

International Certification Examination  
for Gambling Counselors



International Gambling Counselor  
Certification Board

Exam Prep Handbook

2022

---

## TABLE OF CONTENTS

TABLE OF CONTENTS.....	1
CONTACT INFORMATION .....	2
ATTENTION CANDIDATES .....	2
CERTIFICATION .....	2
THE CERTIFICATION PROCESS.....	3
ELIGIBILITY REQUIREMENTS .....	3
EXAMINATION ADMINISTRATION AND SCHEDULING .....	4
EXAMINATION FEES .....	5
SPECIAL ACCOMMODATIONS .....	5
PREPARING FOR THE EXAMINATION.....	5
RULES FOR THE EXAMINATION .....	6
CONFIDENTIALITY .....	7
REEXAMINATION .....	7
ATTAINMENT OF CERTIFICATION & RECERTIFICATION.....	7
REVOCATION OF CERTIFICATION .....	7
CONTENT OF THE EXAMINATION .....	8
SAMPLE EXAMINATION QUESTIONS.....	12
REFERENCES.....	13

---

*This Handbook contains necessary information about the Certification Examination for Gambling Counselors. Please retain it for future reference.*

---

## CONTACT INFORMATION

<p><b>International Gambling Counselor Certification Board (IGCCB)</b></p> <p><a href="http://www.igccb.org">http://www.igccb.org</a></p>	<ul style="list-style-type: none"><li>• Apply for examination through Certemy located at <a href="http://www.IGCCB.org">www.IGCCB.org</a></li><li>• Obtain general application policy and procedure information</li><li>• Miscellaneous inquiries</li></ul>
-----------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

---

## ATTENTION CANDIDATES

This handbook contains necessary information about the IGCCB Certification Examination for Gambling Counselors. It is required reading for those applying and taking the examination. Please retain this handbook for future reference. This handbook is subject to change.

---

## CERTIFICATION

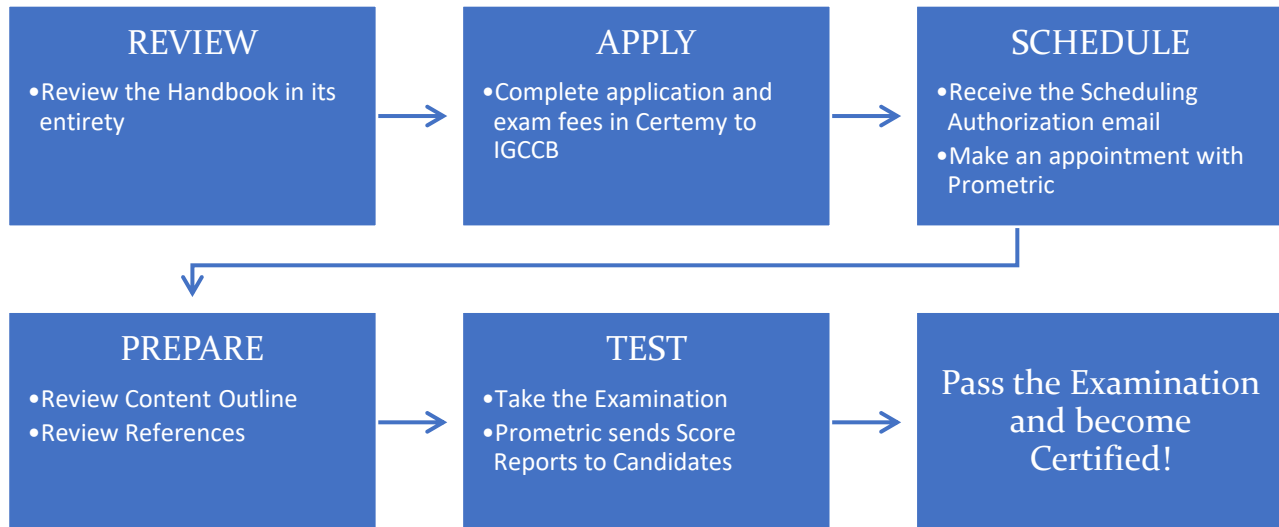
The International Gambling Counselor Certification Board (IGCCB) supports the concept of voluntary certification by examination of gambling counselors. Certification focuses specifically on the individual and is an indication of one's current level of knowledge in gambling counseling.

