An Overview of the Treatment Programme at the NPGC

Dr Venetia Leonidaki
Consultant Clinical Psychologist
My arrival at the clinic

2019
The landscape

Central and North West London
NHS Foundation Trust

News

NHS to launch young people's gambling addiction service

24 June 2019
Children and young people Long Term Plan

The first NHS gambling clinic for children will open this year as part of a new network.

New NHS gambling clinic opens in Leeds where more than 10,000 people are addicted

THE first NHS gambling clinic and support services, outside of London, open in Leeds today (Wednesday 19 September, 2019) where more

Sunderland gambling clinic opens doors to North East addicts

8 January 2020

Wellbeing for life
National Pathways

Gamcare
Gordon Moody
NHS Services (NPGC, Leeds)
NPGC-Core Structure

Central and North West London NHS Foundation Trust

REFERRAL

ASSESSMENT

TREATMENT

INDIVIDUAL CBT
- Psychodynamic Therapy

GROUP CBT
- Naltrexone

REMOTE CBT
- Family Therapy/BCT

DISCHARGE

POST TREATMENT SUPPORT GROUP
NPGC TREATMENT PATHWAYS

TRIAGE

REFERRAL SCREENING

ASSESSMENT

LIAISON WITH SERVICES
- Care plan & Risk Assessment or GP notes
- Referrals to MH services
- Care coordination

PHASE 1: ENGAGEMENT & STABILISATION

Preparation For Change group

Check-in calls

Enhanced Pathway

PHASE 2: CORE CHANGE

Group CBT

1:1 CBT

Significant Others
- 5 step programme
- Group
- Couple/Family therapy

PLUS +

Psychodynamic

Naltrexone

Enhanced Pathway

REVIEW
For clients who did not recover or have multiple needs

Refer onwards

Discharge

PGCS Groups

CONSULTATION
Central and North West London
NHS Foundation Trust

TRIAGE

REFERRAL SCREENING

ASSESSMENT

LIAISON WITH SERVICES
- Care plan & Risk Assessment or GP notes
- Referrals to MH services
- Care co-ordination
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PHASE 1: ENGAGEMENT & STABILISATION

- Preparation For Change group
- Check-in calls
- Enhanced Pathway
Preparation for Change Group

1. Motivational interviewing
2. Stimulus control
3. Recovery narrative

• Regular check-in calls
Motivational Interviewing (MI) (Miller & Rollnick, 2002)

- Express empathy
- Develop discrepancy
- Roll with resistance
- Support self-efficacy
Monash Guidelines- MI & MET

• 5 Randomised Controlled Trials (RCTs)

• MI and MET Therapy more effective than no treatment intervention

• Promising pre-treatment applications

• Growing evidence for combining MI and CBT
Stimulus control

Gambling thought

access to cash

Gambling facilities
Central and North West London
NHS Foundation Trust

PHASE 2: CORE CHANGE

Group CBT  

1:1 CBT

Significant Others
- 5 step programme
- Group
- Couple/Family therapy

PLUS +

Psychodynamic  
Naltrexone  
Enhanced Pathway
Outline of CBT protocol

Session 1: Motivation and stimulus control
Session 2: Rewarding the non-gambling behaviour
Session 3: Coping with cravings
Session 4: Increasing pleasant activities
Session 5: Triggers to gambling
Session 6: Challenging Gambling thinking and beliefs
Session 7: Functional analysis
Session 8: Future planning
### Cognitive Restructuring

#### Gambler’s fallacy

#### Illusion of control

### Memory bias

### Attribution bias

<table>
<thead>
<tr>
<th>Thought/Belief</th>
<th>Strength of belief (%)</th>
<th>Evidence for</th>
<th>Evidence Against</th>
<th>Re-rate strength (%)</th>
<th>Alternative thought/belief</th>
</tr>
</thead>
<tbody>
<tr>
<td>e.g. If I win enough to clear my debts, things will be ok in my life</td>
<td>95%</td>
<td>I won’t have anymore debts</td>
<td>I have never won the amount I need</td>
<td>30%</td>
<td>I know if I pay my debts I will feel better. But this is very unlikely to happen through gambling as I cannot stop once I start. Therefore I will always lose and gambling will make things worse.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>I feel better when I have no debts</td>
<td>When I won last time, I kept gambling</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>People will still be angry with me for gambling</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Wellbeing for life
Monash Guidelines-CBT

- 8 RCTS: Good overall effectiveness of individual CBT in most measures

- Medium to large effect size 0 to 3 months follow-up

- Significant but smaller effect size at 12-month or longer follow-up

Group/Self-Help: Conflicting results but superior against most measures

iCBT: promising results

Limitations
More research needed for:
1. “dose”-optimal length of
2. durability
3. treatment matching
4. not a unified treatment
The piloting of a brief relational psychodynamic protocol (psychodynamic addiction model) for problem gambling and other compulsive addictions: A retrospective analysis

Angela Mooney, Amanda Roberts, Andrew Bayston, Henrietta Bowden-Jones
Concerned Significant Others

- Significant Others
  - 5 step programme
  - Group
  - Couple/Family therapy

Stress, strain, coping and social support for affected family members attending the National Problem Gambling Clinic, London

Jim Orford, Jenny Cousins, Neil Smith & Henrietta Bowden-Jones

Pages 259-275 | Received 25 Aug 2016, Accepted 11 May 2017, Published online: 07 Jun 2017

Download citation ➜ https://doi.org/10.1080/14459795.2017.1331251

Enter keywords, authors, DOI, ORCID
Concerned Significant Others

• Involvement of CSO > higher treatment attendance, lower relapse rates (Jiménez-Murcia et al, 2017)

• Promising results for couple therapy (Lee et al, 2015, Nilsson et al, 2017; Tremblay et al, 2017)

• CSOs experience lower symptoms of psychiatric distress, but it is unclear if it has any effect on the gambling of the problem gambler (Nilsson et al., 2018-2020)
Naltrexone

- Inconclusive evidence for medication

- Conflicting evidence for opioid antagonists (Chamberlain et al., 2019; Kovanen et al., 2016; Goslar et al, 2019; Ward et al, 2018)

- Naltrexone for treatment-resistant clients
ASSESSMENT

PHASE 1: ENGAGEMENT

Preparation For Change group

CONSULTATION

PHASE 2

Group CBT

Significant Others
- 5 step programme
- Group
- Couple/Family therapy

Psychodynamic therapy

For clients who did not respond

Wellbeing for life
Review and Discharge

For clients who did not recover or have multiple needs

Discharge

Refer onwards

PGCS Groups

Central and North West London NHS Foundation Trust

Wellbeing for life
Referrals (N=336)
Assessments offered (N=324)
Commencing treatment (N=269)
Completed treatment (N=156)
75% completing treatment scored below 8 at PGSI. 83% scored below 10 at CORE
Where to find me

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