



The Massachusetts Council
ON GAMING AND HEALTH

2022 Winter Training Institute: Foundations in Gambling Disorder

Dates: Nine **Tuesday & Thursday** classes - January 4, 6, 11, 13, 18, 20, 25, 27 and February 1, 2022
Time: 12:00pm - 3:45pm EST
Presenters: Dr. Eunice Aviles, Dr. Deborah Haskins, Dr. Haner Hernandez, Kelly Leppard, Katie Kirch, Kelly Jodie Nealley & Jeremy Wampler
Cost: \$250.00
CEUs: 30.0

Description:

Hidden problems with gambling often derail recovery from mental health and substance use disorders as signs and symptoms are often missed. The goal of the MA Council on Compulsive Gambling's *Training Institute: Foundations in Gambling Disorder* is to increase the number of trained service providers in the treatment and service of Gambling Disorders, increase community access to comprehensive and competent care, increase service & treatment delivery, and improve treatment outcomes. The 30.0 Clock Hours/Continuing Education Units provides foundational knowledge of gambling disorder for providers in behavioral health settings that can be applied towards the Gaming Health Specialist Certificate.

Course 1 of 9: Introduction to Problem Gambling

Trainer: Jodie Nealley
Time: 12pm-3:45 pm EST
Date: Tuesday, January 4, 2022

Description:

In the era of expanding gambling, providers are encouraged to increase their base of knowledge to provide service and support to service recipients. This introductory training is aimed to increase current social service providers' knowledge in identifying problem gambling behavior within clinical and social service practice. Social service providers will learn how to incorporate problem gambling information and treatment skills into their area of practice.

Learning Objectives:

- Discuss history and development of the problem gambling field, with emphasis on state of MA and the field of addiction.
- Review stages, signs, symptoms, and progression of problem gambling.
- Review and discuss research reports of prevalence rates with respect to problem gambling
- Explain risk factors associated with problem gambling.

Citations:

LaPlante, D. A., Nelson, S. E., LaBrie, R. A. & Shaffer, H. J. Disordered gambling, type of gambling and gambling involvement in the British Gambling Prevalence Survey 2007. *Eur J Public Health* 21, 532–537 (2011). Shaffer HJ, Martin R. Disordered gambling: etiology, trajectory, and clinical considerations. *Annul RevClin Psychol.* 2011; 7: 483-510. DSM-V: The Diagnostic and Statistical Manual of Mental Disorders 585–586 (American Psychiatric Publishing, 2013).

Course 2 of 9: Assessment and Diagnosis

Trainer: Jeremy Wampler
Time: 12pm-3:45pm EST
Date: Thursday, January 6, 2022

Description:

This training will focus on the assessment and diagnosis of gambling disorder as a behavioral addiction. The process of the therapeutic alliance and other engagement practices will be considered as important components of the assessment process. The evaluation of major depressive disorder and the risk for suicidality will be highlighted as important aspects of the assessment process with a problem gambler. The development of a safety plan will be discussed as a consideration for the protection of the problem gambler.

Learning Objectives:

- Describe DSM-5 diagnostic criteria for Gambling Disorder
- Explain what the various screening tools are and their strengths and weaknesses
- Describe and preform a safety plan and risk assessments

Citations:

Bojana, K. & Lidgerwood, D. M. (2012). Gambling severity, impulsivity, and psychopathology: Comparison of treatment and community recruited pathological gamblers, *The American journal on addictions*, 21, 508515. Dowling, N. A. & Cosic, S. (2011). Client engagement characteristics. *International journal of mental health addiction*, 9, 656671 Petry, N. (2005). *Pathological gambling: Etiology, comorbidity, and treatment*. Washington DC: American Psychological Association.

Course 3 of 9: Gambling as a Co-Occurring Disorder

Trainer: Jeremy Wampler
Time: 12pm-3:45pm EST
Date: Tuesday, January 11, 2022

Description: This training will explore the similarities and differences of gambling disorder with substance abuse and mental health disorders. This training will discuss and explore the various challenges in identifying disorder gambling within client care. Also, this training will introduce the addiction syndrome model, as well as strategies in identifying and screening of gambling disorders.

