

1. Record Nr.	UNINA9910791124103321
Autore	Raylu Namrata
Titolo	A cognitive behavioural therapy programme for problem gambling : therapist manual / / Namrata Raylu and Tian Po Oei
Pubbl/distr/stampa	London ; ; New York : , : Routledge, , 2010
ISBN	1-136-96225-5 1-136-96226-3 1-282-62929-8 9786612629297 0-203-85042-4
Descrizione fisica	1 online resource (268 p.)
Altri autori (Persone)	OeiTian Po
Disciplina	616.85/227
Soggetti	Compulsive gambling - Treatment Compulsive gamblers - Rehabilitation Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Book Cover; Title; Copyright; Contents; Figures and tables; Preface; Chapter 1: Overview; Chapter 2: Review of the problem gambling treatment literature; Chapter 3: Session one: Assessment; Chapter 4: Session two: Psychoeducation and selfmanagement strategies to stabilize gambling; Chapter 5: Session three: Cognitive-restructuring I ± identifying gambling specific thinking errors; Chapter 6: Session four: Cognitive-restructuring II ± challenging gambling specific thinking errors; Chapter 7: Session five: Cognitive-restructuring III ± identifying and challenging other/general thinking errors Chapter 8: Session six: Relaxation and imaginal exposure Chapter 9: Session seven: Problem-solving and goal-setting skills training; Chapter 10: Session eight: Management of negative emotions; Chapter 11: Session nine: Relapse prevention and maintenance of therapeutic gains I ± balanced lifestyle; Chapter 12: Session ten: Relapse prevention and maintenance of therapeutic gains II ± coping with high-risk situations; Chapter 13: Elective session: Assertiveness skills training; Chapter 14: Elective session: Getting out of debt

Chapter 15: Elective session: Teaching significant others strategies to cope/deal with the gambler's behaviours APPENDIX A: Guidelines for home exercises; APPENDIX B: Guidelines for role-plays/behavioural rehearsals; APPENDIX C: Assessing and managing suicidal clients; APPENDIX D: Notes on stages of change; APPENDIX E: Notes on motivational interviewing; APPENDIX F: Notes on controlled gambling; APPENDIX G: Case formulation and treatment plan sheet; APPENDIX H: Contract for completion of the treatment programme; APPENDIX I: Monitoring gambling sheet APPENDIX J: Motivations towards gambling worksheet APPENDIX K: Identifying gambling triggers and establishing safeguards worksheet; APPENDIX L: Daily schedule; APPENDIX M: Alternative activities worksheet; APPENDIX N: The START technique contract; APPENDIX O: Irrational thoughts record A (adapted from Beck et al., 1979); APPENDIX P: Irrational thoughts record B (adapted from Beck et al., 1979); APPENDIX Q: Relaxation techniques; APPENDIX R: Imaginal exposure worksheet; APPENDIX S: Problem-solving worksheet; APPENDIX T: Goal-setting worksheet; APPENDIX U: Negative emotions worksheet APPENDIX V: Balanced lifestyle worksheet APPENDIX W: Budgeting worksheet; References; Author index; Subject index

---

#### Sommario/riassunto

This book is a treatment manual providing guidance for therapists treating clients with gambling addictions. In this book the authors use a cognitive behavioural approach and provide a session by session guide for overcoming problem gambling. Essential topics covered include: assessment and psychoeducation, cognitive behavioural strategies to stabilize gambling, identifying and challenging thinking errors, relaxation and imaginal exposure, problem solving and goal setting, managing negative emotions, relapse prevention, maintain

---