The purpose of certification in gambling counseling is to promote competency by:

1. Promoting high standards of training, competence, skills, and knowledge.
2. Providing a national and international standard for requisite knowledge in gambling counseling.
3. Recognizing formally those individuals who meet the standards of eligibility established by the IGCCB.
4. Encouraging continued professional growth in gambling counseling for the purpose of improving the quality of care to addicted persons and their families.
5. Establishing, measuring, and monitoring the level of knowledge required for certification in gambling counseling.

---

## THE CERTIFICATION PROCESS



---

## ELIGIBILITY REQUIREMENTS

### LEVEL I GAMBLING COUNSELOR – (or ICGC-I)

1. 30 hours of approved gambling specific training
2. A state or nationally recognized addiction or mental health certification OR a state or nationally recognized addition or mental health license
3. Taking and passing the International Certification Examination for Gambling Counselors
4. Payment of the application fee

### LEVEL II GAMBLING COUNSELOR – (ICGC-II)

1. 60 hours of approved gambling specific training
2. A state or nationally recognized addiction or mental health certification OR a state or nationally recognized addition or mental health license
3. Taking and passing the International Certification Examination for Gambling Counselors
4. Payment of the application fee

---

## EXAMINATION ADMINISTRATION AND SCHEDULING

The Certification Examination for Gambling Counselors is administered during monthly testing windows, excluding holidays, at computer-based testing facilities managed by Prometric.

### Scheduling Examination Appointments



The Scheduling Authorization will indicate how to schedule your examination appointment with Prometric as well as the dates during which testing is available. Appointment times are first-come, first-serve, so schedule your appointment as soon as you receive your Scheduling Authorization in order to maximize your chance of testing at your preferred location and on your preferred date. **Candidates who wait until the last minute run the risk of missing out on their preferred date, time, and testing center. Candidates unable to schedule an appointment will forfeit their fees.**

After you make your test appointment, Prometric will send you a confirmation email with the date, time, and location of your exam. Please check this confirmation carefully for the correct date, time, and location. Contact Prometric at (800) 741-0934 if you do not receive this email confirmation or if there is a mistake with your appointment.

#### **IMPORTANT!**

You **MUST** present your current driver's license, passport, or U.S. military ID at the test center. Expired, temporary, or paper driver's licenses will **NOT** be accepted.

The name on your Scheduling Authorization **MUST** exactly match the name on your photo ID. **Fees will not be refunded for exams missed because of invalid ID.**

---

## EXAMINATION FEES

Fee Type	Amount	Details
Application Fee for IGCCB Certification	US \$310.00	<ul style="list-style-type: none"><li>• Non-refundable<sup>1</sup></li><li>• Non-transferable</li><li>• Includes testing center fees</li></ul>
Application Fee for state-specific certification	US \$410.00	<ul style="list-style-type: none"><li>• Non-refundable<sup>2</sup></li><li>• Non-transferable</li><li>• Includes testing center fees</li><li>• Includes non-refundable \$100 administrative fee</li></ul>



There will be no refund of fees unless applicants are ineligible for the examination. Ineligible candidates will be refunded their fees minus an administrative fee. **Please be advised: Prometric does not have the authority to grant transfers to another testing period or refunds.**

---

## SPECIAL ACCOMMODATIONS

IGCCB and Prometric support the intent of and comply with the Americans with Disabilities Act (ADA). Prometric will take steps reasonably necessary to make certification accessible to persons with disabilities covered under the ADA. According to the ADA, an individual with a disability is a person who has a physical or mental impairment that substantially limits a major life activity (such as seeing, hearing, learning, reading, concentrating, walking) or a major bodily function (such as neurological, endocrine, or digestive system). The information you provide and any documentation regarding your disability and special test accommodations will be held in strict confidence.

All approved testing accommodations must maintain the psychometric nature and security of the examination. Accommodations that fundamentally alter the nature or security of the exam will not be granted.

