



TWIST Session 6: Gambling and behavioural addictions

Tuesday 24th October, 14:30h – 16:00h (Room 1.07)



Henrietta Bowden-Jones, *FRCPsych, BA (Hons), DOccMed, MD, Consultant Psychiatrist, Director CNWL National Problem Gambling clinic, Honorary Clinical Senior lecturer, Department of medicine, Imperial college.*

Dr Henrietta Bowden-Jones is the Founder and Director of the National Problem Gambling Clinic in the UK, the only NHS service (CNWL NHS Trust) designated for the treatment of pathological gamblers and their families. She is a medical doctor specialised in Addiction psychiatry and an Honorary Clinical Senior Lecturer in the Department of Medicine at Imperial College where she obtained her Medical Doctorate on the topic of “Ventromedial Prefrontal Cortex impairment as a predictor of early relapse in Alcohol Dependency”. Her current roles include: President Elect of the Medical Women’s Federation and Royal College of Psychiatrists’ Spokesperson on Behavioural Addictions. She is on the Royal Society of Medicine Psychiatry Council. She has published extensively

on behavioural addictions in research journals, has edited three textbooks and regularly lectures at national and international level on the neuroscience and clinical aspects of behavioural addictions.

Annika Lindberg, *Counselling Psychologist, Lead Psychologist Occupational health, Guys and St Thomas’s Hospital.*

Annika is a Psychologist whom has specialised in the treatment of Gambling addiction over the last 12 years and has published research and a book chapter on the topic. Having worked in the past for the National Problem Gambling clinic with Dr Bowden-Jones, she has in recent years worked privately with Problem gamblers. She runs two groups for Homeless problem gamblers in London, UK. Additionally she runs a CBT clinic that she started up 6 years ago at Guys and St Thomas’s hospital. In recent years Annika has also taken an interest in the treatment of other behavioural addictions such as internet, sex and video gaming addictions.



Session Description:

Learning objective(s):

- To develop a good understanding of the basics involved with gambling addiction and other behavioural addictions. This includes both the neurobiology and sub-groups of gamblers and also the most important ingredients in successfully treating those with behavioural addictions.

Scope/main topics covered:

- Neurobiology of problem gambling
- Sub-groups of Problem gamblers
- Treatment for problem gamblers (CBT)
- Similarities and differences in treatment – Gambling addiction vs. other behavioural addictions (sex, video gaming, internet)

Training/Learning formats:

- Presentation, whiteboard and interactive small exercises.

Learning outcome(s) (what should the trainee be able to do following the session?):

- Be familiar with the science of gambling addiction, compare to other behavioural addictions, and an understanding of what treatment of these conditions would involve

Related LxAddictions 2017 sessions:

Plenary I (Bowden-Jones), PS5 (gambling) & SS7 (2.0), PS37 (constructs of addiction), PS44 (assessment) & PS55 (intervention)