Introduction to “Behavioural Addictions”

June 19 2018
Learning Objectives

1. Describe behavioural addictions and their impacts
2. Recognize co-occurring issues
3. Name relevant screening and assessment tools
4. Identify evidence-informed treatment approaches and referral resources
Who’s in the room?
Addicted to what?
Are Addictive Behaviors or Activities Real Addictions?

By Elizabeth Hartney, PhD | Reviewed by Steven Gans, MD
Updated January 18, 2018
DSM 5 Changes for Pathological Gambling

- Include Pathological (Disordered) Gambling within Addiction and Related Disorders
- Lower Threshold for Pathological (Disordered) Gambling Diagnosis
- Eliminate Illegal Act Criterion for Pathological (Disordered) Gambling

http://www.dsm5.org/ProposedRevisions/Pages/Substance-RelatedDisorders.aspx
WHO to recognize gaming disorder as mental health condition in 2018

By Susan Sculli, CNN

Updated 7:01 PM ET, Wed December 27, 2017
Common features?
Impact?
• 49 problem gambling funded agencies
• Services are free and confidential
• Often offer one-on-one and group counselling
• Available for anyone affected by PG, including family members
• Live information and referral specialists

• Free, confidential, available 24/7

• Can provide info about local treatment services specific to your client’s needs and the type of behavioural addiction involved
1. What other supports have been helpful with navigating the treatment system and connecting clients with the right services?

2. When making a referral for a client with a behavioural addiction, what is helpful to emphasize to the client?
Treatment approaches – PG example

Self-help approaches
- Gamblers Anonymous (GA)
- GAM-Anon
- Self-help tools
- Self-exclusion

Harm reduction
- Setting money or time limits
- Focusing on impacts of gambling (finances, relationships, etc.)
- Abstaining from one form of gambling or taking a break from gambling to assess its impact and gain control
- Responsible Gambling approach

CBT
- Functional analysis - identifying triggers, related thoughts and feelings; identifying negative consequences associated with gambling
- Addressing cognitive distortions such as gambling-related myths
- Relapse prevention
Treatment approaches – PG example

**Motivational Interviewing**
- Helping to elicit behavioural change and explore motivation through open questions, affirmations, reflections, summaries
- Exploring benefits of change and eliciting change talk
- Setting a gambling goal and exploring how client’s values and other life goals relate to the gambling goal

**Mindfulness**
- Increasing self-awareness of thoughts and feelings in a nonjudgmental manner; helps to control impulses
- “Urge surfing”

**Family support**
- One-on-one or group counseling for family members (even if the person with the gambling problem is not in treatment)
- Linking to other services to help protect finances, etc.
- Helping to restore trust, process what the family has gone through, learn communication strategies
Case Study

At your tables read the case study and answer the questions as a group.

1. What mental health and addiction issues would you screen for?
2. What are the signs that the person may be experiencing a behavioural addiction? What screener would you use?
3. What treatment strategies would you apply (specifically to address the problematic behaviour)?
4. What resources/supports would you utilize?
Questions?

Please contact us with ANY questions:

Sarah.waldman@camh.ca
Matthew.tsuda@camh.ca
Thank You

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