

Stéphanie Liénard

Psychologue clinicienne

Problem gambling, craving and hypnosis



**12th European Conference
on Gambling Studies
and Policy Issues**

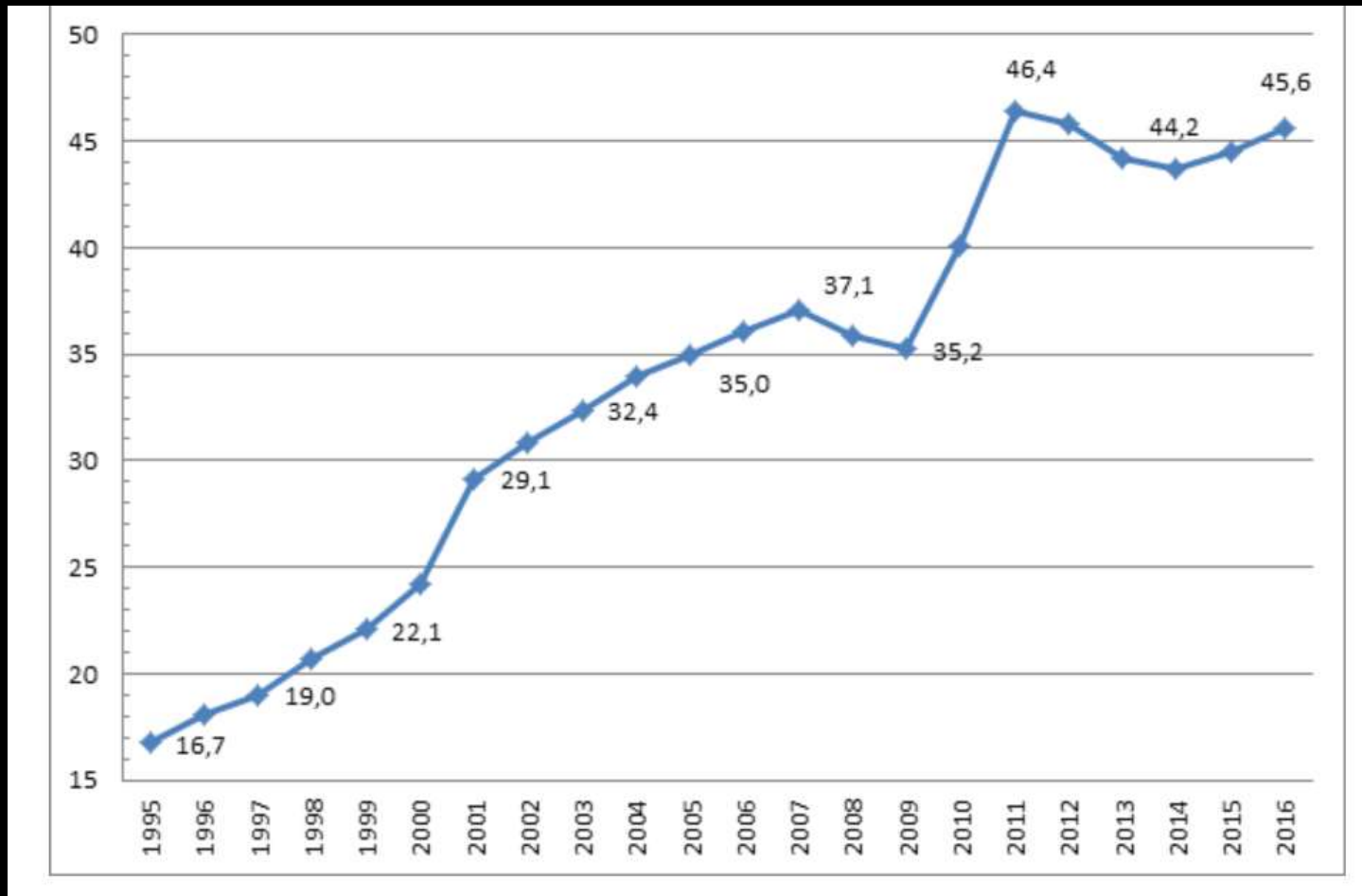
11-14 September 2018, Valletta, Malta

Introduction

- The organization of gambling in France
- Problem gambling, protection of gamblers and the treatment from the health care system
- Craving and desire (the Elaborated Intrusion Theory)
- A clinical intervention by using Ericksonian hypnosis to regulate craving

