



International Co-Occurring Gambling Specialist Certificate (ICOGS)

Training Outline

The ICOGS (30 Hours) training is modeled after the Gambling Counselor Certification (IGCC) training outline. The main difference for this training outline is that gambling is secondary to other addictions and mental health diagnoses. This certificate is intended for individuals that work in primary settings of substance use disorders and/or mental health disorders, but need to effectively screen, intervene, and refer when problem and disordered gambling is impacting an individual's ability to recover and improve overall physical and emotional wellness.

I. BASIC KNOWLEDGE OF PROBLEM AND DISORDERED GAMBLING

A. Scope of Legalized Gambling in the U.S.

1. Prevalence of Gambling Problems
 - a. Among Adults
 - b. Among Youth
 - c. Among Treatment Populations
 - d. Among diverse cultural, racial and ethnic groups
2. Definitions of Gambling and Disordered Gambling
3. Gambling Disorder
 - a. Terminology
 - b. Etiology and Progression of the Disorder
 - c. Subtypes and Pathways model
 - d. Similarities and differences with Substance Use Disorders

B. Client Evaluations

1. Screening
2. Assessment
3. Diagnostic Criteria

II. GAMBLING COUNSELING SKILLS IN ADDICTION & MENTAL HEALTH

A. Relationship to Substance Abuse and Mental Health

1. Integration of problem gambling into substance use disorder and mental health treatment
2. Impact of gambling on recovery from substance use and mental health disorders
3. Impact of substance use and mental health disorders on problem gambling treatment and recovery

4. Specific issues and needs of those with severe mental illness and gambling problems
- B. Gambling Education
1. Orientation to treatment and recovery expectations
 2. Problem Gambling Information
 - a. Defining at risk gambling
 - b. What is low risk and high risk gambling
 - c. Role of gambling in recovery on health and well being
 3. Co-Occurring Disorders
 - a. Screens and assessments
 - b. Psychopharmacology and medication
 - c. Medical
 - d. Gambling and substance use
 - e. Gambling and mental health
 4. Additional Self-Help Programs
 - a. Gamblers Anonymous
 - b. Gam-Anon
 - c. SMART Recovery
 - d. Faith based self-help programs
 5. Research (Neurobiology, medication and psychopharmacology)
 - a. Treatment Needs
 - b. Medication for Co-occurring disorders that includes gambling
 - c. FDA Warnings and Side Effects
- C. Examination of Attitudes/Feelings about Disordered Gambling
1. Attitudes towards money
 2. Deception and Self-Deception
 3. Meaning and role of gambling
 4. Spirituality
 5. Transference and Countertransference
 6. Irrational Thinking/Cognitive Distortions
 7. Cultural Beliefs and Attitudes
- D. Considerations of Alternative Solutions
1. Abstinence
 2. Harm Reduction in abstinence-based program
 3. Natural Recovery
- E. Skills for Addressing the Impact of Gambling and Gambling Disorders
1. Engaging clients with on the topic of impact of gambling and gambling disorder
 2. Incorporating the topic of gambling and problem gambling into SUD and MH treatment
 3. Motivational Interviewing and Enhancement strategies
 4. Mindfulness Based Interventions
 5. Cognitive Behavioral Treatment
 6. Client and family education

- 7. Family/concerned others interventions
- 8. Individual Counseling
- 9. Group Counseling
- 10. Family/Significant Others
 - a. Working with
 - b. Making Referrals
- 11. Treatment Planning
- 12. Financial Management Issues
 - a. Restitution
 - b. Budget Preparation and developing a recovery oriented budget
 - c. Money protection planning
 - d. Pressure Relief Group through GA
- 13. Legal Issues
 - a. Probation and Parole Similarities and Differences
 - b. Reporting to the Legal System
- 14. Referral to Certified Gambling Counselor
- F. Client Care
 - 1. Crisis Management
 - a. Identification & Resolution
 - b. Role of Suicidality
 - 2. Referral Resources
 - 3. Consultation
 - 4. Levels of Care and ASAM criteria
 - a. Outpatient vs Inpatient for Gambling Disorder
 - 5. Peer Counseling and Recovery Support Systems Similarities and Differences
- G. Continuing Care as it relates to insurance/funding

III. SPECIAL ISSUES WITH GAMBLING DISORDERS

- A. Adolescence
- B. Older Adults
- C. Gender
- D. Cultural Minorities
- E. Relapse and Relapse Prevention
- F. Suicide
- G. Trauma and Survivors Issues
- H. Chronic Illness
- I. Criminal Justice
- J. Military
- K. Stigma

IV. PROFESSIONAL ISSUES

- A. Law and Regulation
 - 1. Client Rights
 - a. Confidentiality
 - b. Informed Consent
 - c. Reporting

- 1) Child/Other Abuse
- 2) Duty to Warn
2. Discrimination compared to SUD and MH
3. Managed Care
 - a. Utilization Review Strategies
 - b. Non-covered appeal strategies
- B. Ethics as it pertains to IGCCB standards
- C. Supervision
 1. Clinical for SUD/MH & Gambling
 3. Need for Gambling Specific Consultation