

# Contents

<b>1 Problem Gambling Treatment Background</b> .....	1
Issues of Definition in PG Research.....	2
The Heterogeneity of Problem Gamblers.....	3
Models of PG.....	4
Brief Summary of Treatment Outcomes for Problem Gamblers.....	4
Transdiagnostic Conceptualisation of PG Treatment.....	5
Defining the Problems Addressed in Book.....	6
References.....	7
<b>2 Psychoeducation for Problem Gambling</b> .....	9
Our All Too Human Minds.....	10
The Awesome Power of Intermittent Reinforcement Schedules.....	11
What Urges Do and Don't Mean.....	11
Practice Makes Too Perfect.....	11
When the Thrill of the Chase Is Never Ending: Affective Neuroscience.....	12
Electronic Gaming Machines.....	13
Mathematics and Probability.....	14
Ulysses: A Metacognitive Hero!.....	15
References.....	16
<b>3 Motivational Interviewing for Problem Gambling</b> .....	19
Mechanisms of Change in MI.....	19
General Principles of MI.....	20
MI and Problem Gambling.....	21
MI for Problem Gamblers Seeking Treatment.....	22
References.....	24
<b>4 Cognitive Behavioural Therapy for Problem Gambling</b> .....	27
Clients May Not Initially Be Able to Report Their Thoughts.....	27
Increasing Awareness of Automatic Gambling Thoughts.....	28
Labelling the Type of Gambling Thought.....	29

Tone Is Important When Challenging Gambling Thoughts .....	29
Challenges to Urge Thoughts Require a Higher Standard of Evidence than Urge Thoughts .....	31
Making Probabilities More Vivid .....	31
Thoughts After a Gambling Session Can Maintain the Problem .....	32
The Use of Imagery to Inhibit the Elaboration of Desires .....	33
Use of Guided Imagery in Rehearsal: Imaginal Desensitisation .....	35
Unanswered Questions About CBT for Problem Gambling.....	35
Conclusion .....	36
References.....	36
<b>5 Metacognitive and Mindfulness Approaches to Problem Gambling.....</b>	<b>39</b>
Metacognitive Therapy.....	39
Problem Gamblers Show Metacognitive Deficits.....	40
Metacognitions in Problem Gambling .....	40
Metacognitive Theories of Addiction.....	41
Assessing for Relevant Metacognitions in Addiction Treatment .....	41
Taking a Metacognitive Stance.....	42
Mindfulness-Based Interventions for Problem Gambling .....	43
What Is Mindfulness Training?.....	43
Why Do Mindfulness Training? Possible Benefits for Problem Gamblers.....	44
Evidence that Mindfulness-Based Treatment Is Effective for Problem Gambling .....	44
The McIntosh et al. Study: Mindfulness, Thought Suppression, Rumination and Gambling .....	45
How Much Mindfulness Is Enough and How Much Practice Will Clients Do?.....	46
Conclusion .....	47
References.....	47
<b>6 Schema Therapy for Problem Gamblers .....</b>	<b>51</b>
What Is Schema Therapy and Why Might It Be Helpful for PGs?.....	51
What Is Schema Therapy? .....	52
Early Maladaptive Schemas .....	52
What Is the Schema Mode Approach? .....	54
What Is the Broader Evidence for the Schema Mode Approach? .....	56
Cognitive and Behavioural Interventions in SMA .....	56
Schema Mode Interventions .....	56
Case Study .....	56
Final Comments on Treatment .....	61
References.....	61

<b>7</b>	<b>Acceptance and Commitment Therapy (“ACT”) for Problem Gambling</b> . . . . .	63
	Core Therapeutic Processes . . . . .	64
	Research on the Use of ACT for Problem Gamblers . . . . .	67
	Case Study . . . . .	68
	References. . . . .	71
<b>8</b>	<b>Dialectical Behaviour Therapy and Pathological Gambling.</b> . . . . .	73
	Description of the Intervention . . . . .	73
	Key Tenets. . . . .	74
	Functions and Processes of Treatment . . . . .	74
	Treatment Structure. . . . .	75
	Evidence Base. . . . .	75
	The Use of DBT in the Treatment of Pathological Gambling . . . . .	76
	Uses in the Literature . . . . .	76
	Potential Uses in the Pathological Gambling Population . . . . .	77
	Qualitative Review . . . . .	78
	Case Study . . . . .	78
	References. . . . .	80
<b>9</b>	<b>Pharmacological Management of Problem Gambling</b> . . . . .	85
	Qualitative Review . . . . .	89
	Case Study . . . . .	90
	References. . . . .	91
<b>10</b>	<b>Relapse Prevention in Problem Gambling</b> . . . . .	95
	A Long and Winding Road. . . . .	95
	Marlatt and Gordon’s Relapse Prevention Model. . . . .	96
	RP for Problem Gambling . . . . .	96
	Relapse in PG . . . . .	97
	Predicting Relapse . . . . .	98
	Mindfulness-Based Relapse Prevention . . . . .	99
	Life Is More than Not Gambling . . . . .	100
	References. . . . .	100