The digital client is here.
Meet them where they are.

TREATLY PLAY

Problem Gambling

Module 1
About gambling problems and why you gamble

100%

Get started

Module 2
About your gambling costs and triggers

100%

Get started

Module 3
How is gambling affecting your social life?

100%

Get started

Module 4
Acceptance and important decisions to make about change

100%

Get started

Based on Cognitive Behavioural Therapy and Motivational Interviewing, Treatly Play is a comprehensive, client centered online treatment program for people experiencing gambling problems. Treatly Play gives you all the advantages of digital care without compromising on quality of care or the personal contact between client and therapist.

Treatly Play consists of a secure platform offering a screening tool, 8 digital modules, a forum for peer support and therapist access with full insights in client progression and evaluation.

The program offers the following 8 modules:

- About gambling problems and why you gamble
- About your gambling costs and triggers
- How is gambling affecting your social life?
- Acceptance, and an important decision to make about change
- About chance and poor judgement
- About high-risk situations
- About financing, help and support

Equity of Care
Digital treatment solutions bridges physical distances, enables faster access to care and diminishes care variations.

Evidence
Multiple studies show that online CBT is an effective form of treatment. Previous versions of Treatly Play have been the subject of research and have been proven as effective, if not more effective, than traditional forms of therapy.

Access to skilled therapists
Build up an easily scalable professional treatment center.

Lowering thresholds
Reach clients in time with better and faster access to care, higher level of anonymity and the possibility for the client to receive treatment from the comfort of their own daily routines.

Secure
GDPR compliant and encrypted.

Ongoing support
The online format allows people to carry their treatment and support network in their pocket. After having completed the treatment, clients can revisit the program; go back and read, watch videos and take advantage of the peer-support forum.

Cost-effective
The digital format allows therapists to double the amount of clients in treatment.

90 minutes
The average time spent by clients each week.

9 out of 10
are no longer considered problem gamblers according to the PGSI after completed treatment.

30 minutes
The average time spent by therapists per client per week.

TREATLY PLAY – THE PROGRAM

Treatly Play is a digital treatment program for people experiencing problems with their gambling. The program is designed by researchers, psychologists and psychotherapists with extensive experience in the field of addiction. The content is evidence-based and the treatment uses methods such as Motivational Interviewing (MI), Motivational Enhancement Therapy (MET) and CBT.

1. Digital screening

The treatment process begins with a digital screening to assess whether the client is ready to start the program. Factors that may affect client suitability are, for example, other addictions.

2. MET session with therapist

Clients that display risky gambling habits are offered a MET session with a therapist. The purpose is to motivate the client to gamble responsibly; or to quit entirely. If the client is deemed in need of further treatment, the therapist will present a treatment plan and gain access to the program.

3. Digital CBT + Therapy sessions

Each of the eight modules in the program targets a different aspect of gambling addiction and treatment. Each module ends with a weekly assignment based around reflection. The assignment is published in the peer support forum. The forum can also be used in between assignments as a way for clients to connect with one another on their shared journey.

Once a module is completed, the therapist will schedule a phone or video call with the client to talk through the client's responses and work on identified issues.

4. Evaluation

Upon completing treatment, and additionally at 3, 6 and 12 months afterwards, clients will be asked to participate in a follow up survey. The follow up surveys allow the treatment provider to measure the effectiveness of the treatment, while at the same time giving the client the opportunity to assess how things are going, and whether they are satisfied with the progress they have made.

4

Evaluation

3

Digital CBT +
Therapy sessions

2

MET session with
therapist

1

Digital screening
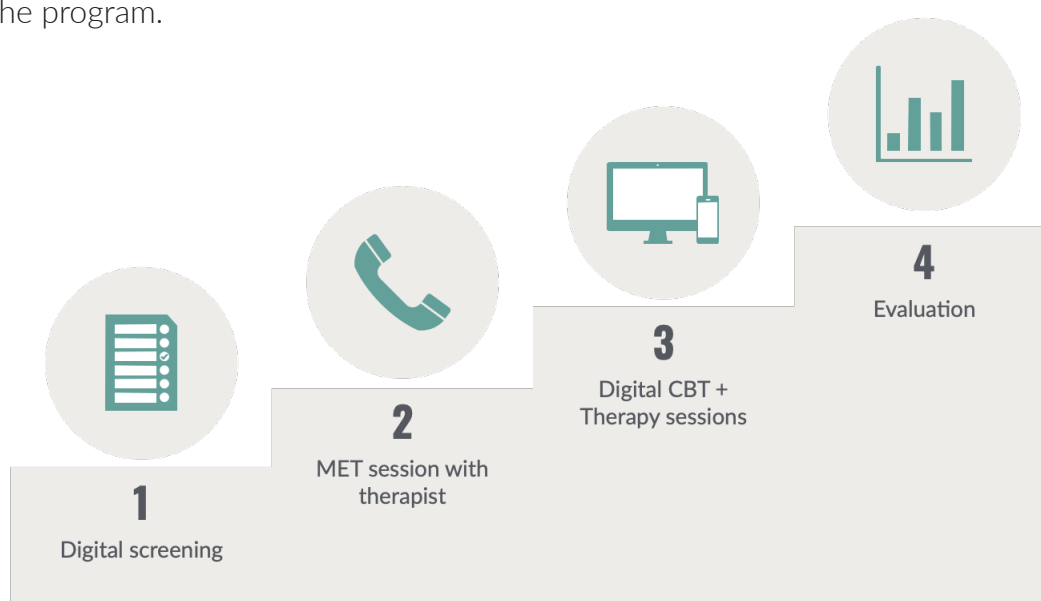
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