The Efficacy of Cognitive Motivational Behavioral Therapy (CMBT) for Gambling Disorder

Edelgard Wulfert, Ph.D., Dean of College of Arts & Sciences, Professor of Psychology, SUNY Albany

The workshop will focus on the use of a motivationally-enhanced cognitive-behavioral approach, termed CMBT, for treating individuals with gambling disorder. The workshop will cover the theory and research behind the development of CMBT and provide an overview of its treatment components that are comprised of motivational interviewing, cognitive interventions, behavioral approaches, and relapse prevention techniques. The importance of building a social support network in the recovery process will be emphasized.

A Budding Issue: Marijuana and Gambling

Tim Fong, MD, Co-Director of the Gambling Studies Program, UCLA

This presentation will discuss the current landscape of how cannabis and gambling behavior interact. Clinical cases and real-life scenarios of how marijuana and gambling interact with each other will be described. Data taken from California Gambling Education and Treatment Services Program (CalGETS) will spotlight these relationships. Emphasis will be placed on understanding how legalization of marijuana is likely to impact gambling and gambling disorder in a variety of settings, from gaming venues to the treatment clinic. Lastly, clinical guidance will be offered to review best treatment practices on how to manage cannabis use disorders and gambling disorder.

Gambling Disorder and Medications Management: Practice Recommendations

Mayumi Okuda-Benavides, Director of Gambling Disorders Clinic, Columbia University Medical Center

Gambling Disorder is now widely recognized as an important public health problem associated with substantial personal and social costs, poor physical health, and elevated suicide rates. Furthermore, Gambling Disorder presents high rates of psychiatric comorbidity. Among individuals with a diagnosis of Gambling Disorder, 50% have also had a mood disorder, 41% an anxiety disorder, and 61% a personality disorder in their lifetime. In terms of substance use disorders, 73% of individuals with Gambling Disorder have an alcohol use disorder, 38% a drug use disorder and 60% have a diagnosis of tobacco use disorder in their lifetime. Several studies have examined the use of medications for the treatment of gambling disorder. This workshop will summarize evidence from open label and randomized controlled trials examining the use of medications to treat Gambling Disorder. Participants are introduced to different case studies that illustrate the current treatments for Gambling Disorder, their mechanism of action, and how they target treatments. Finally, this workshop provides a platform for discussion of future directions in treatment.

Strategies for Starting the Conversation: Developing and Implementing a Problem Gambling SBIRT

Lori Rugle, Ph.D., Director of Maryland Center of Excellence on Problem Gambling, University of Maryland

Research evidence has been accumulating indicating that unidentified problem gambling contributes to increased treatment costs and decreased treatment effectiveness across behavioral and general health care settings. This presentation will review the most commonly employed, evidenced-based brief problem gambling screening instruments currently in use. Research based as well as clinical evidence will be used to discuss pros and cons of screening strategies and to recommend an effective screening, brief intervention and referral process.

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