



**Palomino Training Solutions**  
specialists in corporate training

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## **Gambling: The Hidden Addiction**

### **Course Overview**

**Fact: “Problem Gamblers have the suite of neurochemical properties in common with drug addicts”. Prof Don Ross**

Owls are masters of camouflage and are nocturnal hunters. Similarly, a gambling addiction often develops in plain sight of family members or work colleagues and gamblers spend night after night gambling at casino’s or online. This disorder, even though it does not involve addiction to a substance, has devastating effects not only on the sufferer but on the family, especially in terms of long-term financial losses. Lives are ruined and sometimes lost as problem gamblers consider suicide as the only way out of this powerful addiction.

This workshop sheds light on this addiction and its characteristics, manifestation and effects. It discusses treatment options and explains diagnosis as well as co-occurring disorders. This workshop will be valuable to both the layperson and the professional.

### **Course Outline:**

#### **Section One: Introduction to Gambling**

- Research and gambling statistics
- Signs of a gambling disorder according to GA
- History of diagnosis
- Activity: Case Study 1

#### **Section Two: Is it an addiction?**

- The neuroscience of addiction
- Risk factors
- Activity: Case Study 2
- Co-morbidity
- Activity: Case Study 3



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### **Section Three: When are you addicted?**

- Types of gamblers
- Activity: Case Study 4
- DSM-V
- Activity: Case Study 5
- Activity: Case Study 6
- Consequences
- Activity: Case Study 7
- Online gambling
- Video-clip

### **Section Four: Working with Gamblers**

- Treatment options
- Activity: Case Study 8
- Effects on gambling employees
- Self-care