

# **Gateway to Hope University**

- Our Mission: "We mobilize individuals to effectively and compassionately meet the holistic needs of those who live with mental health challenges."
- Gateway to Hope University (GTHU) is the training organization of the Hope and Healing Center & Institute. We offer evidence-based mental health training through the GTH University Portal, behavioral health resources, and ongoing support to individuals, faith communities, schools, and workplaces.

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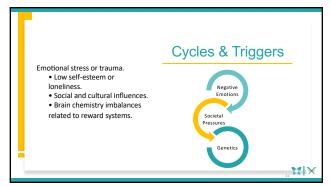














## How to Relate

- Understand this is a Behavioral Addiction and the individual needs a supportive environment to heal.
- Ask questions and help the individual make a plan.
- Refer to support groups in your community.



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## Referrals for Shopping & Gambling Addictions

- Cognitive
   Behavioral Therapy Shopaholics / Gamblers
- Anonymous

   relmagine /
  Transformed Group

- Create a Budget
   Pay Off Debt
   Financial Accountability

- Self Reflection & Awareness
- Cognitive
   Restructuring
- Create a Support System

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## **Shopping Addiction**

Explore the emotional and situational triggers that lead to her shopping sprees.

- \* Have her track her spending habits to understand the extent of her addiction. Create a Financial Plan.
- Triggers

\* Sarah uses budgeting tools in the workbook to assess her financial situation. \* Sets limits on spending, create a plan to pay off credit card debt, and learn to differentiate between needs and wants

Replace shopping with healthier activities, such as joining a book club, practicing yoga, or volunteering \*\* Learns to pause and reflect before making purchases and asking herself if this aligns with her values and goals.