Learning Objectives:

- Describe similarities and differences with substance abuse and mental health disorders
- Describe the various challenges in identifying disorder gambling and how it relates to the addiction syndrome model
- Recognize strategies in identifying and screening of gambling disorders

Citations:

Najavits, L.M. 2002. *Seeking Safety; A Treatment Manual for PTSD and Substance Abuse*. New York: Guilford Press. *Problem Gambling and Intimate Partner Violence: A Systematic Review and Meta-Analysis*. Nicki Dowling, Aino Suomi, Alun Jackson, Tiffany Lavis, Janet Patford, Suzanne Cockman, Shane Thomas, Maria Bellringer, Jane Koziol-McLain, Malcolm Battersby, Peter Harvey, and Max Abbott. *Trauma, Violence, and Abuse* 2016, Vol 17(1) 43-61 *Pathological Gambling: Etiology, Comorbidity and Treatment* 1st Edition by Nancy M. Petry

Course 4 of 9: Cognitive Behavioral Therapy & Other Evidence-Based Treatment

Trainer: Dr. Eunice Aviles
Time: 12pm-3:45pm EST
Date: Thursday, January 13, 2022

Description: Several interventions have been utilized for the treatment of problem gambling. This training will list some of these evidence-based interventions with a focus on Cognitive Behavioral Therapy (CBT). A review and discussion of CBT will provide practical information that will allow clinical insight into treating the problem gambler.

Learning Objectives:

- Participants will identify various clinical challenges of working with persons with a gambling disorder
- Participants will explain CBT and other evidence-based modalities in the treatment of gambling disorder
- Participants will identify treatment and clinical resources

Citations:

Ojuda, M., Balán, I., Petry, N.M., Oquendo, M. & Blanco, C. (2009). Cognitive-behavioral therapy for pathological gambling: Cultural considerations. *The American Journal of Psychiatry*, 166 (12), 1325-1330. DOI: [10.1176/appi.ajp.2009.08081235](https://doi.org/10.1176/appi.ajp.2009.08081235) Prochaska, J.O. & DiClemente, C.C. (1982). Transtheoretical therapy: Toward a more integrative model of change. *Psychotherapy: Theory, Research & Practice*, 19 (3), 276–288. DOI: [10.1037/h0088437](https://doi.org/10.1037/h0088437) Gooding, P. & Tarrier, N. (2009). A systematic review and meta-analysis of cognitive-behavioural interventions to reduce problem gambling: Hedging our bets? *Behaviour Research and Therapy*, 47 (7), 592-607. DOI: [10.1016/j.brat.2009.04.002](https://doi.org/10.1016/j.brat.2009.04.002)

Course 5 of 9: Social Injustice, Trauma and Problem Gambling

Trainer: Dr. Deborah Haskins
Time: 12pm-3:45pm EST
Date: Tuesday, January 18, 2022

Description:

Seventy percent of adults in the U.S. have experienced a traumatic event at least once in their lives and people with disordered gambling are among these numbers. Survivors often self-medicate to deal with traumatic events, including collective trauma and generational trauma. Enhance the use of evidence-based trauma recovery strategies and learn to authentically supporting gamblers in their “missed traumas”.

Learning Objectives:

- Understand the sequelae of trauma and how to use a trauma-informed recovery approach in disordered gambling treatment.
- Understand the definition and impact of cultural and “missed” social justice traumatic events in disordered gambling treatment and recovery.
- Identify 3 resources for future work for trauma-informed and responsive care, including cultural and social justice traumatic events.

Citations:

Briere, J. & Scott, C. (2015). Principles of trauma therapy: A guide to symptoms, evaluation, and treatment. CA: SAGE Publications, Inc. Rowe, S. W. (2020). Healing racial trauma: The road to resilience. Downey Grove, IL: IVP. Wiechelt, S. A. & Straussner, S. L. A. (2015). Introduction to the Special Issue: Examining the relationship between trauma and addiction. *Journal of Social Work Practice in the Addictions*, 15, 1-15.

Course 6 of 9: Prevention 101 and

Not All Bets Are the Same: A Targeted Intervention Guide for Specific Types of Bettors

Trainer: Kelly Leppard & Katie Kirch
Time: 12pm-3:45pm EST
Date: Thursday, January 20, 2022

Description: Part One-Prevention 101

Prevention is one of the most important elements in reducing risks and building protective factors in our communities. In this jam packed one hour training, we will discuss what is prevention, an overview of the researched-based Strategic Prevention Framework model as well as why all treatment providers need a front row seat at the prevention table.

Learning Objectives:

- Describe a researched based prevention model
- Identify the seven (7) strategies for community change
- Understand the treatment provider's role in prevention efforts

Description: Part Two-Targeted Interventions

This training is designed to help clinical direct care staff to learn specific, effective, interventions for different types of Bettors to help reduce or eliminate gambling episodes throughout their treatment. Participants will learn how to help clients create crucial barriers to gambling early on in treatment based on the client's game of choice as well as frequently used interventions including EMDR strategies to apply in treatment settings. Additional topics will include how to help clients deal with financial burdens and support for persons affected (family members) by problem gambling.

