### Changing Times: Bringing Helpline Services into the 21st Century
**Mary Drexler, Donna Zaharevitz, Matthew J. McCreary**
**Wednesday, July 17, 2013, 8:00am – 12:00pm**
Outreach to problem gamblers and those impacted by the gambler’s behavior is a core mission of Helplines across the country. With the potential for the expansion of legalized gambling, including online venues for gambling, it is essential Helplines implement measures that will provide increased access to problem gambling services. These include implementation of technological features such as online chat and online treatment. In addition, the use of gamblers in recovery, as a link within the helpline services, is essential as a stepping stone to treatment. This practice increases the likelihood of the problem gambler and those impacted by the gambler’s behavior to more successfully access treatment. Participants will gain better knowledge of how a Council or other organization providing Helpline services can reasonably implement such practices into their own protocols.

### 20 Lessons Learned in 20 Years of Prevention of Problem Gambling Work
**Jim Wuelfing**
**Wednesday, July 17, 2013, 8:00am – 12:00pm**
Problem Gambling Services in Connecticut and the Massachusetts Council on Compulsive Gambling are about to enter their 20th year of providing prevention programs and technical assistance. Much has been learned in those twenty years through successes, failures and lots in between. This session will be a combination of presentation and shared wisdom between presenters and participants. Topics to be addresses will include, but not limited to, the practice of infusing problem gambling prevention into other disciplines, moving from ATOD to ATODG, peer-to-peer and peer-to-adult programming, creative ways to open doors, harm reduction as a prevention strategy, the connection between prevention and recovery support services and the movement/development of specific protective factors in problem gambling prevention.

### Clinical Supervision and Problem Gambling
**Joanna Franklin, NCGCII, Lori Rugle, Jeff Beck**
**Wednesday, July 17, 2013, 10:00am – 5:00pm**
Clinical supervision for gambling counselors is a critical element in workforce development. Counselors new to gambling treatment benefit from the experience and knowledge of those who have worked with gamblers and their families for many years. In order to ensure the counselors a learning and supportive environment the clinical supervisor should be able to create a contract with each supervisee inclusive of key elements of the supervision process. This workshop will include basic definitions, 5 key elements in the supervision process, and a discussion of clinical consultation requirements for national certification of gambling counselors. Clarifying the differences between clinical supervision, administrative supervision and consultation will be addressed.

### Training in Integrated Therapy for Concurrent Gambling, Anger, and Substance Use Problems Among Youth and Adult Populations
**Lorne Korman**
**Wednesday, July 17, 2013, 1:00pm – 5:00pm**
The proposed workshop presentation will provide participants with preliminary training in an integrated therapy for treating concurrent gambling, anger, and substance use problems. This Dialectical Behavior Therapy-based integrated therapy has been adapted by Dr. Korman and has demonstrated greater efficacy in reducing problem gambling, anger, and substance use problems than a specialized gambling and substance use treatment-as-usual. Integrated therapy consists of a number of key components, including: a) anger and addictions diary card; b) 12 one-hour weekly out-patient sessions; c) skills training in anger regulation and DBT skills; d) proactive engagement and retention strategies. Clients are instructed to use diary cards to record anger, gambling, and substance use behaviors they engaged in during the preceding week, noting skills used and emotions experienced each day. Treatment sessions involve functional analyses of targeted anger and addictions behaviors, along with skills training and as appropriate, skills rehearsal and exposure interventions. Dr. Korman will discuss the various skills and interventions, as well as how to utilize a treatment target hierarchy to select key behaviors to address in each session.

