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# Problem Gambling Counseling and Treatment Approaches

Jason Landon • Simone Rodda • Masood Zangeneh
Editors

# Problem Gambling Counseling and Treatment Approaches

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# EDITORS

**Editor**: Jason Landon, Ph.D.
**Affiliation**: University of Auckland University of Technology, New Zealand

My Ph.D. was in behavioural psychology with Professors Michael Davison and Douglas Elliffe at The University of Auckland and I was fortunate that my work was recognized for its quality by the American Psychological Association. I then undertook Post-Doctoral work at the Liggins Institute of The University of Auckland with Professor Bernhard Breier studying the effects of early-life nutrition on learning and development. That work was cut short by an occupational illness, and I moved to a policy and research role with the New Zealand Ministry of Health developing the Ministry's initial problem gambling research strategy. I then spent a year at MIT primarily working on Maori and Pasifika student retention and success, prior to joining Auckland University of Technology (AUT). In my time at AUT I have served the University in several capacities – as Psychology Programme Leader, on Faculty and Conjoint Boards of Studies, Faculty Committees, and now as Head of the Department of Psychology and Neuroscience. I am a member of AUT's Gambling and Addictions Research Centre and have served in editorial roles with several international journals. My research interests are broad, spanning a range of applied and experimental areas of psychology and public health. I collaborate on research projects with colleagues within AUT, at The University of Auckland, and internationally at The University of Lincoln (United Kingdom).

**Editor**: Simone Rodda, Ph.D.
**Affiliation**: University of Auckland University of Technology, New Zealand

My research uses theory to solve real-world social problems. It concerns the question of how people think about addiction and why and how they engage in behaviour change. Spanning a number of areas including implementation intentions, goal setting, self-regulation, self-control and help-seeking I am particularly interested in developing interventions that are accessible to sub-clinical populations. I am the founder of the Change Strategies Project (www.changestrategies.ac.nz) which investigates implementation planning and goal setting for reductions in alcohol, internet pornography, internet gaming, overeating, sugar, gambling and caffeine. The underpinning program philosophy is self-determination theory and interventions developed to especially bridge the intention-behaviour gap.

**Editor**: Masood Zangeneh, Ph.D.
**Affiliation**: Humber College Institute of Technology and Advanced Learning

Masood Zangeneh is a professor in the Faculty of Liberal Arts & Sciences and Innovative Learning at Humber College Institute of Technology and Advanced Learning. Dr. Zangeneh is the Editor-in-Chief of the Journal of Ethnicity in Substance Abuse, founding editor of the International Journal of Mental Health and Addiction, editor of the book series Advances in Mental Health & Addiction, and founding editor of the Journal of Concurrent Disorders. He also serves as a consultant to numerous scientific journals and universities for interdisciplinary, multi-cultural research and development addressing mental health, addiction, and resilience among marginalized populations.

# AUTHORS

**Author:** Nicki A. Dowling, Ph.D., MAPS
**Affiliation:** University of Melbourne, Australia

Associate Professor Nicki Dowling is an Associate Professor of Psychology in the School of Psychology at Deakin University, with an honorary position as Principal Research Fellow in the Melbourne Graduate School of Education at the University of Melbourne. She is a registered clinical psychologist, with significant experience in the treatment of people with gambling problems and their affected others. Her research interests focus on the identification, prevention, and treatment of gambling-related harm for gamblers and their affected others. She has published over 160 peer-reviewed publications and her research has been presented at over 180 conferences and professional development forums.

**Author:** Wayne Skinner, MSW, RSW
**Affiliation:** University of Toronto, Canada

Wayne Skinner, MSW, RSW is a graduate of the Faculty of Social Work at the University of Toronto. He is active as a clinical consultant, trainer and educator. At the Centre for Addiction and Mental Health (CAMH), he served as Clinical Director of the Concurrent Disorders Program and, until he retired in 2016, headed the Leadership Team of Program Gambling Institute of Ontario and was Deputy Clinical Director in the Ambulatory Care & Structured Treatment Program. Wayne worked at the Addiction Research Foundation of Ontario between 1976 and 1998, as a clinician, program director, consultant, research investigator and educator. He has held appointments as an assistant professor in the Department of Psychiatry and adjunct senior lecturer in the Factor-Inwentash Faculty of Social Work at the University of Toronto.
Wayne edited the book Treating Concurrent Disorders: a guide for counsellors (CAMH, 2005), and co-edited Fundamentals of Addiction: a practical guide for counsellors (CAMH, 2014). With Marilyn Herie, he authored Substance Abuse in Canada (Oxford University Press, 2010), and with Caroline O'Grady, A Family Guide to Concurrent Disorders (CAMH, 2007). Wayne and

