

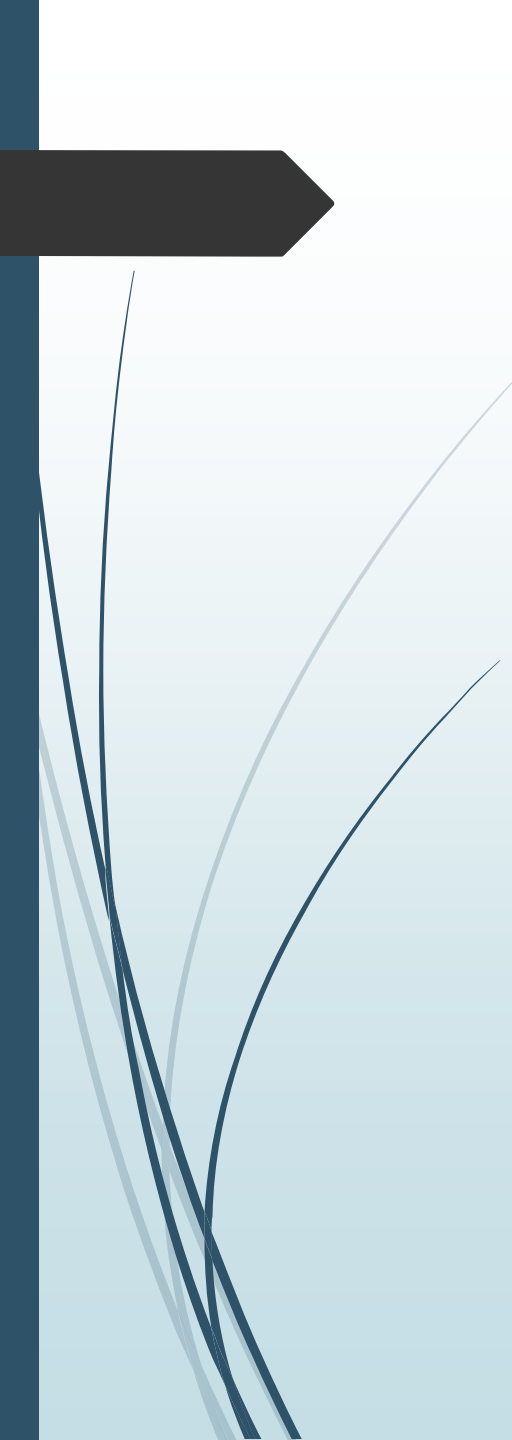


CBT – In Practice



Aims

- To look at how CBT might work in practice with a particular issue.
 - Gambling
 - Trauma

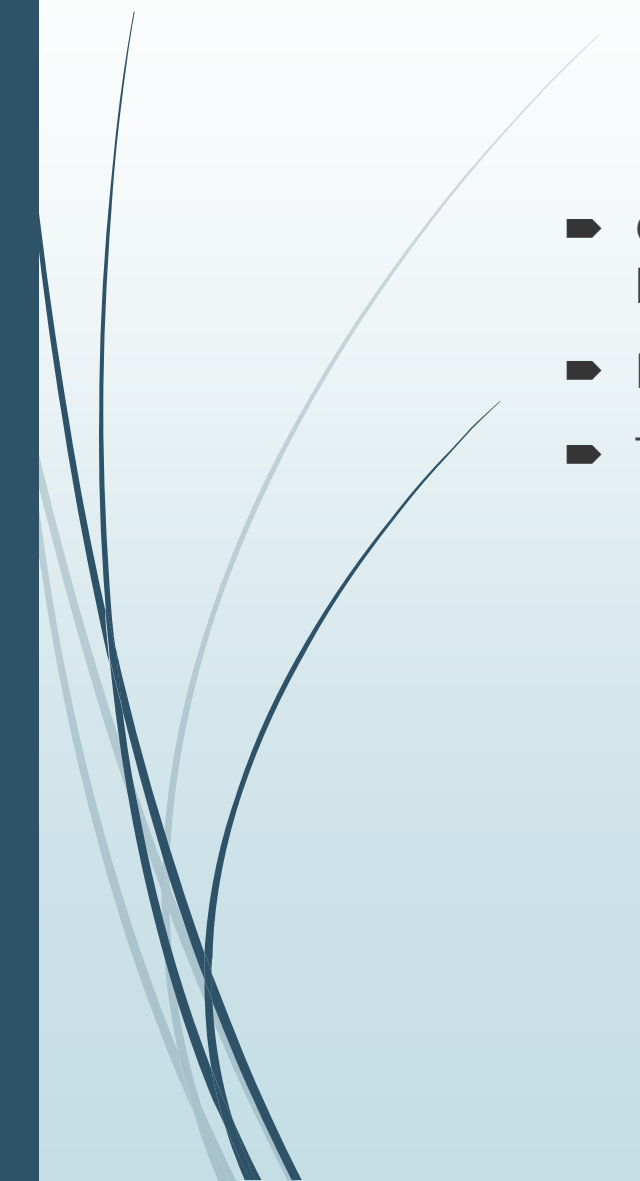


Gambling

- [Recovery from Problem Gambling](#)



