



Acceptance and Commitment Therapy for Gambling Disorder

By

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Description of Presentation

Acceptance and Commitment Therapy (ACT) is an approach to treatment that helps clients learn to observe and accept thoughts and emotions, in order to be able to take more effective action in the present to become a person who lives life according to his or her underlying values. Participants will learn some basic information about ACT and how this approach can be used to work with those struggling with gambling addiction. The presenter will review research on mindfulness as a treatment for addiction and will offer practical tools that clinicians will practice during the presentation and can then begin using right away with clients who struggle with gambling disorder or other addictions.

Objectives

- 1) Review research on mindfulness-based approaches to addiction treatment
- 2) Learn basic information about Acceptance and Commitment Therapy (ACT)
- 3) Receive practical tools they can use for work with clients

Bio

Jeremy Jenkins is a Licensed Professional Counselor and National Certified Gambling Counselor. He is a member of the Association for Contextual Behavioral Science, an international organization dedicated to the study and promotion of Acceptance and Commitment Therapy (ACT). Jeremy began working in the mental health field as a Case Manager at Family & Children's Services in Tulsa (F&CS) in 2008, while earning his Master of Science in Counseling from Oklahoma State University. He currently serves at F&CS as the Clinical Supervisor of Adult Case Management and provides individual counseling services to clients in the Gambling Disorder Program. He also conducts a weekly ACT therapy group for clients with a variety of mental health problems...