---

## PREPARING FOR THE EXAMINATION

- Check your government issued photo ID (driver's license, passport or U.S. Military ID) when you make your examination appointment. Is it expired? Does the name on your ID match the name on your Scheduling Authorization email? Proctors at the Prometric testing center will refuse

---

<sup>1</sup> Applicants who are ineligible to take the examination or whose applications are incomplete by the application deadline will have their examination fees returned minus an administrative fee.

<sup>2</sup> Applicants who are ineligible to take the examination or whose applications are incomplete by the application deadline will have their examination fees returned minus an administrative fee.

admission to candidates with expired IDs, IDs with names that do not match their records, and temporary paper IDs. Candidates will be marked as no-shows and will forfeit their exam fees.

- Check your Scheduling Authorization email and Appointment Confirmation email from Prometric to make sure everything is accurate (i.e. your name, exam name, appointment date, time and location).
- Make yourself familiar with the location of your chosen testing site and any requirements they may have for parking and check the weather and traffic conditions before you leave for the testing center. Make sure you give yourself plenty of time to arrive as late arrival may prevent you from testing.
- In the event of inclement weather, check the Prometric website for site closures: <https://www.prometric.com/closures>.
- Prometric’s website provides information on what you can expect on your test day, including a walkthrough of check in and security procedures: <https://www.prometric.com/test-center-security>.
- This Handbook provides the Content Outline for the Examination (see appendix). Use these to help you start studying for the examination.
- Please see [Prometric’s website](#) for more information about what to expect on testing day.

---

## RULES FOR THE EXAMINATION

Please read the information below carefully. You are responsible for adhering to the examination rules while at the testing center.

- ⇒ You must present your current driver’s license, passport, or US Military ID at the testing center. Candidates without valid ID will NOT be permitted to test. Temporary or paper copies of your ID will not be accepted.
- ⇒ No Electronic devices that can be used to record, transmit, receive, or play back audio, photographic, text, or video content, including but not limited to, cell phones, laptop computers, tablets, Bluetooth devices; wearable technology (such as smart watches), MP3 players (such as iPods), pagers, cameras, and voice recorders are permitted to be used and cannot be taken in the examination room. Prometric provides lockers for your personal items.
- ⇒ No papers, books, or reference materials may be taken into or removed from the testing room.
- ⇒ No questions concerning content of the examination may be asked during the examination session. The candidate should read carefully the directions that are provided on screen at the beginning of the examination session.



- ⇒ Candidates are prohibited from leaving the testing room while their examination is in session, with the sole exception of going to the restroom.
- ⇒ Bulky clothing, such as sweatshirts (hoodies), jackets, coats, and hats (except hats worn for religious reasons), and most types of jewelry may not be worn while taking the examination. Proctors will ask you to remove such items and place them in your locker. Please see [Prometric's statement on Test Center Security](#) for more information.
- ⇒ All watches and "Fitbit" type devices cannot be worn during the examination.
- ⇒ No food/beverages are permitted inside the testing room. Leave these items in your assigned locker.

**Violation of any of the rules listed above may lead to forfeiture of fees, dismissal from the testing room, and cancellation of your test scores.**

---

## CONFIDENTIALITY

IGCCB will release the individual test scores ONLY to the individual candidate. Any questions concerning test results should be referred to IGCCB.

---

## REEXAMINATION

The International Certification Examination for Gambling Counselors may be taken as often as desired upon filing of a new Application and fee. There is no limit to the number of times the examination may be repeated.

---

## ATTAINMENT OF CERTIFICATION & RECERTIFICATION

Eligible candidates who pass the International Certification Examination for Gambling Counselors must ALSO fulfill **all** other requirements as found at <http://www.igccb.org> to receive certification. Only once ALL requirements have been fulfilled AND the application has been approved will candidates receive certificates from the IGCCB and be eligible to use the appropriate registered designation ICGC-I or ICGC-II after their names. A registry of Certified Gambling Counselors will be maintained by the IGCCB and may be reported in its publications. Certification is recognized for a period of three (3) years at which time the candidate must meet current eligibility requirements to maintain certification.