Learning Objectives:

- Identify 2 intervention to use with casino gamblers (state specific).
- Learn 2 different types of boundaries to implement with Persons Affected.
- Understand EMDR as a treatment strategy to address Gambling Disorder

Citations:

[Samhsa Strategic Prevention Framework Guide](#), Reid R., Fong, T. (2013). Helping Partners in a relationship with a Problem Gambler. UCLA Gambling Studies Program Betchtold, J., Wilson A. (2021). The Gambling Disorder Treatment Handbook. A Guide for Mental Health Professionals

Course 7 of 9: Integrating Recovery Supports into Clinical Practice

Trainer: Jodie Nealley
Time: 12pm-3:45pm EST
Date: Tuesday, January 25, 2022

Description:

Recovery support services are an integral part of a recovery-oriented system of care. The questions then become, which supports to use and how to integrate them into a treatment process. This session will discuss several recovery support services, offer suggestions as to who should be offering them, and discuss how services can be integrated into the treatment of clients with gambling disorders.

Learning Objectives:

- Participants will understand definitions of recovery recovery-oriented systems of care.
- Participants will identify and explain recovery support services.
- Participants will identify resources for assessment, referrals and resources.

Citations:

Ferentzy, P., Skinner, W. & Antze, P. Gamblers Anonymous and the 12 Steps: How an informal society has altered a recovery process in accordance with the special needs of problem gamblers. *Journal of Gambling Issues* **23**, 42–65 (2009).
Kourgiantakis, T., Saint-Jacques, M.-C. & Tremblay, J. Problem Gambling and Families: A Systematic Review. *Journal of Social Work Practice in the Addictions* **13**, 353–372 (2013). Problem Gambling Toolkit|SAMHSA. (2007). at <http://store.samhsa.gov/product/Problem-Gambling-Toolkit/PGKIT-07>

Course 8 of 9: The Role of Finances with Gambling Disorders & Putting it all Together:

A Review of Our Learning

Trainer: Jodie Nealley
Time: 12pm-3:45pm EST
Date: Thursday, January 27, 2022

Description:

This training will explore how the financial aspects of gambling disorder affect treatment and review of information from prior weeks. We will review how to utilize the training institute coursework to obtain the National Gaming Health Specialist Certificate and its application toward international accreditation.

Learning Objectives:

- Participants will learn how to integrate an understanding of the financial aspects of gambling disorder in treatment.
- Participants will identify clinical challenges associated in the treatment of gambling disorders.
- Participants will review treatment and recovery modalities and how to apply for, and maintain, the National Gaming Health Specialist Certificate.

Citations:

Shaffer HJ, Martin R. Disordered gambling: etiology, trajectory, and clinical considerations. *Annu Rev Clin Psychol.* 2011; 7: 483-510. Korn D., Shaffer HJ. (1999) Gambling and the Health of the Public: Adopting a Public Health Perspective. *Journal of Gambling Studies* Vol. 15, No. 4. Lussier, I. D., Derevensky, J., Gupta, R. & Vitaro, F. Risk, Compensatory, Protective, and Vulnerability Factors Related to Youth Gambling Problems. *Psychol Addict Behav* (2013). doi:10.1037/a0034259

Course 9 of 9: The Big Picture: Understanding Disparities and Building Equity

Trainer: Dr. Haner Hernández
Time: 12pm-3:45pm EST
Date: Thursday, Feb 1, 2022

Description:

This training will describe how disparities are developed and maintained and their relationship to problem gambling. Participants will learn how racism and other forms of discrimination contribute to poor health outcomes within marginalized communities. Individualized techniques and strategies to engage and retain people from marginalized communities will be explored. Participants will learn about their role in developing policies within their organizations and programs that are designed to create and maintain health equity.

Learning Objectives:

- Define disparities and their impacts on marginalized communities.
- Understand the importance of Cultural Humility and Cultural Intelligence in the development and implementation of culturally informed services.
- Describe the clinician's role in the development and implementation of policies to create and sustain health equity.

Citations:

SAMHSA (2018). *Behavioral health equity*. Retrieved from: <https://www.samhsa.gov/behavioral-health-equity>, Turbaron, M., & Murray-Garcia, J. (1998). Cultural humility versus cultural competence: A critical distinction in defining physician training outcomes in multicultural education. *Journal of Health Care for the Poor and Underserved*, 9(2), 117-125. doi: 10.1353/hpu.2010.0233, U.S. Department of Health and Human Services, Office of Minority Health. (2013). National standards for culturally and linguistically appropriate services (CLAS) in health and health care. Retrieved from National CLAS Standard-[Think Cultural Health](#)

Training Institute Trainers:

Dr. Eunice Avilés has a doctorate in Clinical Psychology, is a Licensed Mental Health Counselor, a Licensed Professional Counselor, a Gender Specialist, a certified Sex Educator, and an AASECT Certified Sex Therapist. Dr. Avilés' general practice focuses on the treatment of depression, anxiety, trauma, problem gambling, and the emotional consequences of discrimination and bullying (for youths and adults). Her private practice with the transgender and gender non-binary community includes the evaluation and treatment of children, youth and adults presenting with gender dysphoria. She specializes in the diagnosis and treatment of sexual dysfunction as well as sexual orientation issues. She is innovative and her focus is on ensuring that clinical services, as well as professional training for her areas of expertise, are provided in-person and online.

