

## Problem Gambling Training for Asian Practitioners: Programme

### 1. Motivational Interviewing (MI) Skills for Problem Gambling Treatment

Time	Topic
9 am - 9.30	Introductions and overview of MI training
9.30 -10am	MI approach and comparison with CBT; principles
10 - 10.15	Strategies and core micro-skills
10.15 - 10.30	<b>Morning tea</b>
10.30 – 11 pm	MI skills continued; demonstration/practice
11 am – 11.30	Further MI skills; Change talk as predictor of change
11.30 – 12 noon	Using MI in groups
12 noon	<b>Lunch</b>

### Cognitive Behavioural Therapy Tools for Problem Gambling Treatment

Time	Topic
1 pm -1.15	Introduction and overview - CBT
1.15 -1.45	Practice & Feedback –inter-relation of thoughts, moods & behaviour; exercise
1.45 - 2 pm	Principles & overview of CBT objectives
2 pm - 2.45	The CBT process – steps, techniques, Functional Analysis & Setting Goals tools, practice
2.45 - 3 pm	<b>Afternoon tea</b>
3 pm - 3.30	Cognitive distortions, cognitive restructuring & scaling tools, practice
3.30 – 4pm	Relapse prevention: gambling diary, risk situation, reviewing relapses tools