

The dream of independence

Treatment for adolescents with problem gambling

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Overview

- Young problem gamblers in treatment, special considerations !
- Goals of treatment beside reduce gambling
- Methods
- The treatment manual



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SPEL OM PENGAR.
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A manual based treatment for young people with problem gambling





When you treat an adolescent with a problem gambling, you must take into account more than the fact that they have a problematic gambling behaviour

Overall goal of treatment

To help the youth go through
changes in lifestyle and everyday
habits

Goals of treatment beside reduce gambling

- Reduce substance abuse
- Reduce anxiety
- Address depressive symptoms and thoughts and feelings of guilt
- Address antisocial behavior, restlessness, boredom and impulsive behaviour

What's special for youth addicted to gambling?

Money as a trigger for gambling and feelings of guilt of spending money on gambling.



Parents and relatives

- Opportunity to take part of a parent/relative help program
- Participate in sessions
- Problem solving and skills linked to economy
- New skills to be learned, sometimes together with parents

Methods

Motivational interviewing

Cognitive behaviour therapy

Overview of treatment

- Session 1-8 Motivation and assessment
- Session 8-20 Give up gambling. Get skills to handle money and life (MI/CBT)
- Session 20-25 Relapse prevention
- After 3 and 6 month; Follow up and if needed 3 booster sessions

The treatment manual

- Handouts for skills and techniques
- Handouts are possible to mix and match in a flexible way
- Handouts to be used bouth by patient and therapist

All problems are taken into
account

Goals and treatment plans are
made on the basis of a
behaviour analysis

Length of treatment depends on the decisions done in the individual behaviour analysis

Limited to 30 sessions

Does the treatment work ?

Are the treatment goals realistic?

Since 2007 39 young individuals have been assessed

- 25 of them have been in treatment
- 11 of the 25 are in treatment today
- 8 out of 15 who had been through treatment had no problem gambling when they finished
- The manual are evaluated in a scientific study going on since October 2009