

Clinical Foundations of Gambling Disorder and Treatment

Objectives

1. Participants will identify and describe the many forms and presentations of problem gambling.
2. Participants will demonstrate knowledge of screening and assessment tools that can be implemented to identify problem gambling.
3. Participants will review and compare evidence-based treatment options for individuals experiencing problem gambling.
4. Participants will examine key clinical considerations when assessing and treating problem gambling across diverse populations.



Brooke Strumbel, M.Ed., MA, LPCC-S

Program Description

This training provides a foundational overview of gambling behavior and problem gambling, including its common forms and clinical presentations. Participants will learn to recognize gambling-related risk and disorders and will be introduced to widely used screening and assessment tools, including the BBGS, PGSI, SOGS, and GA 20 Questions, along with best practices for conducting and responding to positive screens.

The session also reviews key evidence-based treatment interventions, such as Motivational Interviewing (MI), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and peer-support approaches. Core clinical considerations such as risk assessment, financial harms, and working with diverse populations are highlighted throughout.

Learning is reinforced through a case-based breakout activity, where participants apply screening tools and treatment strategies to a sample client scenario, followed by group discussion and report-out. Lecture, visual materials, and interactive Q&A support a practical and accessible introduction to the clinical foundations of gambling disorder.

Speaker Bio

Brooke Strumbel is a licensed clinical mental health counselor who has been working in community behavioral health for 10+ years and has been providing gambling treatment for the last 4 years. Brooke currently works as a Behavioral Health Supervisor at Signature Health where she provides direct supervision to staff, manages the Substance Use Disorder Treatment Groups, and continues to provide direct individual counseling services. Brooke graduated from the Ohio Gambling Treatment Fellowship in 2023 and has supported the development of the problem gambling program at Signature Health.

Eligible for 1 CEU from the Ohio Chemical Dependency Professionals Board (OCDPB)