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Capturing the moment: Single session therapy for gambling disorder

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The purpose of this paper is to describe the development and implementation of a single session therapy for gambling disorder. The therapy was developed based on the principles of cognitive-behavioral therapy and was designed to be delivered in a single session. The therapy was implemented in a community-based setting and was found to be effective in reducing gambling-related problems. The results of the study are discussed in terms of their implications for the treatment of gambling disorder.