



# Overcoming Pathological Gambling: Therapist Guide (Treatments That Work)

By Robert Ladouceur, Stella Lachance

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## Overcoming Pathological Gambling: Therapist Guide (Treatments That Work) By Robert Ladouceur, Stella Lachance

As gambling becomes more prevalent and more accessible in our society, pathological gambling is growing as a serious problem. In most instances, excessive gambling negatively affects a persons home, social, and professional life, as well as leads to serious financial trouble. In repeated trials, cognitive-behavioral therapy has proven an extremely effective treatment for this problem.

Written by the developers of an empirically supported CBT program for the treatment of pathological gambling, this guide includes all the information and materials necessary to implement successful treatment. Most pathological gamblers exhibit misconceptions or erroneous beliefs about the nature of gambling, believing they can beat the system. One of the central points of focus of this treatment is to help clients correct these beliefs and understand the true nature of games of chance.

The authors provide step-by-step instructions for clinicians to help clients understand all of the facets of their problem. In addition to correcting erroneous beliefs about gambling, this program teaches problem solving skills, self-assessment techniques, and trigger recognition and avoidance. Designed to be used in conjunction with the corresponding workbook, this guide provides results not only in supervised therapy, but in long-term relapse prevention as well.

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### **Editorial Review**

#### **Review**

"An excellent guide and workbook to assist therapists in the treatment of pathological gambling."--*PsycCRITIQUES*

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"[T]here are hundreds of books available on the topic of pathological gambling. Some are meant for researchers, some for clinicians, and others for the patients and families themselves. The majority of the self-help workbooks for sale, though, are not evidenced-based and have not been tested in a rigorous scientific manner. These two companion books--first-authored by one of the leading clinicians and researchers in the world on pathological gambling--are quite different. . . the materials presented in both books are accurate, easy-to-read, and applicable to every subtype of problem and pathological gambler. . . These two books would be excellent starter materials to any gambling treatment program or counselor who is beginning to gain experience in the management of pathological gambling."--*Journal of Gambling Issues*

#### **About the Author**

Robert Ladouceur and Stella Lachance are both at the School of Psychology, Universite Laval.

### **Users Review**

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##### **Lisa Alaniz:**

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