



research reveals...

an update on gambling research in ALBERTA

About The Alberta Gaming Research Institute

The Alberta Gaming Research Institute is a consortium of the Universities of Alberta, Calgary, and Lethbridge. Its primary purpose is to support and promote research into gaming and gambling in the province. The Institute's identified research domains include bio-psychological and health care, socio-cultural, economic, and government and industry policy and practice. The Institute aims to achieve international recognition in gaming-related research. It is coordinated by a Board of Directors working in collaboration with the Alberta Gaming Research Council. The Institute is funded by the Alberta government through the Alberta Lottery Fund.

OUR MISSION:

To significantly improve Albertans' knowledge of how gambling affects society

Your comments and queries are welcome either by e-mail abgaming@ualberta.ca or phone 780.492.2856.

Alberta Gaming Research Institute Board of Directors, 2003

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Node Coordinators:

University of Alberta: Dr. Garry Smith
(garry.j.smith@ualberta.ca)
University of Calgary: Dr. David Hodgins
(dhodgins@ucalgary.ca)
University of Lethbridge: Dr. Robert Williams
(robert.williams@uleth.ca)

Executive Director, Vickii Williams
(vickii.williams@ualberta.ca)

3rd Annual Conference on Gambling Research Treatment of problem gambling: A vision for the future

THE ALBERTA GAMING RESEARCH INSTITUTE is co-sponsoring, with the University of Calgary, another special-interest conference relating to gambling research. Scheduled for Friday and Saturday, May 21 and 22, 2004 at the Banff Centre, the conference will focus on The Treatment of Problem Gambling: A Vision for the Future. This is the third such conference the Institute has co-sponsored with its partner universities. The first, in March 2002 at the University of Alberta, examined "Gambling, Law Enforcement and Justice System Issues; the second, at the University of Lethbridge in March 2003, focused on the "Prevention of Problem Gambling." (More information about these conferences can be found at www.abgaminginstitute.ualberta.ca/events.htm#Past.)

Conference co-organizer Dr. David Hodgins of the University of Calgary's Department of Psychology, says that treatment of problem gambling was a virtually unknown field a few years ago. "While gambling activity was increasing significantly," he said, "how to treat problem gambling and intervention was not being researched. There's now been some catch-up and this conference will bring together the foremost researchers in the field."

Dr. Hodgins points out that as well as presenting the most recent research results in all different types of treatment, the conference will also feature practical information, so that it will appeal not only to academics and those involved in treatment of and intervention in problem gambling, but also to students and the general public. The conference setting, amidst the scenery of Banff, should also provide an ideal environment for informal discussion among participants.

The confirmed conference presenters and topics are:

Dr. Alex Blaszczynski, Co-Director of the University of Sydney (Australia) Gambling Research Unit, has conducted extensive research in gambling treatment outcomes, personality characteristics and impulsivity, and developed a conceptual pathway model describing three fundamental sub-typologies of pathological gambling. *Outcomes and Processes Underlying Behavioural Interventions for Pathological Gambling* will outline empirical evidence demonstrating the efficacy of behavioural interventions for pathological gambling.

Dr. Joseph Ciarrochi is Professor and Chairperson in the Graduate Programs in Pastoral Counseling, Loyola College in Maryland. He is a clinical psychologist whose interests are in the area of addictions, compulsive behaviour, anxiety disorders, and the integration of spirituality and psychology. His published empirical research is in the areas of pathological gambling, personality profiles of addicted persons, and the relationship between spirituality and emotional well-being. *Couples Therapy for Problem Gambling: What to Do While We Wait for the evidence* will examine several therapy techniques used to assist couples coping with problem gambling.

Dr. Shawn Currie is a clinical psychologist with the Addiction Centre and holds adjunct appointments in the Departments of Psychology and Psychiatry at the University of Calgary. In 2002, he received the President's New Researcher Award from the Canadian Psychological Association and the University of Calgary's Faculty of Medicine Research Award for adjunct and clinical staff. *Using National Population Data to Develop Low-Risk Gambling Guidelines* will present preliminary results from a recent study that aims to develop low-risk gambling guidelines from recently collected population data with the Canadian Problem Gambling Index.



Dr. Jeffrey L. Derevensky holds joint appointments in the Departments of Educational and Counselling Psychology; Psychiatry; and Community Dentistry at McGill University. He is Co-Director of the McGill University Youth Gambling Research & Treatment Clinic and its International Centre for Youth Gambling Problems and High-Risk Behaviours. *Youth Gambling Problems: From Research to Treatment* will examine current research findings designed to identify the correlates and risk factors associated with youth gambling problems.

Dr. David Hodgins is a Professor, Department of Psychology, University of Calgary with an adjunct appointment in its Faculty of Medicine. He is also a practicing clinical psychologist. Since 1996 he has been interested in the process of recovery from gambling problems and has received research grants from several different agencies for his work. *Brief Treatment Models: Promoting the Self-Recovery Process*, will discuss the ways in which brief motivational interventions can be used to extend the number of treatment options for problem gamblers and their families. Programs will be described and results from evaluations of their effectiveness will be presented.

