

# Problem Gambling

Providing resources, education and clinical support to develop strategies to maintain and support recovery.

## Who is the program for?

This program designed for people diagnosed with problem gambling or a gambling disorder and want to learn and expand their knowledge and skills towards abstinence based recovery in a supportive atmosphere. This program may be useful in addressing individual clinical needs.

## Program content

- What is gambling? Defining problem gambling, pathological gambling, addiction and dual diagnosis.
- How bad is it? What are the warning signs?
- Identifying hazards and risks
- Healthy alternatives and prevention tools
- Overcoming urges and self-defeating behaviours
- Understanding the ritual
- Impact on self and others
- Building trust in relationships
- Relaxation and recreation

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**About the program**

This program is abstinence based and utilises recognised therapeutic methodologies of cognitive behavioural therapy (CBT), motivational interviewing and mindfulness strategies. Using a combination of interactive teaching processes and skills building, participants will gain the strategies and knowledge to maintain recovery and lessen relapse.

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**When is it held?**

Attendance is one day per week for 8 weeks as detailed below. Morning tea, lunch and afternoon tea is provided. Please contact Day Program reception on (07) 5525 9682 for further information.  
8:30am - 9:00am Registration and sign in  
9:00am - 2:30pm Group program  
2:30pm - 3:30pm Facilitated relaxation session

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**How to join**

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Currumbin Clinic.

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**How much does it cost?**

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Currumbin Clinic.

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