



International Gambling Recovery Specialist (IGRS) Training Outline **(30 Hours Total)**

Training Outline:

This comprehensive training program equips Peer Recovery Specialists with essential knowledge and skills to support individuals recovering from gambling disorders. The curriculum covers foundational understanding of gambling disorders, the science behind it, and cultural considerations. It emphasizes building strong relationships, core values, and effective peer support skills. The training delves into mentorship, advocacy, and empowerment techniques, providing in-depth knowledge on advanced topics like financial literacy, family dynamics, and trauma-informed care. Finally, it focuses on the professional role, emphasizing self-care, ethics, and ongoing development for Peer Recovery Specialists. **This training must adhere to the Core Competencies for Gambling Recovery Peers published by the Oregon Health Authority Problem Gambling Services.** This certification also requires obtaining specific hours of direct application and working with a BARA or BACC for a minimum of 8 hours.

Domain I: Knowledge (7 hours)

Gambling Disorder Overview (2 hours):

- Types of gambling and gambling activities (1.1)
- Local and national gambling resources (helplines, treatment centers, support groups) (1.7) Legal ages for gambling and associated regulations (1.1)
- Availability of gambling treatment systems (1.7)

The Science of Gambling (2 hours):

- Understanding the neurobiology of gambling addiction (1.2)
- Understanding medication (supportive and contra-indications) (1.3)
- Exploring the spectrum of gambling behaviors (non-problematic, problematic, disordered) (1.2) Examining the intersection of gaming and gambling (1.1)
- Defining gambling recovery and its unique challenges (1.2)
- Basic concepts related to gambling problems and recovery (reinforcement, avoidance, triggers, etc.) (1.2)
- Co-occurring disorders and their impact (1.3)
- Stages of change and gambling recovery (1.8)
- Principles of relapse prevention (1.5)

Cultural, Sociodemographic, and Diversity Considerations (3 hours):

- Analyzing demographic statistics on gambling (age, race, ethnicity, gender, socioeconomic status) Addressing the cultural components of gambling within diverse communities
- Tailoring recovery support to meet the unique needs of different populations
- Multiple pathways of recovery and various recovery systems (1.4)
- Diverse recovery goals (abstinence vs. harm reduction) (1.6)
- Awareness of the importance of family relationships (1.9)

Domain II: Relationships & Domain V: Core Values (4 hours)

Peer Recovery Support Skills (4 hours):

- Defining the roles and functions of Peer Recovery Specialists and Peer-Assisted Recovery Prevention (Risk & Protective Factors, social determinants of health, primary/secondary/tertiary prevention, and resources for prevention training)
- Developing active listening and empathetic communication skills (2.1.2)
- Mastering the art of asking open-ended, helpful questions
- Learning to share personal recovery experiences effectively (vulnerability and reciprocity) (2.1.4) Crisis management (3.5.1, 3.5.2, 3.5.3, 3.5.4, 3.5.5, 3.5.6, 3.5.7, 3.5.8)
- Ethics (role clarification, boundaries, language, stigma, bias, discrimination) (2.1.3, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7)
- Social Justice and Advocacy
- Effective communication using various modalities (text, phone, online) (2.1.6)

Domain III: Mentorship (13 hours)

Advocacy Skills (2 hours): (4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7)

- Empowering individuals in recovery to advocate for their needs
- Raising awareness about gambling disorder and recovery resources
- Developing strategies for effective advocacy and communication
- Advocating for systemic changes and policy reform

Empowerment Skills (5 hours): (3.1.1, 3.1.2, 3.1.4, 3.1.5, 3.1.6, 3.1.7, 3.3.1, 3.3.2, 3.3.3, 3.3.4, 3.3.5, 3.3.8, 3.3.9)

- Recovery Pathways: Explore diverse recovery pathways, including abstinence and harm reduction, emphasizing individual choice and autonomy, including understanding Natural Recovery.
- Tools and Resources: Self-exclusion programs, technology supports for limiting gambling access, guidelines and resources for setting limits on gambling, and practical tools for implementing harm reduction techniques (budgeting, time management, alternative activities).
- Harm Reduction vs. Abstinence: Compare and contrast philosophies, practices, benefits, and limitations, emphasizing individual needs and preferences.
- Self-Help and Support Groups: Explore various groups (GA, GamAnon, Gamblers in Recovery, SMART Recovery, Celebrate Recovery, Recovery Dharma, etc.), emphasizing peer support.
- Case Studies and Practical Application: Share real-world examples of successful recovery strategies, providing guidance on relapse prevention and

coping skills.

Advanced Topics (9 hours): (3.2.1, 3.2.2, 3.2.3, 3.2.4, 3.4.1, 3.4.2, 3.4.3, 3.4.4, 3.4.5)

- Financial literacy and gambling (budgeting, restitution, transparency, asset protection, accessing financial services) (3.3.6, 3.3.7)
- Family dynamics and gambling disorder (communication, boundaries, support, treatment approaches, evidence-based models, ethical issues & considerations)
- Co-occurring disorders and gambling (identification, integrated treatment)
- Relapse prevention strategies (triggers, coping skills, relapse plans)
- Motivational Interviewing techniques (in-depth practice and application)
- Trauma-Informed Care principles and practices (understanding trauma's impact on recovery) Health and wellness skills (stress management, healthy coping mechanisms, self-care practices) (3.1.3)

Domain VI: Professional Role (3 hours) (6.1.1, 6.2.1, 6.2.2, 6.2.3, 6.2.5)

- Self-care and maintaining personal recovery
- Professional boundaries and ethics (confidentiality, dual relationships, etc.)
- Supervision and consultation
- Documentation and record-keeping
- Safety and ethical considerations in digital peer support (6.2.4)
- Continuing education and professional development
- Working within a team and collaborating with other professionals