Discussion

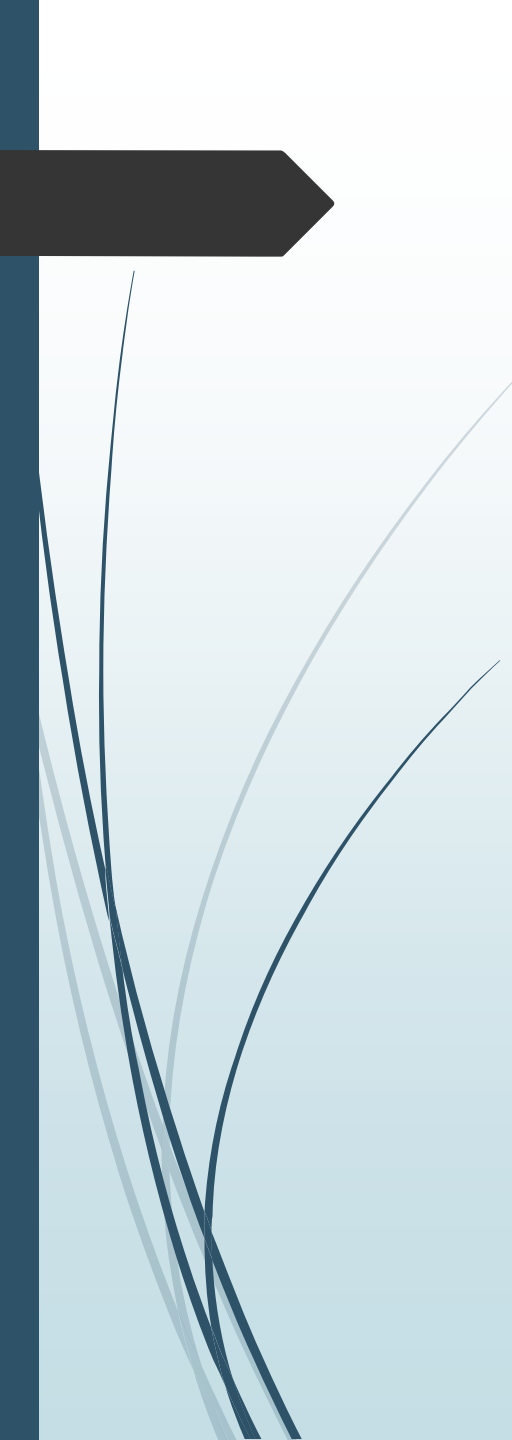


- On your own, think about some of the key points within this film that you have noticed.
- Following this, work with a partner to share your ideas.
- Then share your ideas with the full class.