### Stress Management Prevention & Recovery
**Anita Pindiur**
**Wednesday, July 17, 2013, 1:00pm – 5:00pm**
This presentation will give an overview of how to manage stress, without using gambling as a form of relaxation. The presentation will focus on prevention recovery and relapse avoidance. Gambling is seen as a form of relaxation, or pressure relief. This presentation will give hands on skills when teaching clients how to handle stress without gambling. The presentation will include an
The treatment of problem gambling has focused on providing gambling specific services largely to those who self-identify as problem gamblers. Efforts to address gambling problems among those in substance abuse or mental health treatment have generally been limited to the use of brief screens as a case finding approach. The DiGIn project has sought to significantly expand this typical approach through developing gambling informed programs that go beyond seeking to identify individuals in substance abuse and mental health treatment with gambling problems. Rather the goal of the DiGIn approach is to develop programs that address the impact of gambling on the recoveries of all their consumers, not just those for whom gambling may be a problem. This presentation will present the rationale, philosophy, tools and resources utilized in the DiGIn program as well as survey and program evaluation data for three years of its operation.

**Thursday, July 18, 2013 - Pre-Conference Workshops**

**Eliciting Change: Using Motivational Interviewing and Motivational Enhancement in Treatment for Gambling Disorders**
Heather Chapman, Ph.D., NCGCII
Thursday, July 18, 2013, 8:00am – 12:00pm
Motivational Interviewing provides effective strategies and skills for working with many forms of behavior change including gambling. This workshop will provide understanding of Motivational Interviewing (MI) theory, concepts, strategies, processes, techniques and spirit. Specific techniques to elicit change talk will be demonstrated.

**Existential Factors and the Treatment of Problem Gambling**
Chuck Maurer, Ph.D., NCGCII
Thursday, July 18, 2013, 8:00am – 12:00pm
This intermediate/advanced workshop will introduce participants to several existential factors and how they play out in the treatment of problem gamblers, for both the client and the therapist. While not exclusively for therapists who have worked with problem gamblers, it is recommended that each participant be prepared to ethically and sensitively present a case for discussion. This workshop will be interactive and focused on a mix of theory and research with an emphasis on practical application to practice.

**Screening and First Stage Trauma Treatment for Problem Gambling Clients**
Brenda Teasell
Thursday, July 18, 2013, 8:00am – 12:00pm
Clinicians have identified the need to acquire hands-on clinical skills to effectively treat clients with a history of trauma. This interactive workshop will address that need, by focusing on clinical strategies and techniques, and by offering practical tools to provide evidence-based care to clients. In this workshop, participants will learn how to screen problem gambling clients for trauma; explore the role of the therapist in addressing trauma issues; and learn first stage trauma treatment techniques.

**High Stakes: Suicide and Gambling Disorders**
Heather Chapman, Ph.D., NCGCII
Thursday, July 18, 2013, 1:00pm – 5:00pm
Suicidal ideation and attempts has been found to be associated with gambling problems, but there has been minimal investigation into the factors leading to suicidal thoughts, or the factors protecting individuals from acting on these thoughts. This presentation will review results of a study looking at factors leading to suicidal ideation, comparing individuals with gambling problems to those with gambling disorders. Assessment and treatment implications will be reviewed.

**Gambling Prevention: Using the Risk & Protective Factors**
Jennifer Clegg, NCGCII
Thursday, July 18, 2013, 1:00pm – 5:00pm
In this training, participants will learn basic prevention strategies used in the substance abuse field and how to implement them with gambling addiction. We will focus on risk and protective factors as well as consider how to use the SAMHSA's Strategic Prevention Framework model for gambling. We will look at prevention services across the lifespan and address the needs of youth, college students, and the older adult population.

**Mobilizing a State in Preparation for the Expansion of Gambling**
Victor Ortiz, Marlene Warner, Jim Wuelfing
Thursday, July 18, 2013, 1:00pm – 5:00pm
This workshop explores the strategic measures taken by the Massachusetts Council in the post legislation of expansion gambling. The focus is convening community members and providers specifically in the arenas of clinical service providers, prevention across several domains (high school, college and older adult service providers) and localities. The coordination of collaborative efforts in the identified areas has served as important preparation for capacity building. The efforts are necessary to improve services of gambling disorder and reduce the potential social impact on individuals and their families.