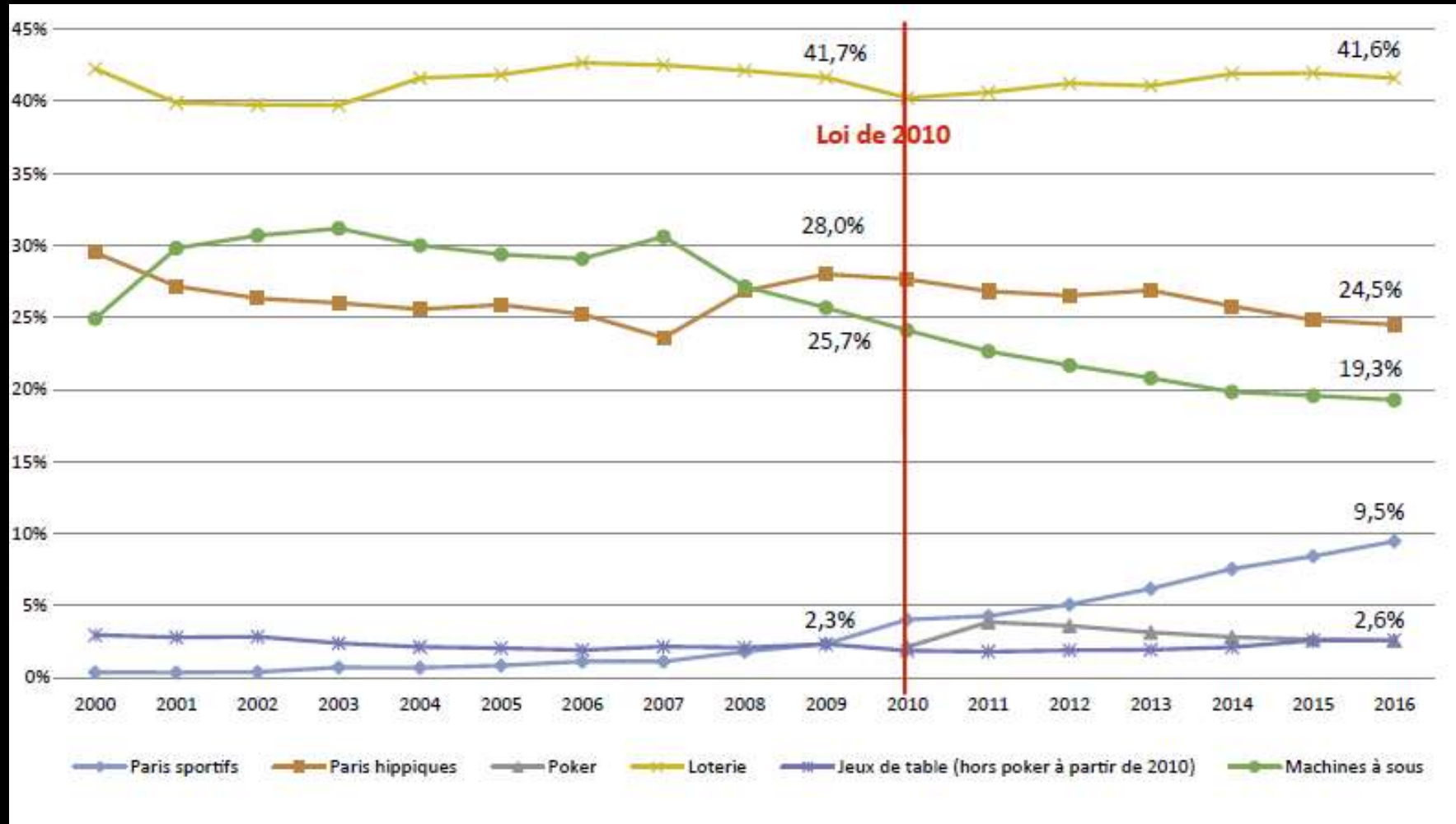
Gambling industry

Gross gambling revenue in France (billions)



Source : Observatoire des jeux
www.economie.gouv.fr/observatoire-des-jeux

Gross gaming revenu by sector of gambling in France



Source : Les notes de l'Observatoire des jeux N° 8 / Décembre 2017

Gambling industry

What has been changed by law since 2010

- On-line legal gambling excluded the monopoly : horse-race betting, sport betting and poker
- Official authorisation by ARJEL (Autorité de régulation des Jeux en Ligne)

The actors :

- FDJ (public firm)
- PMU (private firm under government control)
- websites (included FDJ et PMU on-line activity) private firms under government control
- casinos (private firms under government control)
- gambling clubs



FDJ

Lottery, scratch tickets, sport bet on-line and off-line



FDJ

- Française des jeux (FDJ) : Gross gambling revenu in 2016 14,3 billions euros
- An increasing of 185 % between 1995 and 2016
- 31 100 retails points and on-line gambling



Casinos

- 200 land-based casinos
- Soon clubs in Paris (in progress)
- 4 groups own 60% of french casinos
- In 2015, Gross Gaming Revenues = 2,181 billions €
- An on-going falling down : -21% over the 9 last years



Casinos



The logo for PMU.FR, featuring the text "PMU" in green and ".FR" in red, all within a white rectangular box.

