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Definitional Distinctions
An Introduction to the Three Cs of Problem and Pathological Gambling
Myths versus Facts about Problem and Pathological Gambling
Transient versus Chronic Problems
Spontaneous Remission and Maturing Out
Clinical versus Nonclinical Populations: Why Some Gamblers Do Not Mature Out
Risk Factors for Gambling Disorders
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**Criteria forExiting Clients from Supervised Treatment**

**Discharge Criteria For Different Problem Intensities**

- Level 2 Gambling Problems and Mastery-Based Discharge: Using Cognitive Corrections
- Level 3 Gambler Discharge or Step-Down Criteria

**Discharge Criteria and Concerns during Various Stages of Recovery**

**Discharge and the Developmental Recovery Processes**

**Continuing Care Plan Procedures and Guidelines**

**Legal, Moral and Ethical Issues**

- Proper and Improper Methods of Termination
- Abandonment

**Assessing Community Resources**

**Organizing Recovery Supports Where Lacking**

**Styles of Recovery: Methods of Disease Management**

**Spheres of Recovery**

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Relapse Prevention

Models of Relapse Prevention

Behavioral Models of Relapse Prevention

Cognitive Models of Relapse Prevention

Cognitive-Behavioral Models

Belief that relapses are inevitable.
Belief that relapses are impossible.
Belief that God intervenes to allow chance to favor people in need.
Belief that all problems (finance, stress, etc.) need immediate solutions.
Belief that “What did not work in the past will suddenly start to work.”

An Integrated Model of Relapse Prevention

Baumeister’s Model of Self-Regulation

Proactive Strategies for Preventing and Dealing with “Triggers” for Relapse

Cognitive Triggers

Triggers in Cognitive Behavioral Therapy

Developing Relapse Prevention Plans

Common Themes in Relapse Prevention

Emergence of Sadness and Subclinical Depression
Sleep
Modification of Social Networks
Reduction in Other Addictive Substances
Exercise

Monitoring and Negotiating Follow Up in Recovery

Emergency Plans

Obstacles in Relapse Prevention: Emerging Difficulties

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