---

## REVOCATION OF CERTIFICATION

Certification will be revoked for any of the following reasons:

1. Falsification of any information, including experience data, requested in the Application.
2. Misrepresentation of certification status.
3. Revocation of current license, certification, or registration.



4. Violation of the Ethical Standards for Certified Gambling Counselors.

The Appeals Committee of the IGCCB provides the appeal mechanism for challenging revocation of certification. It is the responsibility of the individual to initiate this process with a written or documented request.

---

## CONTENT OF THE EXAMINATION

The Certification Examination for Gambling Counselors is a computerized exam with a total testing time of 3 and 1/4 hours. The exam consists of 200 multiple-choice questions. You must have a score of 142 or higher to pass the exam.

The questions for the examination are obtained from individuals with expertise in gambling counseling and are reviewed for construction, accuracy, and appropriateness by IGCCB and Prometic's psychometricians.

The Certification Examination for Gambling Counselors will be weighted in approximately the following manner:

I.	Basic Knowledge of Problem and Pathological Gambling	20%
II.	Gambling Counseling Practice	40%
III.	Special Issues in Gambling Treatment	30%
IV.	Professional Issues	10%

---

## CONTENT OUTLINE

### 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 PRACTICE**

- A. Examination of Attitudes/Feelings
  - 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
- B. Considerations of Alternative Solutions
  - 1. Abstinence
  - 2. Harm Reduction
  - 3. Natural Recovery
- C. Skills For Gambling Disorders
  - 1. Engaging clients with gambling disorder
  - 2. Integrating 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
  - 11. Treatment Planning
  - 12. Financial Management Issues
    - a. Restitution
    - b. Budget Preparation
    - c. Money protection planning
    - d. Pressure Relief Group through GA
  - 13. Legal Issues
  - 14. Multi-cultural Counseling
- D. 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
- E. Client Care
  - 1. Crisis Management
    - a. Identification
    - b. Resolution
  - 2. Referral Resources and case management
  - 3. Consultation

- 4. Levels of Care and ASAM criteria
- 5. Peer Counseling and Recovery Support Systems
- F. Education
  - 1. Orientation to treatment and recovery
  - 2. Problem Gambling Information
  - 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. 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
      - b. Co-occurring disorders
- G. Continuing Care

### **III. SPECIAL ISSUES IN GAMBLING TREATMENT**

- 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
  - 3. Managed Care
    - a. Utilization Review
    - b. Outcome Studies
- B. Ethics as it pertains to IGCCB standards

C. Supervision

1. Administrative
2. Clinical
3. Gambling Specific Consultation

D. Future Trends

1. Convergence with Gaming
  2. Sports Betting
  3. Online Gambling
  4. Specific Cultural gambling activities
  5. Cryptocurrency
-

---

## SAMPLE EXAMINATION QUESTIONS

In the following questions, choose the one best answer.

- 
1. In DSM 5, Pathological Gambling has been renamed
    - A. Gambling Disorder.
    - B. Addictive Gambling.
    - C. Impulsive Gambling.
    - D. Compulsive Gambling.

---

  2. Compared to men, women problem gamblers are likely to start gambling
    - A. at the same age.
    - B. earlier in life.
    - C. later in life.
    - D. only in response to stress.

---

  3. Gamblers Anonymous was founded in
    - A. 1949.
    - B. 1957.
    - C. 1976.
    - D. 1980.

---

  4. Which of the following substances are disordered gamblers most likely to abuse?
    - A. Alcohol
    - B. Cocaine
    - C. Marijuana
    - D. Amphetamine

---

  5. Which of the following screening tools is used to assess for a gambling disorder?
    - A. ASI
    - B. NED
    - C. NORC
    - D. NODS-CLIP

Answers	
Q	A
1	A
2	C
3	B
4	A
5	D

---

## REFERENCES

The International Gambling Counselor Certification Board has prepared a suggested reference list to assist in preparing for the International Certification Examination for Gambling Counselors. These references contain journals and textbooks which include information of significance to gambling counseling practice. Inclusion of certain journals and textbooks on this list does not constitute an endorsement by the IGCCB of specific professional literature which, if used, would guarantee candidates' successful passing of the certification examination.

