

# WHAT COUNSELORS NEED TO KNOW

*PART 2: CORE  
COMPETENCIES FOR  
PROBLEM GAMBLING  
TREATMENT PROVIDERS*





# Learning Objectives

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- Learn how the treatment of problem gamblers differs from other clinical populations
- Be able to assess and address financial risks related to gambling disorder
- Be better prepared to respond to clients with gambling related issues through increased knowledge of gambling related issues and available resources.

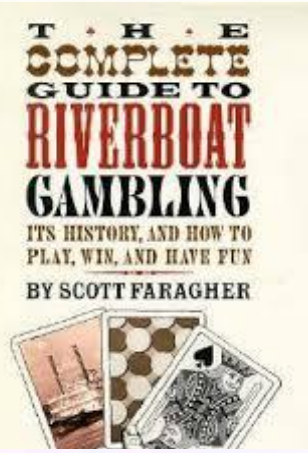
# BRIEF HISTORY OF GAMBLING



Recorded in history since B.C.



# TYPES OF GAMBLING







# How Do I Know if Someone Has a Problem?

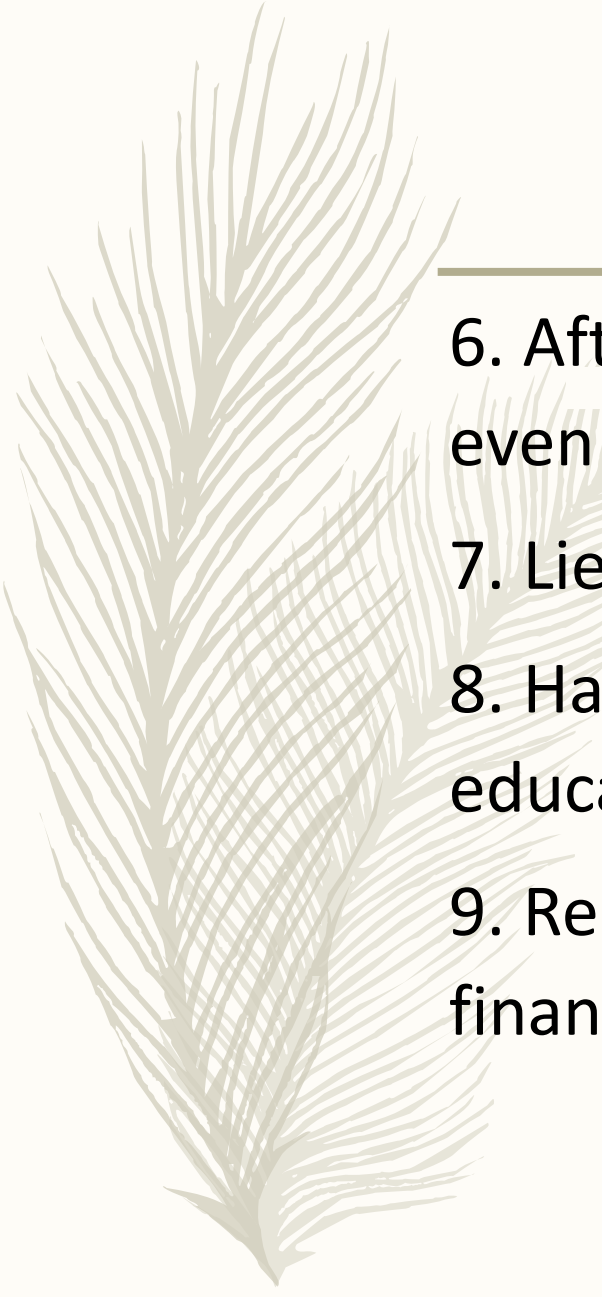
*American Medical Association Recognizes Problem Gambling as a Disease*

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## **DSM-5 Criteria 312.31**– Problem Gambling now lives next to Drug & Alcohol

ICD10 Code: F63.O

1. Needs to gamble with increasing amounts of money to achieve desired excitement
2. Restless, irritable, discontent when attempting to stop or cut down gambling
3. Unsuccessful efforts to control, cut back, or stop gambling
4. Preoccupation with gambling (*the great obsession*)
5. Often gambles when feeling distressed (*anxious, depressed, guilty*)

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6. After losing money gambling, returns another day/time to get even (Chasing the loss)
  7. Lies or conceal extent of gambling behaviors
  8. Has jeopardized or lost significant relationship, job, or educational career
  9. Relies on others to provide money to relieve desperate financial situations caused by gambling

**\*\*\* BI-POLAR Rule out Needed\*\*\***

**CRITERIA:**

**Mild 4-5**

**Moderate 6-7**

**Severe 8-9**



# Treatment

- **Best Practice Model in Nevada- Certified Problem Gambling Counselor (CPGC)**

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- **Obtain state or national certification as Problem Gambling Counselor**
- CBT
- Psychodynamic
- Incorporating other therapeutic approaches into treatment
- Treatment involving the family/spouse
- Group and Individual Therapy, Psycho-educational, Case Management
- Gambler's Anonymous, GAM-ANON, other recovery support systems
- Diversion Program
- Restitution, ensuring employment, goals are primary factors for recovery



# Types of Treatment & Levels of Care for Gamblers

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- GOP
- IOP
- PHP
- In-Patient
- Residential Treatment
- Detox
- Sober Living



# Gambling Assessment, Tools, Treatment Resources

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## – Lie Bet Screen

*1. Have you ever gambled more money than you intended to?*

*2. Have you lied about or concealed your gambling behavior?*

## – S.O.G.S

(South Oaks Gambling Screen)

## – DSM-5

## – 20 Questions





# Risk Assessment and Management

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- Addressing the Finances
- Assessing lethality or harm to self/others
- Screening for DV and/or abuse
- Educating the Family
- Identify potential co-occurring disorders
- Become familiar with gambling treatment resources



# Risk Assessment and Management

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- Utilize case management services and recovery resources
- Work within your scope of practice
- When to seek consultation and or refer out to appropriate provider or treatment services
- Collaborate with the community
- Nevada Council Problem Gambling
- **When in doubt, ask!**





# Sociocultural Awareness

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- Know who you are working with (Race, gender, age, nationality, etc)
- Special Populations (Native Americans, elders, veterans, etc.)
- Be aware of your own personal bias and limitations
- Incorporate sociocultural awareness when creating treatment plan
- Learn from the clients

**Maintain an open mind, awareness is the key!**



# Questions?

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***Thank You!***



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