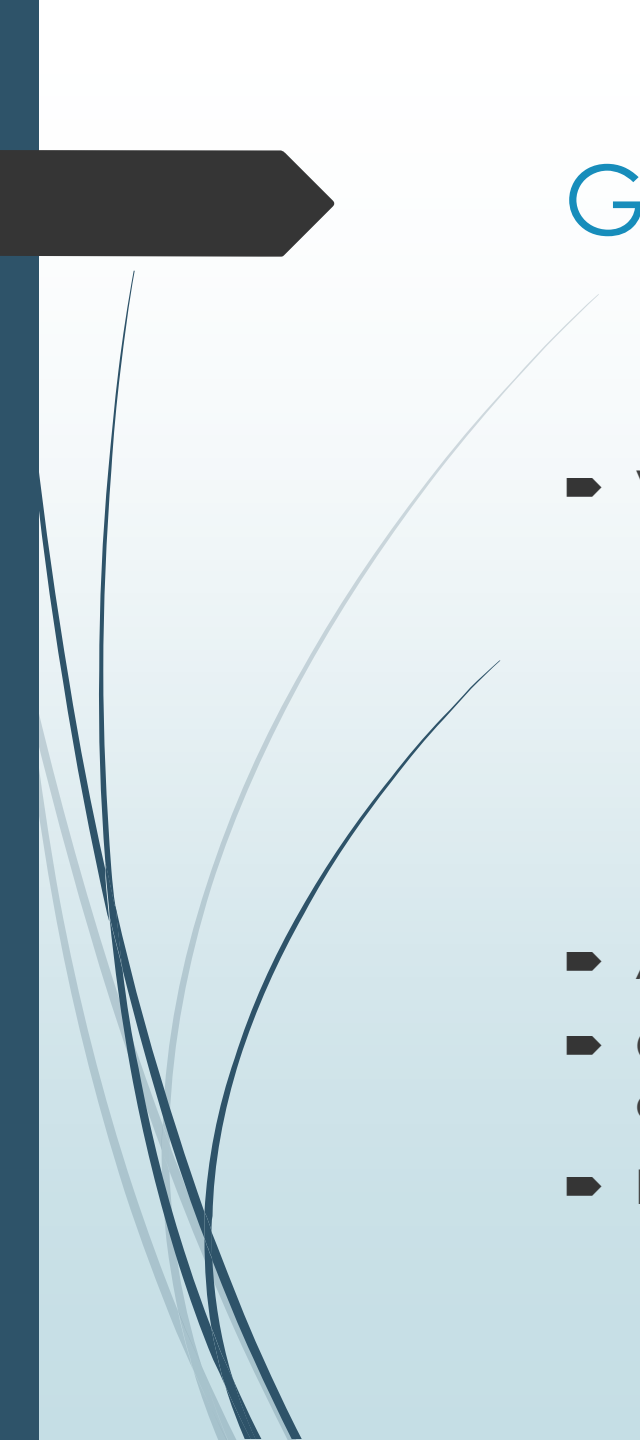
Prevalence of Gambling

- DSM- 5
 - “Addictions and Related Disorders”
- History of Gambling
- Addictive properties of gambling can be seen as early as the 19th century (Germany).
- Expansion of gambling in the 1990s (Governmental revenues?)
- In many places there are separate regulations for lottery versus other types of gambling (EGM). Why might this be the case?



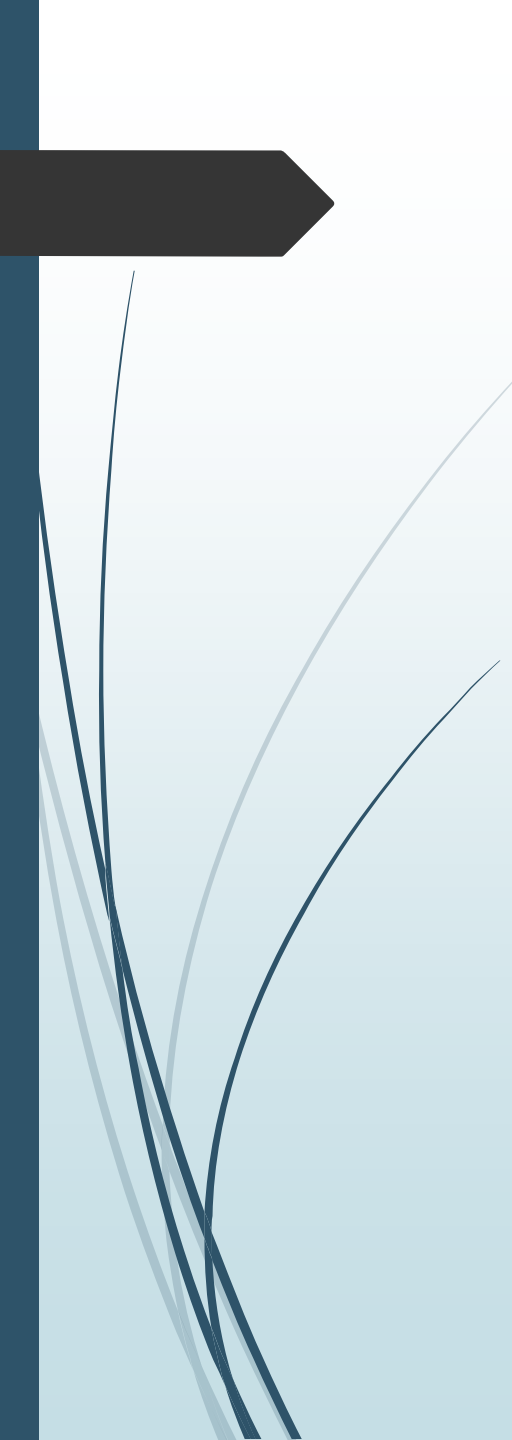
Gambling context

- Internet gambling is growing and those that are involved in heavy gambling are more likely to acknowledge gambling online.
- Interestingly problem gambling rates are either stable or dropping, despite the availability of different gambling types. Further evidence is needed to explore what might be happening here. Any thoughts?