American Psychiatric Association. DSM 5: Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition. Washington, DC: American Psychiatric Association (2013).

Barnes, G. M., Welte, J. W., & Tidwell, M. C. O. (2017). Gambling involvement among Native Americans, blacks, and whites in the United States. *The American Journal on Addictions, 26*(7), 713-721.

Bechtold, J., & Wilson, A. (2021). *The Gambling Disorder Treatment Handbook: A Guide for Mental Health Professionals*. Jessica Kingsley Publishers.

Beck, A. K., Forbes, E., Baker, A. L., Kelly, P. J., Deane, F. P., Shakeshaft, A., ... & Kelly, J. F. (2017). Systematic review of SMART Recovery: Outcomes, process variables, and implications for research. *Psychology of Addictive Behaviors, 31*(1), 1.

Blaszczynski, A. *Overcoming Compulsive Gambling: A Self-Help Guide Using Cognitive Behavioral Techniques*. London: Constable & Robinson; 2010.

Blaszczynski, A., & Nower, L. (2002). A pathways model of problem and pathological gambling. *Addiction, 97*(5), 487-499.

Ciarrocchi, J. *Counseling Problem Gamblers: A Self Regulation Manual for Individual and Family Therapy*. San Diego, CA: Academic Press (2002).

Custer, R. and Milt, H. *When Luck Runs Out*. New York, NY: Facts on File (1985).

Davis, D.R. *Taking Back Your Life: Women and Problem Gambling*. Center City, MN: Hazelden; 2009.

Delfabbro, P., King, D. L., & Derevensky, J. L. (2016). Adolescent gambling and problem gambling: prevalence, current issues, and concerns. *Current Addiction Reports, 3*(3), 268-274

Derevensky, J. L., & Gilbeau, L. (2019). Preventing adolescent gambling problems. In *Gambling Disorder* (pp. 297-311). Springer, Cham.

Dowling, N. A., Cowlshaw, S., Jackson, A. C., Merkouris, S. S., Francis, K. L., & Christensen, D. R. (2015). The prevalence of comorbid personality disorders in treatment-seeking problem gamblers: A systematic review and meta-analysis. *Journal of Personality Disorders, 29*(6), 735-754.

Dowling, N., Suomi, A., Jackson, A., Lavis, T., Patford, J., Cockman, S., ... & Harvey, P. (2016). Problem gambling and intimate partner violence: A systematic review and meta-analysis. *Trauma, Violence, & Abuse, 17*(1), 43-61

Federman, E.J., Drebing, C.E. & Krebs, C. Don't Leave it to Chance: A Guide for Families of Problem Gamblers. Oakland, CA: New Harbinger Publications; 2000.

Gamblers Anonymous. Sharing Recovery Through Gamblers Anonymous. Los Angeles, CA: Gamblers Anonymous; 2003.

Gavriel-Fried, B., Moretta, T., & Potenza, M. N. (2019). Associations between recovery capital, spirituality, and DSM–5 symptom improvement in gambling disorder. *Psychology of Addictive Behaviors*.

Grant, J. E., & Chamberlain, S. R. (2020). Gambling and substance use: Comorbidity and treatment implications. *Progress in Neuro-Psychopharmacology and Biological Psychiatry, 99*, 109852.

Grant, J. and Potenza, M. Pathological Gambling. A Clinical Guide to Treatment. Washington, DC: American Psychiatric Publishing, Inc. (2004).

Kushnir, V., Godinho, A., Hodgins, D. C., Hendershot, C. S., & Cunningham, J. A. (2018). Self-directed gambling changes: Trajectory of problem gambling severity in absence of treatment. *Journal of Gambling Studies, 34*, 1407-1421.

Ladouceur, R. & Lachance, R. Overcoming Problem Gambling: Therapist Guide and Overcoming Problem Gambling: Workbook. Oxford University Press. (2006).

