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Problem Gambling Treatment — Cognitive Distortions

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Outline:

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Cognitive distortions are a common trait among problem gamblers and make the treatment of gambling addiction significantly different from the treatment of substance addiction. Problem gamblers deny or forget the difference between games of skill and games of chance and develop an illusion of control, overestimating their probabilities of success and/or believing in false cause-effect links between their actions and the outcome of the game. Cognitive distortions fuel gambling behaviour. An integral part of treatment for problem gamblers involves helping them identify false beliefs and countering them with factual statements. This presentation will identify the most common cognitive distortions seen in the Homewood Community Addiction Services (CADS) clinical practice and showcase the clinical skills used to help refute these erroneous beliefs.

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Wednesday, March 5, 2008
Lunch 11:30 a.m. (Provided by Homewood)
Presentation 12 noon to 1:00 p.m.
Homewood Lecture Theatre,
150 Delhi Street, Guelph

Please RSVP by Friday, February 29, 2008
to: Cathy Barber (519) 824-1010, ext. 2213

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This event is an accredited group learning activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons Canada. Twenty-five percent of the time for these rounds will be devoted to interactive learning.

Educational Objectives

- (1) Explore how cognitive distortions fuel the gambling habits of problem gamblers
- (2) Review the most common cognitive distortions.
- (3) Investigate the clinical skills used by counsellors at CADS to refute these erroneous beliefs.



Presenter

Michelle Nogueira, RSSW,
CAC II, CGC, CPGC
Problem Gambling
Counsellor/Addiction
Counsellor

Homewood Community
Addiction Services (CADS)

March is Problem Gambling Prevention Month. Please join the staff of Homewood Health Centre as we "kick off the month" with a presentation on cognitive distortions.

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