FY20 Spring Training Calendar

Webinar 1 of 4:

Title: Use of EMDR for the Treatment of Gambling Disorders  
Date & Time: Friday February 14, 2019 from 12:00pm – 2:00pm  
Presenter: Katie Kirch  
Location: Online  
Cost: $20.00  

Clock hours/Continuing Education Units: 2.0

Description:
This webinar will provide participants with information about EMDR (Eye Movement Desensitization and Reprocessing) as a treatment modality in a clinical setting and how this therapy can be used to help clients work through various emotional disturbances related to their gambling or the gambling of a loved one.

Learning Objectives:
• Acquire a basic overview of EMDR and how it helps client alleviate negative symptoms associated with traumatic events.
• Learn how EMDR can aid in those trying to recover from Gambling Disorders.
• Learn how EMDR is used to help resolve feelings of shame and guilt associated with problem gambling.

Katie Kirch is a 2011 Graduate of the UCONN School of Social Work and received her LCSW in 2013 where she worked as a therapist for the Bettor Choice gambling treatment program at The Connection Inc., in Middletown, CT. From there, she has gone on to become the Program Manager for The Bettor Choice Program at Wheeler Clinic in Hartford, CT. As an Internationally Certified Gambling Counselor, she has dedicated her career to helping those affected by Gambling Disorders in the state of CT. Katie has continued to develop her professional skills by becoming an EMDR therapist and an Acupuncture Detox Specialist and has taught Social Work courses as an Adjunct Professor at the UCONN School of Social Work in Hartford, CT. Katie has also been able to share her knowledge and experiences on a national level where she presented at the National Conference on Problem Gambling at both the Orlando, Florida Conference in 2014 and in Baltimore, Maryland in 2015.

Register at: https://masscompulsivegambling.org/trainings-events/upcoming-trainings/
Webinar 2 of 4:

Title: Chasing- It’s Not Just About the Money: Clinical Reflections
Date & Time: Friday February 28, 2020 from 12:00pm - 2:00pm
Presenter: Dr. Lori Rugle
Location: Online
Cost: $20.00

Clock hours/Continuing Education Units: 2.0

Description:
In DSM 5 and previous editions of the DSM, chasing has been a key-criteria in the diagnosis of gambling disorder and has long been viewed as a distinctive feature of problematic gambling. One of the seminal books in the field of problem gambling, The Chase, Career of the Compulsive Gambler (Lesieur, 1984) depicts the desperate need to win or get even financially. However, “chasing” can be extended to explore how gamblers chase in their attempt to meet emotional and spiritual needs. This webinar will explore financial and non-financial aspects of chasing with clinical examples and applications.

Learning Objectives:

- Define chasing in the context of problem gambling and describe examples of financial and non-financial chasing.
- Develop an understanding of non-financial (emotional, cognitive, spiritual) motives for chasing.
- Describe treatment interventions to address chasing behaviors.

Dr. Lori Rugle has been working in the field of problem gambling for 30 years. She has managed problem gambling treatment programs within the Veterans Administration, in the private sector, and within state systems. She has participated in research on neuropsychological assessment of pathological gamblers, neuroimaging and genetic studies of problem gambling, psychopharmacological treatment of problem gambling, gambling problems and coping among homeless veterans, trauma history, and problem gambling. She has consulted with state and national governments on developing and implementing problem gambling treatment programs. She is currently Program Director for the University of Maryland Center of Excellence on Problem Gambling.

Register at: https://masscompulsivegambling.org/trainings-events/upcoming-trainings/
Webinar 3 of 4:

Title: Treating the Problem Gambler: Evidence Based Interventions—Webinar

Date & Time: Friday March 13, 2020 from 12:00pm - 2:00pm

Presenter: Dr. Eunice Avilés

Location: Online

Cost: $20.00

Clock hours/Continuing Education Units: 2.0

Description:
Several interventions have been utilized for the treatment of problem gambling. This training will list some of these evidence-based interventions with a focus on Cognitive Behavioral Therapy (CBT). A review and discussion of CBT and other interventions will provide practical information that will allow clinical insight into treating the problem gambler.

