicate to me? What is the overall meaning of the dream for my life?"

Write down your ideas. Whether or not the interpretation "clicks" for you right away, verification can sometimes come along later as events unfold. If an interpretation is wrong, then you will usually get an immediate sense of "that doesn't feel right", or you may have a subsequent dream that points to a different take on the earlier dream.

Attempting to interpret dreams bring into focus important aspects of waking life that may otherwise be downplayed or seen as unapproachable. By opening up to your dreams as a source of valid insight, and putting in some effort and method, your intellectual and emotional life may be greatly enriched.

## **References:**

- <sup>1</sup> Jung, C.G. (1933) "The meaning of psychology for modern man", in CW 10: pars. 276-332.
- <sup>4,6,9</sup> Johnson, R.A. (1986) Inner Work: Using Dreams & Active Imagination for Personal Growth. San Francisco: Harper.
- <sup>2,3,5</sup> Mattoon, M.A. (1984) Understanding Dreams. Dallas, TX: Spring.
- <sup>7</sup> Samuel, A., Shorter, B. & Plaut, F. (2003) A Critical Dictionary of Jungian Analysis. New York: Brunner-Routledge.
- <sup>8</sup> [http://en.wikipedia.org/wiki/Archetype#Jungian\\_archetypes](http://en.wikipedia.org/wiki/Archetype#Jungian_archetypes)

Where to begin?  
Who cares about me?  
My life is hell  
But it shouldn't be.

I am a trusted member of society  
Can this really be happening to me?  
I'm ashamed and frightened  
I really can't think straight  
Please help me before it is too late.

I'm angry and confused  
I'm hurting deep inside  
I hate the person I've become  
I've lost my sense of pride.

But a light at the end of the tunnel appears  
Your pride you swallow to make that phone call  
Desperation overtakes  
There's no lower you can fall.

I can't pretend it's easy  
But this I say with pride  
You can learn, with a little help  
To take it in your stride.

Thank you from the bottom of my heart  
I still have a long way to go  
The process is often painful  
And for me is far too slow.

But take heart from one who feels your pain  
A better person I wish to be  
And I am empowered now  
Of my addiction to be free.

I can't pretend it's easy  
I've lied and hurt those who care  
But I'm still around to stumble through  
And who said life is fair?

I send my love to all of you  
Who fight this pain with me  
But come on don't give up the fight  
WE MUST BE BRAVE AND FREE!

**Anonymous, 2008**

## Shoes or super?

### Put a tax refund to good use.

When you receive a tax refund, consider using it to improve your financial position. Sure, you can use some to splurge on new shoes or an electronic gadget, but think about the balance being used to:

- Pay some, or all, of your credit card debt
- Contribute to your superannuation
- Open a high interest savings account and watch your money grow

Plan ahead with your tax refund. Consider letting your money work for you and use the bulk of it to put yourself in a better financial position.



Gambler's Help Southern provides free, confidential, professional support for gamblers, their families and others affected by gambling.

If you have concerns about your gambling, or the gambling of a family member or friend, call Gambler's Help Southern Intake between 9.30 am and 4.30 pm on 9575 5353 or the Gambler's Helpline which is available 24 hours a day, 7 days a week on 1800 156 789.

### **Gambler's Help to 2011** - Continued. from p.1

Interventions include strategies for financial harm minimisation, income management, outlining legal implications of financial practices, asset protection for significant others, stabilising and simplifying unsustainable financial practices, creditor negotiation, bankruptcy advice, resourcing and referral. The service encourages an integrated approach that addresses both financial and psychological elements of gambling problems. The integrated model entails joint location of Financial Counsellors and Problem Gambling Counsellors at key hubs. If mobility is problematic, Financial Counsellors outreach to the clients.

### **Community Education**

#### **Service & Health Promotion**

The service's traditional underpinning of service and health promotion activities will continue, working in collaboration with the Department of Justice to deliver consistent statewide messages to a wide range of community groups and individuals. The community education program provides a presence in all areas through both region wide and locally targeted strategies.

#### **Provider Education**

There is a renewed emphasis on service provider education, focused on increased understanding of problem gambling issues, referral pathways, information resources and professional development to enable intervention with clients.

#### **Integrated Health Promotion**

Gambler's Help Southern community education has operated within a health promotion framework since 2004/05. This work will be expanded to include active participation in Primary Care Partnerships (PCPs), and all PCPs will be funded to assist with this initiative. Community education's health promotion framework is a good fit with the Integrated Health Promotion working groups operating within southern region PCPs.

## Banking news -did you know?

...at least one of the major banks is providing a new type of account that does not charge fees if you don't have enough money in your account for a periodical payment or debit arrangement.

This new facility will mean that many people who live with a tight cash flow will not be hit further with more bank fees.

Make sure you ask your bank if they have such a facility and if not, let your feet do the walking.

**GAMBLER'S HELP<sup>TM</sup> 1800 156 789**

**SOUTHERN**

GM: Gambling Matters is the official newsletter of Gambler's Help Southern, PO Box 30, Bentleigh East, VIC. 3165  
Email: gm@ghsouthern.org.au Web: www.ghsouthern.org.au  
Operating in: Bayside, Cardinia, Casey, Frankston, Glen Eira, Greater Dandenong, Kingston, Mornington Peninsula, Port Phillip, Stonnington