

# TOUCHpoint

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***“You don’t have to be a ‘problem gambler’ to participate in our study.***

***We are looking for people with all levels of gambling activity, to gain valuable insights into potential treatment for those with gambling-management problems.”***

**- Dr. Sherry Stewart,  
Dalhousie University**

## Curious about your gambling?

*Dal study explores new therapeutic intervention*

Dr. Sherry Stewart of Dalhousie University, in conjunction with Nova Scotia Health and Wellness, and Addiction Prevention and Treatment Services, is looking for 100 people in Halifax Regional Municipality to participate in a new gambling-related study.

The study will evaluate a new therapeutic intervention for people affected by gambling harm. The 100 qualified participants of the study will receive private counselling sessions aimed at reaching self-directed goals for their gambling.

The program being tested involves a client-centered approach, in which participants choose their own goal: the elimination of all forms of gambling, some forms of gambling, better management of gambling play, etc. The therapist is there to support whatever goal the participant identifies.

The program will involve approximately 16 hours of screening procedures and one-on-one private therapy over a three-month period. Follow-up meetings will continue up to 9 months following the initial session. The study is open to people with all levels of gambling activity, and participants will be compensated for their contribution to the study.

To participate in the study or for more information, please phone 902.494.3201 or email [gambling@dal.ca](mailto:gambling@dal.ca). You can also visit the study’s website at [gamblingstudy.psychology.dal.ca](http://gamblingstudy.psychology.dal.ca).

Until next time,  
GANS



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