Gambling Support

- Varies between countries:
 - Treatment can be accessed in different ways:
 - Either through the Mental Health Sector (E.g. UK)
 - Addiction-Treatment Sector (most places)
 - Free-standing system (NZ, US)
- Anonymous support is available to a certain degree, particularly in the US.
- Gambling Helplines appear to be the most common type of support available.
- Promotion of Harm-Reduction Treatments: 'Responsible Gambling'



Cognitive Behaviour Therapy

- CBT is based on the process of identifying negative and irrational thoughts (ANTS or NATS), which can have an influence on an individual's behaviour.
- These thoughts have an influence on the development of addictive behaviour, this might be drugs, alcohol, gambling etc.



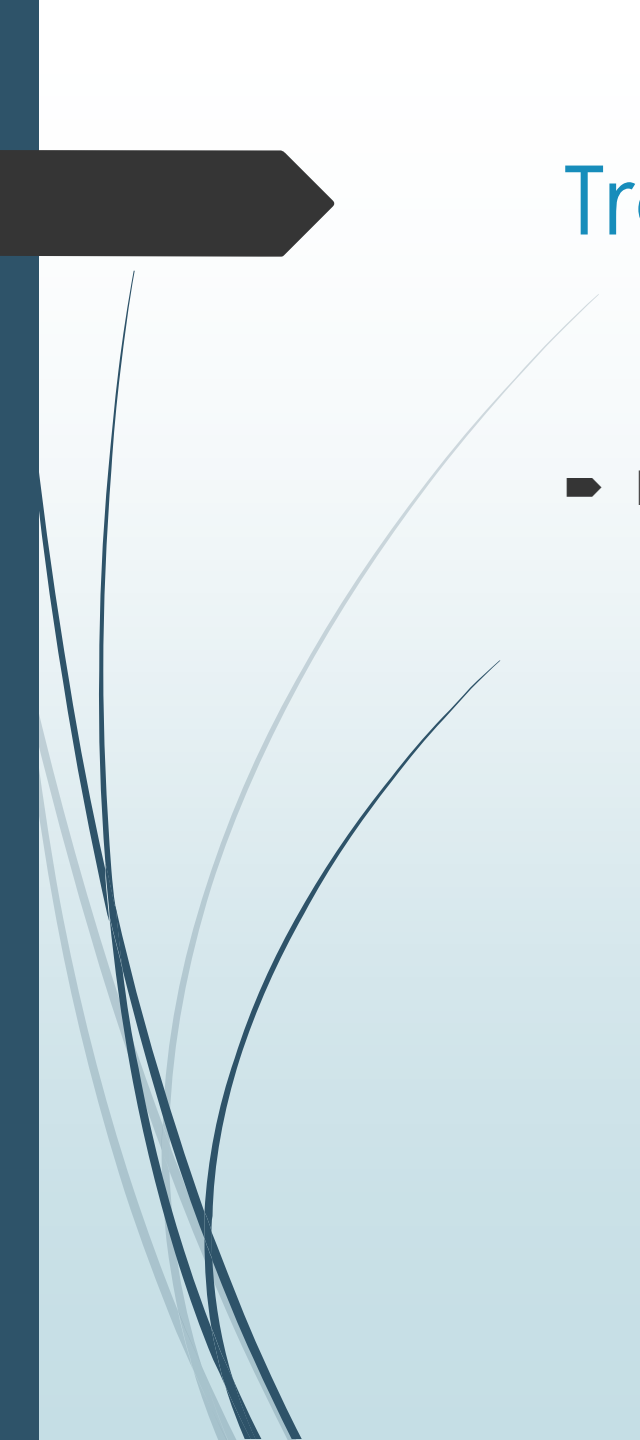
CBT and Problem Gambling

- Behavioural, Cognitive and combined CBT have the most outcome research and appear to be the most effective psychotherapy in treating gambling problems.
- It has been shown to be cost effective, has long-term benefits and allows for additional sessions at a later date.



Treatment Programme

- Aims to enable the client cope and deal with issues that maintain their gambling behaviours.
- It teaches the client a range of strategies (including social and life skills) in order to develop other CB coping mechanisms.
- Relapse prevention strategies are included as they have been shown to be an effective mechanism for the treatment of problem gambling.
- Enabling the client to recognise triggers and know how to cope with these in high-risk situations is key to the treatment.
- Motivational Interviewing strategies can improve the success rate and compliance with the programme.