Carolynne Cooper authored Motivational Interviewing for Concurrent Disorders (Norton, 2013). He co-chaired the expert panel that produced RNAO's best practices document, Engaging People Who Use Substances, in 2015. Between 2008 and 2014, he was an associate editor for the journal Mental Health and Substance Use, published by Routledge in the UK. He is a member of the editorial board of the Journal of Gambling Issues. He contributes regularly in peer-review journals as an author and a reviewer.

**Author:** Jane Oakes, Ph.D.
**Affiliation:** University of South Australia/University of Adelaide, Australia

Dr. Jane Oakes is a program facilitator at PsychMed and has previously held senior positions, including the Gambling Services Coordinator for Turning Point's Telephone and Online Services and the Gambling Topic Coordinator and lecturer within the Master of Addictive behaviours Monash University and Flinders University. She has expertise in using CBT to treat anxiety disorders, alcohol and drug dependence, depression, and Gambling Disorder. She has a keen interest in treating gambling addictions and has published articles, written website materials for national and state gambling programs, and given invited presentations and workshops in this area both nationally and internationally.

**Author:** Quentin C. Black, BSc Hons (Psych), M App Psych, MBBS
**Affiliation:** University of South Australia/University of Adelaide, Australia

Dr. Black is a medical practitioner, clinical psychologist, researcher, senior clinical lecturer in clinical psychology and psychiatry, School of Medicine, at the University of South Australia and the University of Adelaide respectively. Dr. Black is the PsychMed Program Director and the Managing Director of WARRI. Dr. Black has 37 years of experience working in mental health and alcohol and other drug fields in academic, public, and private settings, and has 25 years of experience as a clinical lecturer and educator and is committed to promoting excellence in evidence-based mental health services, teaching, and research.

**Author:** Peter Chen, HSC, CPGC, B.Ed.
**Affiliation:** Centre for Addiction and Mental Health, Canada

Peter works as a Community Health and Education Specialist with the Gambling, Gaming and Technology Use (GGTU) program (formerly the Problem Gambling Institute of Ontario, PGIO) at CAMH, where he has worked since 1993. He started as a gambling counsellor in 1995 when treatment resources for problem gambling was first funded by the Ministry of Health following the opening of the first Ontario casino in Windsor in 1994. For over 20 years, he counselled people with gambling problems and their family members. Peter also spent several years working as an Older Adult and Gambling specialist at the PGIO.

His current work involves the development and delivery of educational resources/courses related to problem gambling and technology used for addiction and mental health service providers. These resources include online courses, webinars, face-to-face workshops and published material. He is also the chair of the Canadian Problem Gambling Certification Board and his area of specialty is in the integration of mindfulness meditation and clinical practice. He introduced mindfulness to the Problem Gambling and Technology Use Treatment Service at CAMH in 2010 and has led Mindfulness-Based Relapse Prevention groups for the clients for ten years. He has also facilitated mindfulness workshops for addiction and mental health service providers. Peter is also a published author in the area of Mindfulness and Problem Gambling Treatment.

**Author:** Farah Jindani, Ph.D., M.S.W.
**Affiliation:** Centre for Addiction and Mental Health, Canada

Farah Jindani, Ph.D. (University of Toronto), M.S.W. (University of Toronto), MPhil. (University of Cambridge), BA (University of Waterloo) is an Academic Program Coordinator and Professor at Seneca College's Bachelor of Community Mental Health and Mental Health Intervention programs. She has worked as a trainer and clinician in the addictions/mental health field for over 15 years at the Centre for Addiction and Mental Health (CAMH) with a specialization in problem gambling. Farah developed a personal interest in mindfulness/yoga practices prior to 2010 and has since integrated these practices in her clinical, teaching and research work. She has developed various professional training programs that are offered at post-secondary institutions and in the community. Farah is a regular trainer for various organizations in areas of trauma-informed interventions, criminal justice and the intersectionality between mental health/addictions and the social determinants of health. Farah has conducted extensive research in the area of mind-body interventions, gambling and mental health. Her research and teaching interests include wellness-based mental health, areas of collaborative knowledge exchange, innovative curriculum development including simulation training, trauma-informed interventions, mind-body interventions and positive psychology. She is also a certified yoga teacher and trainer of Breath-Body-Mind.

