

# COGNITIVE-BEHAVIOURAL THERAPY



## What is cognitive-behavioural therapy?

Cognitive-behavioural therapy (or CBT) is a type of talk therapy that has shown to be helpful in treating many different conditions, including problem gambling. CBT helps people understand how their thoughts, emotions and behaviours are connected and provides people with ways to change their thoughts and behaviours to help alleviate certain problems in their lives.

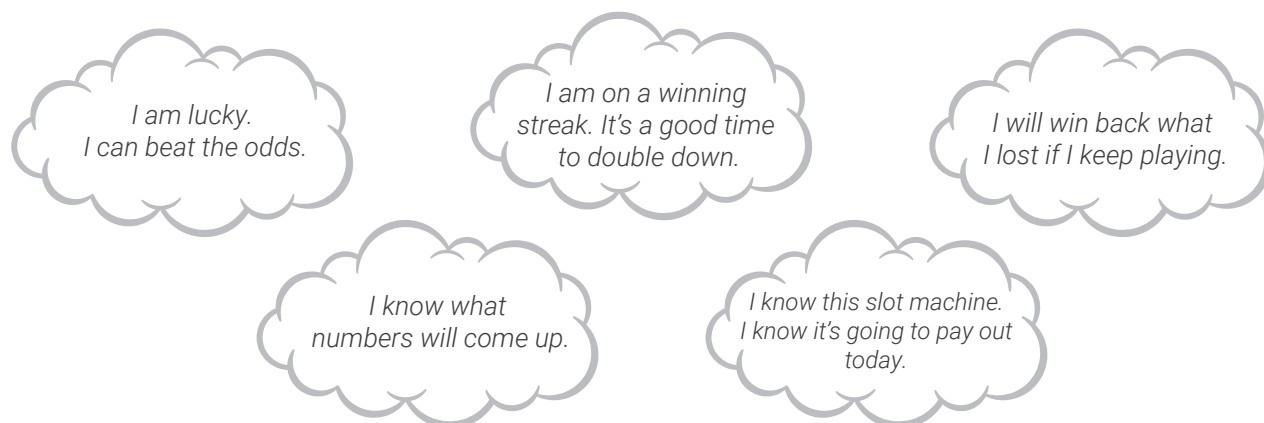
## Why CBT for gambling problems?

Research has shown that CBT can:

- reduce the number of days a person gambles
- reduce the amount of money they lose
- help people with gambling problems to stay away from gambling once they have stopped.

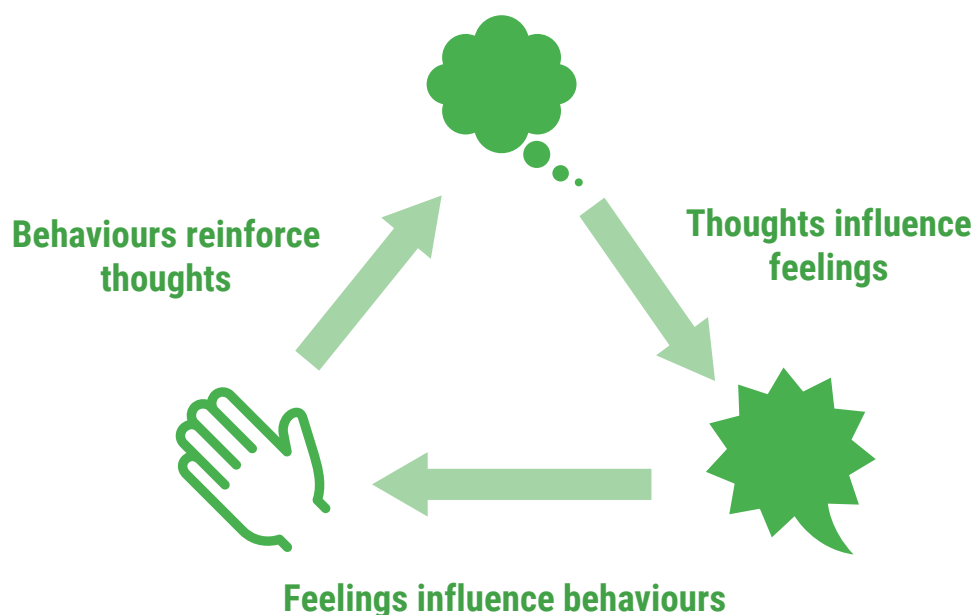
## How does CBT help people with gambling problems?

If you are having problems related to your gambling, you may have experienced thoughts similar to these:



CBT can help you to better understand these ways of thinking and how you feel and behave when you are gambling. CBT then helps you to work out more helpful ways of thinking and behaving.

# The Cognitive Triangle



CBT can be done either one-on-one or in a group. There are also several free CBT self-help workbooks and online tools available for people who are trying to reduce or stop their gambling (you can find some of these at [www.ProblemGambling.ca](http://www.ProblemGambling.ca)).

In CBT sessions, your problem gambling counsellor will encourage you to talk about your thoughts and feelings related to your gambling. As you go through the treatment process, your counsellor may ask you to do "homework"—activities, reading or practices that build on what you learn during your regular counselling sessions—and encourage you to apply what you're learning in your daily life.

## References

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