Dr. Deborah G. Haskins is President of the Maryland Council on Problem Gambling, retired tenured counselor educator/program director at Trinity Washington University and Founder and Chief Clinical Consultant. She has a PhD in Pastoral Counseling from Loyola University and is a Licensed Clinical Professional Counselor, Master Addictions Counselor, Internationally Certified Gambling Counselor, and Board-Approved Clinical Supervisor.

Dr. Haner Hernández, Ph.D. CADCI, LADCI originally from Puerto Rico and has worked for 30 years in the health and human service field. He is responsible for developing, implementing, and evaluating culturally and linguistically competent youth and adult health prevention, intervention, treatment, and recovery support programs. Dr. Hernández has many years of experience in delivering addiction counseling and clinical supervision to professionals in the field. Furthermore, he is a professional trainer and facilitator who provides individualized technical assistance and support. Dr. Hernández is also a person in long-term recovery from addiction and is committed to eliminating health disparities by working at the national, state, and local levels.

Katie Kirch, LCSW, ICGC-II, BACC is a 2011 Graduate of the UCONN School of Social Work and received her LCSW in 2013 where she worked as a therapist for the Bettor Choice gambling treatment program at The Connection Inc., in Middletown, CT. From there, she has gone on to become the Program Manager for The Bettor Choice Program at Wheeler Clinic in Hartford, CT. As an Internationally Certified Gambling Counselor, she has dedicated her career to helping those affected by Gambling Disorders in the state of CT. Katie has continued to develop her professional skills by becoming an EMDR therapist and an Acupuncture Detox Specialist and has taught Social Work courses as an Adjunct Professor at the UCONN School of Social Work in Hartford, CT.

Kelly Leppard, MPA is the Primary Prevention Services Coordinator for Problem Gambling Services with the Department of Mental Health and Addiction Services. After graduating from Western New England University in 2007, Kelly began her career working in the public sector for the Town of Southington's prevention coalition and spent years strengthening resources and community collaborations to make prevention a priority. After successfully sustaining the work of the coalition, Kelly accepted a position with the State of Connecticut to continue her prevention work on a statewide level, creating awareness and educational opportunities for the risks associated with gambling.

Jodie Nealley, M.S. Jodie has a Bachelor of Arts from St. Lawrence University, a Master of Science in Education from Indiana University and is a graduate of the UMass/Boston Addiction Counselor Education Program. Jodie joined the MA Council on Gaming & Health in the Fall of 2012 where she works as the VSE Recovery & Outreach Liaison. Her responsibilities include assisting in the delivery of gambling related trainings aimed at capacity building for providers and serving as primary liaison for voluntary self-exclusion follow ups and the telephone recovery support program. Additionally she is responsible for all recovery initiatives and information which include interacting with regional peer recovery centers to raise awareness about gambling disorder, coordinate and develop recovery support resources and services for individuals seeking services, and develop the capacity of key organizations and/or individuals useful to the work of the Mass. Council, especially in the areas of capacity building and recovery support through relationship-building and ongoing communication. She has spoken on several recovery-oriented panels, been a keynote speaker and published articles for the About College publication and The Wager. She also co-authored chapter in: *Responsible Gambling: Primary Stakeholder Perspectives* (eds. Shaffer, H., Blaszczynski, A., Ladouceur, R., Fong, D., & Collins, P.). Jodie uses her life experience as a recovering alcoholic and compulsive gambler to raise awareness and compassion wherever possible. In 2019 she received the National Council on Problem Gambling *Jeff Beck Recovery Ambassador* award.

Jeremy Wampler is the Clinical Manager for the State of Connecticut, Department of Mental Health and Addiction Services, Problem Gambling Services. In this capacity he oversees problem gambling services for the state which include treatment, integration, prevention, and recovery. Jeremy is also a trainer, facilitating trainings for key stakeholders throughout the state, in order to build capacity and raise awareness. He currently serves as President of the International Gambling Counselor Certification Board, and as Vice President on the Association of Problem Gambling Services Administrators board. Jeremy earned his MSW from Southern Connecticut State University, and he has been practicing in the field of problem gambling for over a decade.

For more information including if you are deaf or hard of hearing, or are a person with a disability and require an accommodation, please contact Odessa Dwarika, *Director of Programs and Services* at 617-426-4554, TTY: 617-426-1855 or odessa@maccg.org

The Massachusetts Council on Compulsive Gambling has been approved by NBCC as an Approved Continuing Education Provider, ACEP No.6331. Programs that do not qualify for NBCC credit are clearly identified. The Massachusetts Council on Gaming and Health is solely responsible for all aspects of the programs.