**Author:** Nigel Turner, Ph.D.
**Affiliation:** Centre for Addiction and Mental Health/University of Toronto, Canada

Dr. Nigel E. Turner is a well-published researcher in the field of gambling studies. He has extensive experience in a variety of quantitative and qualitative research methods including experiments, surveys, interviews, focus groups, and content analysis. In addition to numerous research publications and conference presentations, he has helped develop and evaluate prevention material for problem gambling (Turner, Macdonald, & Somerset, 2008). This problem gambling prevention program is available for free (see Turner, Macdonald, Ballon, Dubois, 2010). He is one of the leading researchers in the psychology of electronic gambling machine technology and has published papers on the interface between the psychology of the player and the mathematics of gambling technology (Turner, 2011). In this study, it is shown how electronic gambling games are designed to provide a high level of positive reinforcement in the short term which encourages continued play, but very few long-term winners.

**Author:** Lauren Smith, Ph.D.
**Affiliation:** University of Lincoln, U.K.

Lauren is a Lecturer in Forensic Psychology in the School of Psychology at The University of Lincoln, UK. Her research interests include gambling in the criminal justice system, families of people in the criminal justice system, and factors influencing resettlement and reintegration of people into the community following conviction. Lauren previously worked as a Practitioner and Manager for a Voluntary Sector Provider in the Criminal Justice System for 13 years, supporting people across courts, prison and probation to resettle and reintegrate into the community. Lauren has also worked on the delivery of HM Prison and Probation Service Offending Behaviour Programmes.

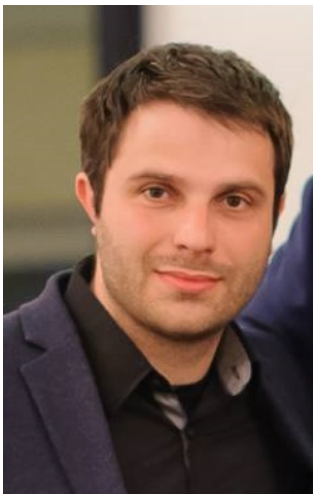
Lauren is a member of her local Reducing Offending Core Priority Group and is the Chair of a constituted group developing pioneering work using a Community Chaplaincy model to support people who are at risk of offending in her local community.

**Author:** Amanda Roberts, Ph.D.
**Affiliation:** University of Lincoln, U.K.

Amanda Roberts is an Associate Professor in The School of Psychology at the University of Lincoln, UK, with a Ph.D. in Behavioural Neuroscience from Cardiff University and previous research and lectureship positions at UK academic institutions including Kings College London, The Institute of Psychiatry, Queen Mary University London, The Wolfson Institute, and UEL. She has numerous multidisciplinary national and international collaborations including an honorary research contract at the National Problem Gambling Clinic and a Research Fellowship at the Gambling Addictions Research Centre, AUT, NZ. Amanda's research interests include the evaluation of gambling addiction treatment programmes both in the community and in UK prisons, and additional interests extend across topics that relate to gambling comorbidity, gambling in vulnerable populations, homelessness, women and gambling, and gambling and interpersonal violence.

**Author:** Dragos Dragomir, Ph.D.
**Affiliation:** Gordon Moody, U.K.

I am Dragos Dragomir, Clinical Director for Gordon Moody, a UK-based organization that offers support and treatment for those most affected by gambling-related harm. I am a psychologist and psychotherapist with over 15 years of experience in the field of mental health and addiction recovery. I have worked across all three sectors of industry and I am particularly interested in how they can combine in creating sustainable frameworks of intervention within the mental health field. Through developing and managing a variety of addiction treatment services I have acquired strong competencies in the strategic development and implementation of policies, procedures and treatment programmes, quality and performance management, service management and research and innovation in addiction and mental health care.