Treatment Programme

- Four parts to the programme:
 - Assess the client's problem and needs. Use of Psychoeducation. Use of Motivational Interviewing
 - Provide the client with basic cognitive and behavioural self-management strategies to stabilize and limit the compulsive behaviours. Development of life skills: outdoor activities (physical exercise) relaxation activities. Activities that increase motivation. The ultimate aim is to enable the client to stop or control their gambling behaviours.

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- Client is taught a range of coping skills to help maintain the positive behaviours developed at the previous stage. Recognising the triggers. Challenge dysfunctional thinking and deal with negative emotions. Problem-solving and goal-setting will be important and this stage as well as self-management techniques to work through negative emotions.
 - Finally, strategies are taught to maintain the therapeutic gains of the previous three steps. The aim is to minimize relapse in the future and strategies are developed to manage this.



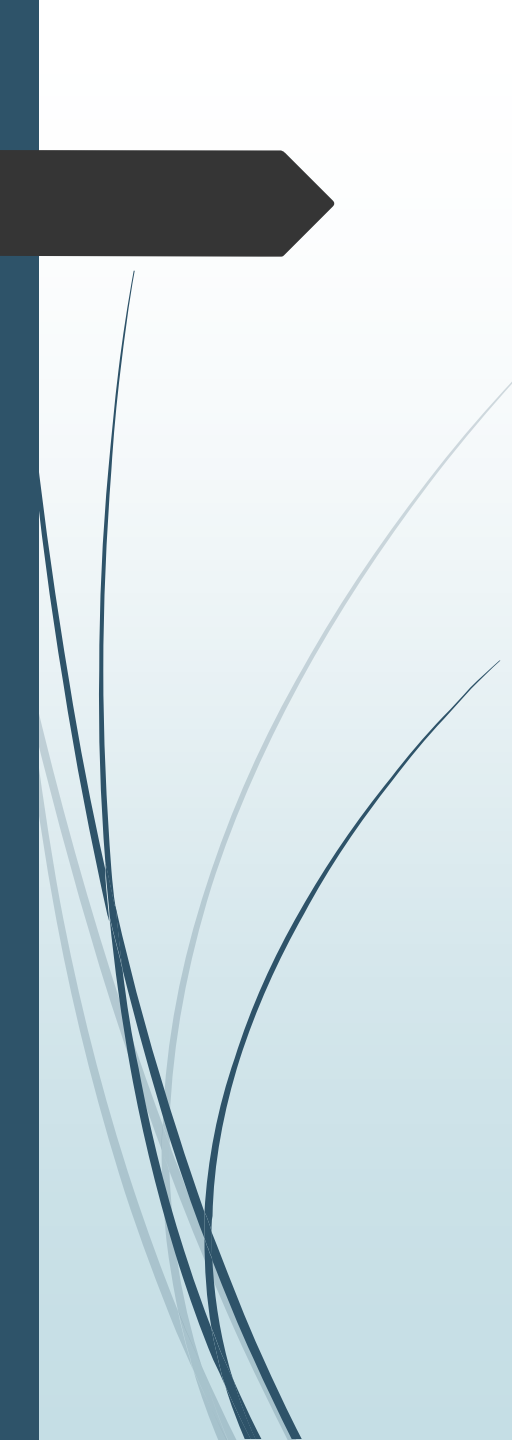
Treatment Programme Structure:

- 10 core sessions and three elective sessions.
- Assessment of client's motivation
- Psychoeducation
- Exploring the gambling-specific thinking errors that encourage the client to continue gambling.
- Encouragement to challenge these thinking errors and recognise and challenge others that might be gambling-related.
- Relaxation and also imaginal exposure training.
- Problem-solving and goal-setting skills training.



Treatment Programme Structure

- Exploration of negative emotions, including anger and guilt. Strategies to deal with these negative emotions
 - Maximisation of treatment gains and importance of a balanced lifestyle.
 - Elective sessions explore the interpersonal-relationships, exploration of financial difficulties and the last is for significant others, discussing the impact each other's behaviours on each other.
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- Raylu, N. and Oei T.P. 2010. A Cognitive Behavioural Therapy Programme for Problem Gambling. Taylor and Francis.



Thoughts?

- Consider all that you have heard so far and critique the programme. Consider what might be the strengths and limitations of this programme, based on what you know so far.