Learning Objectives:

• Participants will be able to list at least two evidence-based interventions to treat problem gambling.
• Participants will be able to summarize the use of cognitive behavior therapy to treat problem gambling.
• Participants will be able to describe how mindfulness can be integrated in the treatment of problem gambling.

Dr. Eunice Avilés has a doctorate in Clinical Psychology, is a Licensed Mental Health Counselor, a Licensed Professional Counselor, a Gender Specialist, a certified Sex Educator, and an AASECT Certified Sex Therapist. Dr. Avilés’ general practice focuses on the treatment of depression, anxiety, trauma, problem gambling, and the emotional consequences of discrimination and bullying (for youths and adults). Her private practice with the transgender and gender non-binary community includes the evaluation and treatment of children, youth and adults presenting with gender dysphoria. She specializes in the diagnosis and treatment of sexual dysfunction as well as sexual orientation issues. She is innovative and her focus is on ensuring that clinical services, as well as professional training for her areas of expertise, are provided in-person and online.

Register at: https://masscompulsivegambling.org/trainings-events/upcoming-trainings/
Webinar 4 of 4:

Title: Culturally Informed Treatment for Gambling Disorder
Date & Time: Monday March 23, 2020 from 12:00pm - 2:00pm
Presenter: Dr. Heather Chapman
Location: Online
Cost: $20.00

Clock hours/Continuing Education Units: 2.0

Description:
Cultural competence is an increased focus in mental health treatment in recent years, with specific requirements/guidelines included in JC, CARF and mental health professional associations. The DSM-5 has added a cultural formulation standard/interview to their latest edition, broadening the concept of culture with consideration of identity, conceptualization of distress, and factors related to psychosocial environment and functioning. This workshop will evaluate cultural aspects of gambling and gambling disorder within this DSM framework, aiming for a deeper/nuanced understanding of gambling within our culture, subcultures, and the personally defined culture of our clients.

Learning Objectives:

• Participants will explore the definition of culture as it relates to their clients presenting with gambling disorder.
• Participants will understand the importance of cultural assessment.
• Participants will review aspects of the Cultural Formulation Interview (CFI).

Dr. Heather Chapman is a clinical psychologist, a National Certified Gambling Counselor and Board-Certified Clinical Consultant for the National Council on Problem Gambling, and a member of the Motivational Interviewing Network of Trainers. She is an Associate Professor of Psychiatry at Case Western Reserve University, Deputy Director of the Veterans Addiction Recovery Center and the Director of the Gambling Treatment Program at the Louis Stokes Cleveland VA Medical Center, the only residential and leader of gambling treatment for the VA and Department of Defense. She speaks throughout the world on problem gambling. Her research interests include suicidality, treatment engagement and retention and personality subtyping among those with gambling disorder.

Register at: https://masscompulsivegambling.org/trainings-events/upcoming-trainings/
Regional Training 1 of 2

Title: Problem Gambling, The Criminal Justice Client and Reentry Implications
Date & Time: Thursday April 23, 2019 from 12:00pm – 3:15pm
Presenter: Brenda Westberry
Location: Eliot Community Human Services 125 Hartwell Ave, Lexington MA
Cost: $50.00

Clock hours/Continuing Education Units: 4.5

Description:
According to research completed by McEvoy and Spirgen, about 33% of prisoners report gambling while incarcerated even though in the United States, prisons and jails routinely prohibit gambling. How prevalent and popular is gambling within the correctional institution and does it perpetuate the issues of problem gambling upon release for the offender? During this experiential workshop, participants will explore problem gambling among clients who are involved in the Criminal Justice System, including Parole and Probation. Attention will be given to criminal thinking styles, ACE scores, triggers, treatment access, gambling screening, case management, supervision, prevention and treatment. All participants are expected to engage in experiential exercises and activities.

