ST3-ADD-AOP-EPA10 – Gambling disorder and other behavioural addictions

Area of practice	Addiction psychiatry	*EPA identification*	ST3-ADD-AOP-EPA10
Stage of training	Stage 3 – Advanced	*Version*	v0.4 (EC-approved 11/12/15)

The following EPA will be entrusted when your supervisor is confident that you can be trusted to perform the activity described at the required standard without more than distant (reactive) supervision. Your supervisor feels confident that you know when to ask for additional help and that you can be trusted to appropriately seek assistance in a timely manner.

Title	*Treatment of people with gambling disorder and other behavioural addictions.*		
Description Maximum 150 words	The trainee will assess a person with gambling disorder (or other behavioural addictions) and collaborate with them to develop and implement a management plan. Assessment entails a comprehensive review of (gambling) behaviours and consequences, as well as any associated symptoms of substance use and other psychiatric problems. Structured evidence-based psychosocial treatment needs to be provided.		

Fellowship competencies	**ME**	1, 2, 3, 4, 5, 7	**HA**	2
	COM	1, 2	**SCH**	2
	COL	1, 2	**PROF**	1, 2
	MAN			

Knowledge, skills and attitude required The following lists are neither exhaustive nor prescriptive.	Competence is demonstrated if the trainee has shown sufficient aspects of the knowledge, skills and attitude described below.
	Ability to apply an adequate knowledge base • Psychology of behavioural addictions. • Social and legal complications of gambling disorder or other behavioural addiction. • Psychological processes underpinning craving or urges. • Knowledge of mutual help programs, which could be informed by the trainee's attendance at meetings, eg. GA, and of gambling avoidance strategies provided through many community support organisations. • Public health approaches to gambling and the ethical controversies associated with the gambling industry. **Skills** • Use of relevant screening tools, eg. the VGS (for gambling use). • Psychiatric assessment of someone with gambling disorder or other behavioural addiction.

	• Identification of risk factors including financial risk, relapse as well as safety. • To clearly explain how the problem, eg gambling, has evolved and a rationale as to how psychological treatment will work. • Provide appropriate psychological therapy. **Attitude** • Exhibit a non-judgemental and empathic approach to the engagement of a patient. • Fostering of hope for recovery.
Assessment method	Progressively assessed during individual and clinical supervision, including three appropriate WBAs.
Suggested assessment method details *(These include, but are not limited to, WBAs)*	• Case-based discussion. • Professional presentation – in a multidisciplinary forum. • Observed Clinical Activity (OCA). • Review of measures used in therapy. • Direct Observation of Procedural Skills (DOPS).

References

BATTERSBY M, BEN-TOVIM D, ESTERMANN A et al. The VAGS: a new Australian instrument for the detection of problem gambling. *Aust NZ J Psychiatry* 2001; 35 (Suppl.).

COL, Collaborator; COM, Communicator; HA, Health Advocate; MAN, Manager; ME, Medical Expert; PROF, Professional; SCH, Scholar