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 revenue 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 online and off-line
• Française des jeux (FDJ) : Gross gambling revenue 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
• 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
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

<table>
<thead>
<tr>
<th>Year</th>
<th>FDJ (billion €)</th>
<th>PMU (billions €)</th>
<th>Casinos (billion €)</th>
<th>PMU (excluded FDJ et)</th>
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<tbody>
<tr>
<td>2012</td>
<td>12,1</td>
<td>10,5</td>
<td>15,4</td>
<td>8,1</td>
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<tr>
<td></td>
<td>7,9</td>
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<td>13,1</td>
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<td></td>
<td>4,3</td>
<td>2,5</td>
<td>2,3</td>
<td>0,4</td>
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<tr>
<td></td>
<td>64,9%</td>
<td>76%</td>
<td>85,30%</td>
<td>94,40%</td>
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<td></td>
<td>67%</td>
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<tr>
<td></td>
<td>23%</td>
<td>9%</td>
<td>8%</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>0,11</td>
<td>0,87</td>
<td>0,41</td>
<td>-0,07</td>
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<tr>
<td></td>
<td>3%</td>
<td>34%</td>
<td>18%</td>
<td>-15%</td>
</tr>
</tbody>
</table>

Source: note n°6 Observatoire des jeux
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
• 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
• 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

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