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Psychological Treatment for Gambling:
Cognitive behavioural therapy (CBT)

- **Gambler's fallacy** refers to the belief that future events can be predicted by past events in a series of independent chance events.
- This is evident in coin tosses or 'hot streaks.'
- Most people with gambling problems are unaware that they have cognitive distortions.
- The first step of the **cognitive component** when using CBT is to obtain information of the individuals gambling patterns and distortions. This may involve role plays, diaries or simulations.



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