**Author:** Steve Sharman, Ph.D.
**Affiliation:** King's College London, U.K.

Dr. Steve Sharman is a psychologist working as a Research Fellow in Gambling Studies at the National Addiction Centre, King's College London. His research primarily investigates gambling-related harm and gambling in vulnerable populations. He is also a researcher at the University of East London, where he is a Society for the Study of Addiction Academic Fellow. His research at UEL uses Virtual Reality to investigate within-game constructs, gambling-related cognitions and cognitive distortions, and the influence of these on gambling behaviour. He completed his Ph.D. in Gambling Related Cognitions at the University of Cambridge, having previously completed an MSc in Cognitive Neuroscience at UCL and a BSc in Psychology at UEL. Steve works closely

with many UK gambling treatment providers including the National Problem Gambling Clinic, is a founder member of the UK Network for Behavioural Addictions (NUK-BA) and is on the Executive Committee for the Current Advances in Gambling Research Conference.

**Author:** Jim Rogers, Ph.D.
**Affiliation:** University of Lincoln, U.K.

Jim Rogers is currently a senior lecturer at the University of Lincoln in the Hull School of Social Work. He teaches a range of modules on both undergraduate and post-qualifying social programmes. He has been responsible for several years for coordinating the first year of the BSc Social work programme and has also developed several new programmes of study including a Certificate in the Mental Health and Well Being of Older People and the Best Interests Assessor Programme at the PQ level. Jim's research interests are in the fields of mental health and also in complementary therapies.

**Author**: Te Rukutia Tongaawhikau, PG Dip.
**Affiliation**: Problem Gambling Founders of New Zealand, New Zealand

Te Rukutia is a qualified Kaitiaki in Professional Bi-cultural Supervision (Kaitiakitanga, PG Dip Bicultural Professional Supervision). She currently leads PGF Services national public health team (Hauora Whānui) and holds a dedicated role with PGF Group as Kaiwhakarite, supporting Mana enhancing services across all aspects of the organization to reduce gambling harm through meaningful engagement. Te Rukutia, has supported tāngata Whaiora towards mauri ora; reconnecting to whānau and culture since 2002. She is active in her Hapū, from grassroots to seeking redress from the Crown. Te Rukutia has contributed to the establishment of integrated kaupapa Māori, trauma-informed interventions for women and youth for the Department of Corrections NZ.

**Author**: Bridgitte Thornley, R.S.W.
**Affiliation**: Problem Gambling Founders of New Zealand, New Zealand

Bridgitte is a Registered Social Worker, qualified alcohol and drug counsellor, and a member of DAPAANZ. Her current role is National Director of PGF Services, a gambling harm counselling and public health service in New Zealand. Bridgitte has Postgraduate Diplomas in Social Work (2011) and Clinical Drug Dependence (1993). She has worked in the addiction sector since 1990 and in the gambling harm sector since 1999. Bridgitte had lived experience of addiction which enriches her knowledge and experience. This, and her conventional study, has enabled her to have a successful and rewarding career in the addiction field. Bridgitte is passionate about her work and leading a team of dedicated clinical and public health professionals committed to reducing the harm from gambling in Aotearoa.

**Author**: Jérémie Richard, M.A., is a Ph.D. student
**Affiliation**: McGill University, Canada

Jérémie Richard, M.A., is a Ph.D. candidate in the Counselling Psychology Program at McGill University. He completed his B.A. (Specialization) in Psychology in 2016 at McGill University and his Master's in Counselling Psychology in 2018. Jérémie's doctoral dissertation involves an evaluation of the pathways involved in the development of problem gambling and problematic video game playing among adolescents and young adults with a focus on early externalizing and internalizing problems. Jérémie has received doctoral fellowships from both the Social Sciences and Humanities Research Council (Canadian Federal funding agency) and Fonds de recherche du Québec – Société et culture (Québec provincial funding agency). Jérémie's current research interests include risk factors for the development of gambling and gaming disorder, the *gamblification* of video games, and novel forms of gambling such as esports betting.

**Author**: Jeffrey L. Derevensky, Ph.D.
**Affiliation**: McGill University, Canada

Jeffrey L. Derevensky, Ph.D., is James McGill Professor and Director of Clinical Training in School/Applied Child Psychology (Department of Educational and Counselling Psychology) and Professor, Department of Psychiatry at McGill University, Montreal, Canada. Dr. Derevensky is the Director of the McGill University Youth Gambling Research and Treatment Clinic and the International Centre for Youth Gambling Problems and High-Risk Behaviors. Dr. Derevensky and his team have helped governments establish research priorities and have been instrumental in the development of responsible gambling practices, the development of treatment centers, prevention programs and social policy recommendations. He has testified before governmental bodies in the U.S., Canada, Europe, Asia and Australasia and is considered an international expert in the field of youth gambling, gaming and behavioural addictions.