Learning Objectives:

- Participants will explore the connection between problem gambling, ACE scores and criminal thinking styles.
- Participants will identify and evaluate behaviors and triggers consistent with problem gambling for the criminal justice involved client.
- Participants will analyze practices for prevention, reentry strategies and supervision and treatment for justice involved clients.

Brenda Westberry is the President and founder of Westberry Consulting where she has been involved in developing and conducting numerous workshops, trainings, staff development programs and courses for non-profit and for-profit agencies throughout the country. She has served over 30 years in the field of Criminal Justice working with substance abuse treatment agencies and key community organizations while servicing diverse criminal justice populations. Brenda is an adjunct professor in the Sociology, Anthropology, Criminology and Social Work Department at Eastern Connecticut State University. She is also a trainer, faculty member and consultant at the New England Alcohol Technology Transfer Center at Brown University (ATTC-NE), Adcare -New England School of Addiction Studies and the Advanced School of Best Practices. Brenda holds a Master’s Degree in Sociology and a Bachelor of Science Degree in Justice and Law Administration.

Register at: https://masscompulsivegambling.org/trainings-events/upcoming-trainings/
Regional Training 2 of 2:

Title: From Video Gaming to Sports Wagering, All Bets are On: Implications for Youth & Young Adults

Date & Time: Tuesday April 28, 2020 from 12:00am to 3:00pm

Presenter: Julie Hynes, MA, CPS

Location: Baystate Health Ed. Center, 361 Whitney Avenue, Holyoke, MA 01040

Region: Western

Cost: $50

Clock hours/Continuing Education Units: 4.5

Description:
Since the World Health Organization’s announcement of video gaming disorder an official condition in 2019, many eyes have been fixed on the issue of gaming addiction. The world of what we have considered “gambling” has shifted dramatically in recent years. In this training, we will explore some key practical topics: Where are the lines crossed between gaming and gambling? What are the parallels between video gaming disorder and gambling disorder? What mental health implications are there for young adults when Sports Betting becomes legal in the Commonwealth? We will dig into specific issues with online gaming, sports betting, fantasy sports, loot boxes, and skins. Participants will come away from the training be able identify some practical tools and strategies for use in both clinical and personal settings.

Learning Objectives:

• Identify practical tools and strategies for use in both clinical and personal settings.
• Describe at least three recent trends in youth and young adult gaming and gambling.
• Identify risk and protective factors, as well as specific youth vulnerable populations for problem “gaming” and gambling.

Julie Hynes is the Executive Director of the Oregon Council on Problem Gambling. She has focused her work on addictions & problem gambling prevention since 2002, with roles as the Director of Responsible Gambling with the Massachusetts Council on Compulsive Gambling, coordinator of a problem gambling prevention program in Oregon, instructor at the University of Oregon, co-investigator of the largest survey of publicly funded problem gambling services in the United States, and problem gambling consultant providing training and technical assistance across the U.S. In 2012, Julie was honored with the National Council on Problem Gambling’s Wulfing Prevention Award for her work in helping advance the field of problem gambling prevention and awareness. She is a current member of the Board of Directors of the National Council on Problem Gambling and a Certified Prevention Specialist.

Register at: https://masscompulsivegambling.org/trainings-events/upcoming-trainings/
Dates: Thursdays March 26th, April 2nd, 9th & 16th  
Time: 8:45am to 5pm each day  
Location: Steppingstone’s First Step Inn, 134 Durfee Street, Fall River, MA  
Presenters: Jodie Nealley, Odessa Dwarika, Haner Hernández and Jeremy Wampler  
Cost: $275.00 *includes application fee for MA PGS Certificate & Lunch  

**Continuing Education Units- 30**

**Description:** The goal of the Training Institute is to increase the number of clinical providers in the treatment and service of Gambling Disorders; increase community access to comprehensive, competent care and improve treatment outcomes. The Training Institute provides comprehensive gambling specific trainings for clinical providers in substance abuse and mental health treatment settings. At the end of the training, individuals will meet the MA PGS certificate training requirements.