Lostutter, T. W., Enkema, M., Schwebel, F., Cronic, J. M., Garberson, L. A., Ou, B., ... & Larimer, M. E. (2019). Doing it for the money: the relationship between gambling and money attitudes among college students. *Journal of gambling studies, 35*(1), 143-153

Li, W., Mills, D., & Nower, L. (2019). The relationship of loot box purchases to problem video gaming and problem gambling. *Addictive behaviors, 97*, 27-34.

Mee-Lee, D, Shulman, G.D., Fishman, M. J., Gastfriend, D. R., Miller, M.M., eds. The ASAM Criteria: Treatment Criteria for Addictive, Substance-Related and Co-Occurring Conditions. 3rd ed. Carson City, NV: The Change Companies; 2013

Marlatt, G. A., Larimer, M. E., Witkiewitz, K., eds. Harm Reduction: Pragmatic Strategies for Managing High Risk Behaviors. 2nd ed. New York, NY: Guildford Press; 2012

McCown, W. G. & Howatt, W. A. Treating Gambling Problems. Hoboken, NJ: John Wiley & Sons; 2007

Miller W. and Rollnick, S. Motivational Interviewing, Third Edition. New York, NY: Guilford Press (2012).

International Center for Responsible Gaming - [www.icrg.org/resources/](http://www.icrg.org/resources/)

National Council on Problem Gambling and National Endowment for Financial Education. Financial Issues for Loved Ones of Problem Gamblers. Denver, CO: National Endowment for Financial Education (2000).

National Gambling Impact Study Commission. Final Report. Washington, DC: National Gambling Impact Study Commission (1997).

National Research Council. Pathological Gambling: A Critical Review. Washington, DC: National Academy Press (1999).

Nower, L., & Blaszczynski, A. (2017). Development and validation of the Gambling Pathways Questionnaire (GPQ). *Psychology of Addictive Behaviors*, 31(1), 95.

Nower, L., Caler, K. R., Pickering, D., & Blaszczynski, A. (2018). Daily fantasy sports players: Gambling, addiction, and mental health problems. *Journal of gambling studies*, 34(3), 727-737.

Okuda, M., Liu, W., Cisewski, J. A., Segura, L., Storr, C. L., & Martins, S. S. (2016). Gambling disorder and minority populations: Prevalence and risk factors. *Current addiction reports*, 3(3), 280-292.

Parke, A., Griffiths, M., Pattinson, J., & Keatley, D. (2018). Age-related physical and psychological vulnerability as pathways to problem gambling in older adults. *Journal of behavioral addictions*, 7(1), 137-145.

Petry, N. Pathological Gambling: Etiology, Comorbidity, and Treatment. Washington, DC: American Psychological Association (2005).

Poole, J. C., Kim, H. S., Dobson, K. S., & Hodgins, D. C. (2017). Adverse childhood experiences and disordered gambling: Assessing the mediating role of emotion dysregulation. *Journal of gambling studies*, 33(4), 1187-1200.

Richard, C. S., Blaszczynski, A., Nower, L., eds. The Wiley-Blackwell Handbook of Disordered Gambling. Wiley-Blackwell, Oxford, UK; 2014.

Shaffer, H., Martin, R, Kleschinsky, J & Neporent, L. Change your Gambling; Change your Life: Strategies for Managing your Gambling and Improving your Finances, Relationships, and Health. San Francisco, CA: Jossey-Bass; 2012.

Stefanovics, E. A., Potenza, M. N., & Pietrzak, R. H. (2017). Gambling in a national US veteran population: Prevalence, socio-demographics, and psychiatric comorbidities. *Journal of Gambling Studies*, 33(4), 1099-1120.

van der Maas, M., & Nower, L. (2020). Gambling and military Service: Characteristics, comorbidity, and problem severity in an epidemiological sample. *Addictive Behaviors*, 106725-106725

Volberg, R. When Chips Are Down: Problem Gambling in America. New York, NY: The Century Foundation Press (2001).



The Wager – [www.basionline.org/](http://www.basionline.org/)

Whelan, J. P., Steenbergh, T. A., & Meyers, A. W. Problem and Pathological Gambling. Cambridge MA: Hogrefe & Huber; 2007

Winters, K.C. & Derevensky, J.L. (2019). Review of sports betting and gambling addiction. *Journal of Gambling Issues*, 43.