**Author**: Ashley Gordon, B.A.
**Affiliation**: NSW Aboriginal Safe Gambling Services, Australia

Ashley Gordon is an Aboriginal Australian from the western-NSW community of Brewarrina. After a successful career in rugby league with the Newcastle Knights, Ashley is actively involved in the Gambling Help sector with extensive experience working with more the 200 Aboriginal communities throughout Australia. Ashley has vast experience in community education, awareness, help-seeking and the delivery of successful programs for Indigenous peoples and communities. Addressing the impacts of gambling in Aboriginal communities is his passion highlighted by the appointment to the federal Ministerial Expert Advisory Group on Gambling and the Expert Advisory Group for the Australian Gambling Research centre. Ashley is a gambling counsellor with 20 years of experience, and six years of gambling research experience with the Centre for Gambling Education and Research at Southern Cross University at Lismore. He joined the National Suicide Prevention Trial Evaluation Aboriginal and Torres Strait Islander Sub-Committee. He is the Executive Director of NSW Aboriginal Safe Gambling Services, where he manages the Warruwi Gambling Help program, which targets Aboriginal communities and Gambling Help organizations across NSW each year. Ashley has a long-term objective to be involved in the ongoing development and implementation of Gambling related policies and programs that improve the well-being of Aboriginal people. Since the gambling question has been placed in the 715 Health Checks, Ashley has been focusing on training Aboriginal Health Workers.

**Author**: Helen Breen, Ph.D.
**Affiliation**: Southern Cross University, Australia

Dr. Helen Breen, Ph.D., is an Adjunct and member of the Emeritus Faculty at Southern Cross University Australia. Her gambling expertise includes public health-focused research on harm minimization, consumer protection and promotion of social responsibility; gambling impacts for specific groups, including Indigenous peoples, women, seniors and tourists; and gambling and family violence.

**Author**: Maria Bellringer, Ph.D.
**Affiliation**: Auckland University of Technology, New Zealand

Associate Professor Maria Bellringer is Director of the Gambling and Addictions Research Centre, and Acting Co-Director of the Public Health and Mental Health Research Institute, at Auckland University of Technology in New Zealand. She is passionate about conducting research that is useful in informing policies and practices to reduce gambling-related harms, having worked in the gambling-harm minimization sector since early 2002. Dr. Bellringer has previously been CEO of the New Zealand national gambling helpline and was trained as a Rogerian person-centred counsellor, though she does not practice now. Her varied background also includes biochemistry and toxicology expertise.

**Author**: Simone Rodda, Ph.D.
**Affiliation**: University of Auckland University of Technology, New Zealand

My research uses theory to solve real-world social problems. It concerns the question of how people think about addiction and why and how they engage in behaviour change. Spanning a number of areas including implementation intentions, goal setting, self-regulation, self-control and help-seeking I am particularly interested in developing interventions that are accessible to sub-clinical populations. I am the founder of the Change Strategies Project (www.changestrategies.ac.nz) which investigates implementation planning and goal setting for reductions in alcohol, internet pornography, internet gaming, overeating, sugar, gambling and caffeine. The underpinning program philosophy is self-determination theory and interventions developed to especially bridge the intention-behaviour gap.

**Author:** Nicki A. Dowling, Ph.D., MAPS
**Affiliation:** Deakin University, Australia

Dr Stephanie Merkouris (PhD) is a Post-Doctoral Research Fellow in the School of Psychology at Deakin University. She is currently funded by a New South Wales Office of Responsible Gambling Post-Doctoral Research Fellowship. Dr Merkouris completed her PhD in 2017 where she investigated the predictors and moderators of treatment outcomes in a randomised controlled trial evaluating psychological interventions for problem gambling. Her main research interests relate to the development and evaluation of interventions for individuals experiencing gambling problems, as well as individuals impacted by someone else's gambling problems. She is particularly interested in how advances in technology can be used for assessment, intervention and dissemination purposes.