**March 26, 2020**

8:45am - 1:00pm  
**Course 1:** Introduction to Problem Gambling  
**Trainer:** Jodie Nealley

**Description:** In the era of expanding gambling, providers are encouraged to increase their base of knowledge to provide service and support to service recipients. This introductory training is aimed to increase current social service providers’ knowledge in identifying problem gambling behavior within clinical and social service practice. Social service providers will learn how to incorporate problem gambling information and treatment skills into their area of practice.

**Learning Objectives:**

- Identify stages, signs, symptoms, risk factors, and progression of problem gambling
- Identify/discuss historical and current research on gambling and problem gambling in the US & in MA
- Discuss and employ a public health framework for addressing gambling disorder

1:00pm - 5:00pm  
**Course 2:** Prevention of Problem Gambling  
**Trainer:** Odessa Dwarika

**Description:** Many clinicians have received little formal training on the science of prevention. Yet in the day to day delivery of their craft, many are indeed decreasing risk factors and increasing protective factors for their clients, the client’s families and the community. These are major components of prevention work. This Training will cover the key components of successful prevention work and learn about problem gambling prevention efforts in Massachusetts.

**Learning Objectives:**

- Identify prevention strategies for problem gambling
- Identify currentbling trends that crease risk for youth
- Explain gambling risk factors and protective factors
April 2, 2020
8:45am - 1:00pm
Course 3: Assessment and Diagnosis
Trainer: Jeremy Wampler

Description: This training will focus on the assessment and diagnosis of gambling disorder as a behavioral addiction. The process of the therapeutic alliance and other engagement practices will be considered as important components of the assessment process. The evaluation of major depressive disorder and the risk for suicidality will be highlighted as important aspects of the assessment process with a problem gambler. The development of a safety plan will be discussed as a consideration for the protection of the problem gambler.

Learning Objectives:

- Describe DSM-5 diagnostic criteria for Gambling Disorder
- Explain what the various screening tools are and their strengths and weaknesses
- Describe and preform a safety plan and risk assessments

1:00pm - 5:00pm
Course 4: Gambling as a Co-Occurring Disorder
Trainer: Jeremy Wampler

Description: This training will explore the similarities and differences of gambling disorder with substance abuse and mental health disorders. This training will discuss and explore the various challenges in identifying disorder gambling within client care. Also, this training will introduce the addiction syndrome model, as well as strategies in identifying and screening of gambling disorders.

Learning Objectives:

- Describe similarities and differences with substance abuse and mental health disorders
- Describe the various challenges in identifying disorder gambling and how it relates to the addiction syndrome model
- Recognize strategies in identifying and screening of gambling disorders
April 9, 2020
8:45am - 1:00pm
Course 5: Working with Special Populations: African-Americans and Latinos
Trainer: Haner Hernández

Description: This training will discuss health equity, cultural issues and their relationship to problem gambling. It will explore barriers to prevention, intervention, treatment, and recovery, and discuss strategies and techniques that promote wellness among marginalized populations, particularly African-American and Latino populations. The workshop will discuss policies that impact health equity and their relevance to effective social service practice.

Learning Objectives:

- Discuss and define culture, cultural humility and cultural intelligence
- Review the barriers vulnerable populations have when accessing treatment
- Develop a strategy for helping to mitigate barriers for these communities

1:00pm - 5:00pm
Course 6: Cognitive Behavioral Therapy & other Evidence-Based Treatment Modalities for Gambling Disorder
Trainer: Haner Hernández

Description: Several interventions have been utilized for the treatment of problem gambling. This training will list some of these evidence-based interventions with a focus on Cognitive Behavioral Therapy (CBT). A review and discussion of CBT will provide practical information that will allow clinical insight into treating the problem gambler.

Learning Objectives:

- Participants will identify various clinical challenges of working with persons with a gambling disorder
- Participants will explain CBT and other evidence-based modalities in the treatment of gambling disorder
- Participants will identify treatment and clinical resources
April 16, 2020
8:45am - 1:00pm
Course 7: Integrating Recovery Supports into Clinical Practice
Trainer: Jodie Nealley

Description: Recovery support services are an integral part of a recovery-oriented system of care. The questions then become, which supports to use and how to integrate them into a treatment process. This session will discuss several recovery support services, offer suggestions as to who should be offering them, and discuss how services can be integrated into the treatment of clients with gambling disorders.

