

## **Online Gambling**

Written by Dr. Kimberly Young

Thursday, 15 March 2012 00:00 - Last Updated Friday, 09 March 2012 14:38

---

### **Online Gambling**

Online casinos have sprung up practically overnight into a multimillion-dollar business, attracting a large number of gamblers worldwide. Compulsive gambling has been around for decades, but now access and opportunity are even greater with the invention of Internet gambling, bringing with it a new form of addictive behavior.

Traditional gambling is glamorized on TV and in the media in a way that other addictions are not. Today, all anyone needs is a computer and the Internet to access the thousands of available online casinos. The 24-hour, seven-days a week availability of online casinos simulate the seductive and realistic experience of traditional casino luring millions of new users each year.

### **Teens are Most At-Risk**

At an alarming rate, people in recovery from gambling addiction have relapsed because of the availability of virtual casinos, as they use the Internet as another vehicle to satisfy their addiction. This accessibility also encourages a new breed of gambling addicts to those curious individuals who otherwise might not have tried it such as teenagers and college students. Young adults who seek admission to an online gaming site can freely enter, as no one is there to check for proof of age or an ID. This has already created a stir among college campuses who have discovered students using their Internet privileges to gamble and for parents concerned about their young children having instant access to virtual casinos.

### **What are the signs?**

Compulsive online gamblers show an increasing need to bet more money more frequently. They tend to minimize their losses and exaggerate their potential winnings. They get caught up

## Online Gambling

Written by Dr. Kimberly Young

Thursday, 15 March 2012 00:00 - Last Updated Friday, 09 March 2012 14:38

---

in the excitement of the gambling experience and the anonymity and privacy of gambling from one's own home makes Internet gambling more attractive as they easily hide their gambling habit.

[Click here to see a full list of symptoms>>](#)

## Treating Compulsive Online Gambling

[Dr. Kimberly Young](#) helps clients understand the causes and consequences of [Internet gambling in their lives](#)

. She uses specialized techniques such as online behavior management, financial management, twelve-step recovery, and family therapy methods that work to help the addict through the recovery process in a holistic manner. To learn more,

[Internet Addiction: A Handbook and Guide for Evaluation and Treatment](#)

describes the risks of Internet gambling and outlines structured recovery strategies to stop online gambling for addicts and their families.