PMU



- Horse race bet on line and off line
- Sport bet and poker on line
- Horse race bet : In retail shops (12 200) and race-tracks (250)
- GGR = 2,5 billions € (total business of PMU)
- Land-based activity remains stable and internet activity is a growing market

PMU



Internet gambling



- 34 gambling operators in 2011, now 17
- Decreasing evolution of GGR : – 1,8 %
 - Sport betting + 19 %
 - Horse race betting + 0,4 %
 - Poker – 13 %

Gambling results

2012	FDJ	PMU	Casinos	On-line gambling (excluded FDJ et PMU)
Stakes (billion €)	12,1	10,5	15,4	8,1
Winnings (billions €)	7,9	8	13,1	7,7
Gross gaming revenue	4,3	2,5	2,3	0,4
Payout percentage	64,9%	76%	85,30%	94,40%
Tax rate (on GGR)	67%	39%	54%	56%
Tax rate (on stakes)	23%	9%	8%	3%
Net income (billion €)	0,11	0,87	0,41	-0,07
Profit earning (net income/GGR, %)	3%	34%	18%	-15%

Source : note n°6 Observatoire des jeux

Problem gambling



Prevalence 2014

- 2,7 % of problem gamblers among the french population from 15 to 75 years old
 - 2,2 % at moderate risk (1 million people)
 - 0,5 % pathological gamblers (200 000)

Source : Note n°6 de l'Observatoire des Jeux



Gamblers protection

- Gambling is (normally!) forbidden for minors
- Legal self exclusion (ban) from casino, gambling clubs and websites : minimum 3 years, delivered by a police officer
- Various informal bans or limitations according to the casino
- On internet, you can use moderators (limitation of stakes, temporary closure of your account ...)



Gamblers protection

- Training casino employees is compulsory
- Information for gamblers given by the gambling operator on a voluntary basis
- The national help line number :



JOUER COMPORTE DES RISQUES : ENDETTEMENT, ISOLEMENT, DÉPENDANCE.

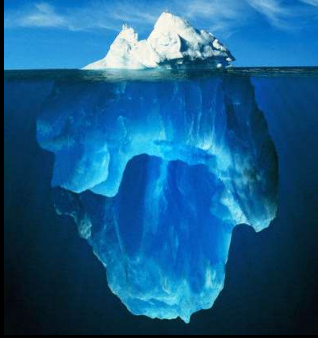
POUR ÊTRE AIDÉ, APPELEZ LE 09 74 75 13 13. (APPEL NON SURTAXÉ)

Treatment for PG

- Few supports groups (Gamblers Anonymous)
- 250 Addiction Treatment Centers offer a free treatment
- Professional pairs (one psychologist and one social worker) in some reference treatment centers
- A specialised association in Paris : SOS Joueurs)



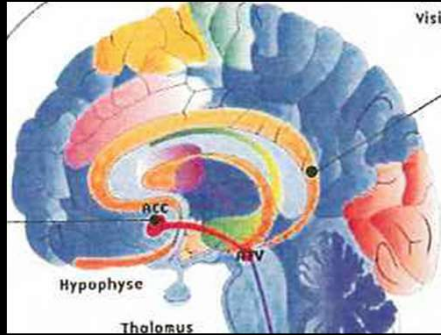
Craving



- Like a wave, an invading experience
- How gamblers talk about craving : impulse, emergency, greed, urge ...
- A source of failure in attempt to quit an addiction, a risk of relapse
- A concept lately taken into account in the DSM



Craving

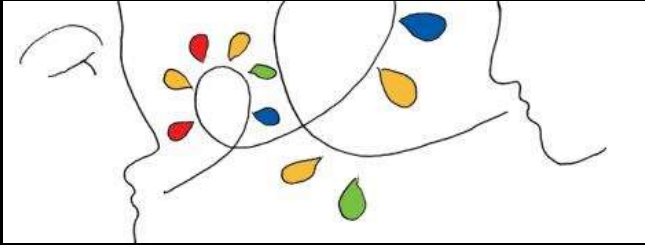


- Neurobiologic approach (TASSIN, 2016) : interaction between dopamine and noradrenaline NA (= norepinephrine NE) in the reward system of the brain
- The prefrontal cortex unable to stop the flood of NA (NE) → lack of impulse control
- The comportemental response = a subcortical response, very quick and automatical

Craving



- A continuum between desire and craving (Van Derlinden, 2016)
- Important role of cognitive factors in craving
- The Elaborated Intrusion Theory (Andrade et alii, 2015)
 - Multisensorial mental representations
 - Mental imagery embodied and affectively charged



Craving

- To change a behavior : imagine positive effort to change rather than negative consequences of not changing
- Future-focused imagery can divert cognitive resources from imagery associated with immediate desires (long-term vs short term)
- A condition = the imagery about the new behavior should be positive, vivid, detailed and personally relevant

Clinical intervention

- 1st stage : an analysis of the cost-benefit balance elaborated with the patient (cf motivation theory)
- 2nd stage : ask for the « miracle question » into an hypnotic trance and generate a high quantity of representations (positive, sensorial, detailed)
- 3rd stage : ending the trance, make a link between sensation of craving and this new imagery



Conclusion

- The work is going on ...

Thank you for your attention

stephlienard@yahoo.fr