Learning Objectives:

- Participants will identify signs and symptoms of problem gambling
- Participants will identify and explain recovery support services
- Participants will identify resources for assessment, referrals and resources

1:00pm - 5:00pm
Course 8: Gambling Disorders: A Review of Our Learning
Trainer: Jodie Nealley

Description: This training will be a review of information from prior weeks. A review of our learning and main points will be discussed. This session will highlight the various aspects of gambling disorders, as well as the various challenges and opportunities in the era of expansion gambling in Massachusetts. Resources will be discussed and shared.

Learning Objectives:

- Participants will explain various main point of gambling disorders
- Participants will identify clinical challenges associated in the treatment of gambling disorders
- Participants will identify resources for the treatment and services of problem gambling

Register at: https://masscompulsivegambling.org/trainings-events/upcoming-trainings/

Spring Institute Trainers

Jodie Nealley, MS joined the Mass Council in the fall of 2012 where she works as the Recovery & Outreach Coordinator in the Programs Department. She received her B.A. from St. Lawrence University, her Master of Science in Education from Indiana University and is a graduate of the UMass/Boston Addiction Counselor Education Program. Her life experience both in and out of the professional arena provides unique skill sets and insight into her role at the council.

Odessa Dwarika, MA is the Director of Programs and services at the Mass Council and has more than two and a half decades of public health experience. She is a Graduate of Brandies University in Latin American Studies and Sociology and received her Master’s degree from Lesley University in Intercultural relations with a focus on International Health. Odessa began her 25-year public health career working in HIV/AIDS Prevention as a street outreach worker in Chelsea, MA. Odessa spent 10 years in Tobacco Control, working on policies to reduce the prevalence and harm of tobacco use and exposure in the City of Boston. Before coming to the Council Odessa spent 6 years running a large emergency homeless shelter and several programs for men and women in active addiction. Odessa has worked internationally and locally, bringing a passion for social justice to all that she does.
Dr. Hernández, Ph.D. CADCII, LADCI originally from Puerto Rico and has worked for 30 years in the health and human service field. He is responsible for developing, implementing, and evaluating culturally and linguistically competent youth and adult health prevention, intervention, treatment, and recovery support programs. Dr. Hernández has many years of experience in delivering addiction counseling and clinical supervision to professionals in the field. Furthermore, he is a professional trainer and facilitator who provides individualized technical assistance and support. Dr. Hernández is also a person in long-term recovery from addiction and is committed to eliminating health disparities by working at the national, state, and local levels. He is currently a Senior Consultant to DPH’s Bureau of Substance Addiction Services.

Jeremy Wampler is the Clinical Manager for the State of Connecticut, Department of Mental Health and Addiction Services, Problem Gambling Services. In this capacity he oversees problem gambling services for the state which include treatment, integration, prevention, and recovery. Jeremy is also a trainer, facilitating trainings for key stakeholders throughout the state, in order to build capacity and raise awareness. He currently serves as President of the International Gambling Counselor Certification Board, and as Vice President on the Association of Problem Gambling Services Administrators board. Jeremy earned his MSW from Southern Connecticut State University, and he has been practicing in the field of problem gambling for over a decade.

Funded by the: Department of Public Health’s Office of Problem Gambling Services

For more information including if you are deaf or hard of hearing, or are a person with a disability and require an accommodation, please contact Odessa Dwarika, Director of Programs and Services at 617-426-4554 or odessa@maccg.org

The Massachusetts Council on Compulsive Gambling has been approved by NBCC as an Approved Continuing Education Provider, ACEP No.6331. Programs that do not qualify for NBCC credit are clearly identified. The Massachusetts Council on Compulsive Gambling is solely responsible for all aspects of the programs.