Conference speakers have provided the following citations relating to their presentations:

- Blaszczynski, A. & Nower, L. (2002). A pathways model of problem and pathological gambling. *Addiction*, 97, 487-499.
- Carriocchi, Joseph (2002) *Counseling Problem Gamblers: A Self-regulation Manual for Individual and Family Therapy*. New York: Academic Press.
- Currie, S., Clark, S., Rimac, S., & Malhotra, S. (2003). Comprehensive assessment of insomnia in recovering alcoholics using daily sleep diaries and ambulatory monitoring. *Alcoholism: Clinical and Experimental Research*, 27, 1262-1270.
- Derevensky, J., Gupta, R., & Winters, K. (2003). Prevalence rates of youth gambling problems: Are the current rates inflated? *Journal of Gambling Studies*, 19, 405-425.
- Grant, J. E., Kim, S.W., & Potenza, M.N. (2003). Advances in the pharmacological treatment of pathological gambling. *Journal of Gambling Studies*, 19, 85-109.
- Gupta, R., & Derevensky, J. L. (2000). Adolescents with gambling problems: From research to treatment. *Journal of Gambling Studies*, 16, 315-342.
- Hodgins, D. C., Currie, S. & el-Guebaly, N. (2001). Motivational enhancement and self-help treatments for problem gambling. *Journal of Consulting and Clinical Psychology*, 69, 50-57.
- Ladouceur, R., Sylvain, C., Boutin, C., Doucet, C. (2002). *Understanding and treating pathological gamblers*. London: Wiley.
- McConaghy, N., Blaszczynski, A. & Frankova, A. (1991). Comparison of imaginal desensitisation with other behavioural treatments of pathological gambling: A two to nine year follow-up. *British Journal of Psychiatry*, 159, 390-393.
- Rugle, L. (1993). Initial thoughts on viewing pathological gambling from a physiological and intrapsychic perspective. *Journal of Gambling Studies*, 9, 3-16.
- Potenza, M. N., Fiellin, D. A., Heninger, G. R., Rounsaville, B. J., & Mazure, C. M. (2002). Gambling: An addictive behavior with health and primary care implications. *Journal of General Internal Medicine*, 17, 721-732.
- Stinchfield, R. & Winters, K. C. (2001). Outcome of Minnesota's Gambling Treatment Programs. *Journal of Gambling Studies*, 17, 217-245.

Dr. Robert Ladouceur is a Professor of Psychology at Laval University in Quebec City. He has pioneered work in cognitive treatment of gambling. *Cognitive and Behavioural Treatment of Problem Gamblers: Active Components and Goals* will review the main outcomes and treatment components. Abstinence versus control will be discussed in the context of reducing dropouts.

Dr. Loreen Rugle has worked in the problem gambling field since 1985. She is Clinical/Research Director for Trimeridian, Inc., and previously was Deputy Director of the Veterans Addiction Recovery Center in Brecksville, Ohio. *'Multi-modal' Treatment for Problem Gambling and Ways of Knowing: A Synergistic Approach* will discuss development of a model for comprehensive "evidenced-based" problem gambling treatment that integrates empirically derived data with clinical experience.

Dr. Marc N. Potenza, Assistant Professor of Psychiatry at the Yale University School of Medicine, specializes in Addiction Psychiatry. He is Director of the Problem Gambling Clinic and Director of the Women's Health Research at Yale. *Evidence-Based Pharmacotherapies for Pathological Gambling: Translating Neurobiological Findings into Treatment Advances* will present a current model for understanding pathological gambling, which will in turn provide a platform for describing current evidence-based treatments for pathological gambling.

Dr. Randy Stinchfield is a Clinical Psychologist and Associate Director, Center for Adolescent Substance Abuse Research at the University of Minnesota Medical School. He is currently studying the reliability and validity of the Gambling Treatment Outcome Monitoring System (GAMTOMS). *Gambling Treatment Outcomes and Measuring Outcome with the Gambling Treatment Outcome Monitoring System (GAMTOMS)* will focus on a review of recent gambling treatment outcome studies and will describe the GAMTOMS, including reliability, validity, and methods of measuring treatment outcome.

The Conference will also include poster presentations and workshops. For further information and registration forms, see www.abgaminginstitute.ualberta.ca/Events/2004_Conference/.

Call for Poster Submissions

The Conference Committee invites poster submissions of recent empirical research for presentation. Please submit a 200 word abstract in electronic format (MS-Word preferred) to Dr. David Hodgins, dhodgins@ucalgary.ca. Abstracts should include: title of research, names of authors with the presenting author underlined, and author affiliation and contact information. **Submission deadline is March 17, 2004** (with peer review process and decision completed by March 31). All poster presenters must register for the conference.

2003 Honourary Izaak Walton Killam Memorial Scholarship

Katherine Diskin, currently a doctoral student in psychology at the University of Calgary, has won this prestigious award for her research into the effects of a single motivational intervention on problem gambling behaviour. Killam Pre-Doctoral Scholarships are awarded to doctoral students of outstanding calibre. She adds this to her Social Sciences and Humanities Research Council Doctoral Fellowship, Alberta Heritage Foundation for Medical Research Award, and National Council on Problem Gambling Award (2000) for best master's thesis.

Vickii Williams	Executive Director	
davidnorwood-ink	Writer/Editor	
Epigrafix	Design/Layout	
Garry Smith	Media contact	780.492.2770

e-mail: abgaming@ualberta.ca p: 780.492.2856

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