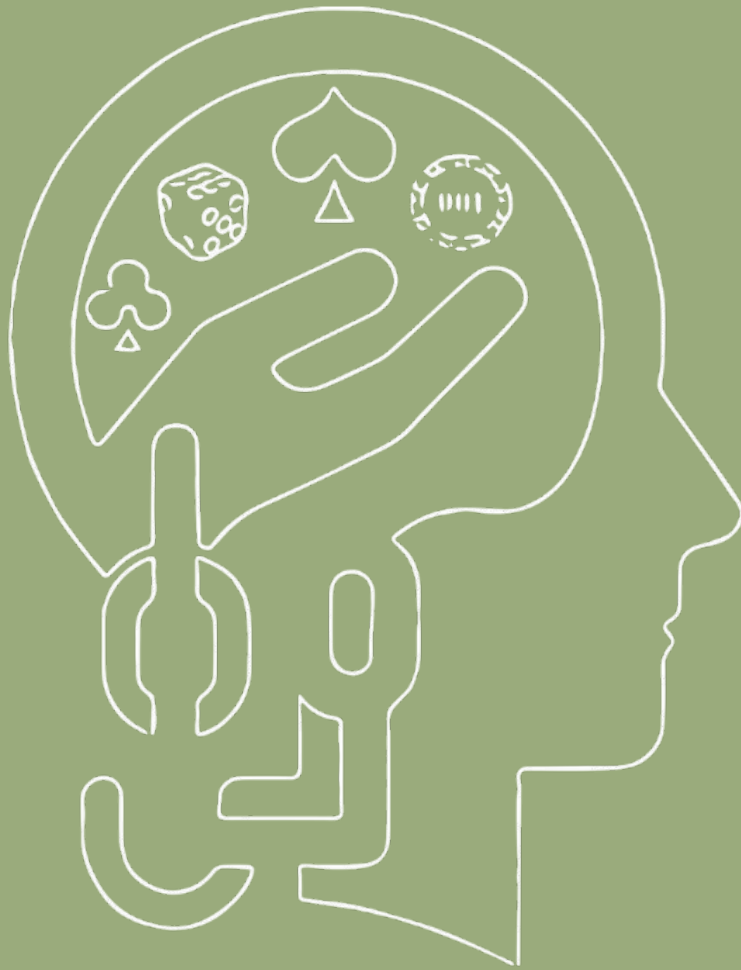




Play
your
cards
right

Interdisciplinary Approach to Gambling Intervention Methodology

An Integrated Resource for Practitioners

ERASMUS+ KA220-VET | PYCR Consortium | 2025



**Co-funded by
the European Union**

AEVR Romania | ALIAT | Producoes Fixe | Ayuntamiento de Ceuti | UPH Vrapce



Structure of the Methodology

How this guide is organized — from foundations to practice tools

PART I — FOUNDATIONS

0

Preface and Methodological Framework

Core principles, logic of the five chapters, how to use this methodology

PART II — FIVE DOMAINS OF PRACTICE

1

Psychoeducation

Understanding addiction & mechanisms of change

2

Financial Coaching

Money, debt, control & financial recovery

3

Community Support

Local ecosystems, partnerships & referral pathways

4

Working with Families

Family systems, relational support & guided engagement

5

Non-Directive Facilitation

Facilitation skills & the PYCR card tool

PART III — THE CARD TOOL (7 Categories)

Superpower/Jokers • Priorities • Feelings & Coping • Stories • Statements • Facts • Metaphors • Card Backs

PART IV — REFERENCE

6

General Glossary

Key terms across all five domains, organized alphabetically

Preface and Methodological Framework

Interdisciplinary Approach to Gambling Intervention
Methodology

Chapter 0

PYCR Consortium

PYCR Consortium | 2025

This introductory chapter presents the conceptual foundation of the methodology. It explains the logic behind the five complementary chapters, the core principles of the interdisciplinary approach, the intended audience, ethical considerations, and practical guidance on how to use this resource. It also introduces the glossary and offers recommendations for sequential or selective reading. This chapter should be read first, as it provides the shared language and framework for all that follows.

This methodology was developed within the framework of the Play Your Cards Right (PYCR) project, an Erasmus+ Cooperation Partnership (KA220-VET) designed to address the growing social and public health challenge of gambling addiction and compulsive money-related behaviours, particularly in rural and small urban communities with limited access to specialized training and intervention tools.

The development of this methodology was driven by a concrete and documented need: professionals and practitioners working in mental health, addiction, social, and financial fields often lack access to integrated training that prepares them to respond to gambling-related harm from a multidisciplinary perspective. In practice, practitioners frequently encounter situations that exceed the boundaries of a single professional discipline — cases where emotional distress, financial crisis, family breakdown, and social isolation are deeply intertwined.

PDF Download Chapter 0 (PDF)

File: Chapter_0_Methodology_EN.pdf

[\[DOWNLOAD_LINK\]](#)

From Causes to Care: A Practitioner's Guide to Understand Gambling Addiction

Psychoeducation

Chapter 1

ALIAT — Alliance for the Fight Against Alcoholism and Drug Addiction

PYCR Consortium | 2025

The psychoeducation chapter offers a foundation for understanding addiction, gambling-related harm, mechanisms of change, and the psychological processes that may support or hinder recovery. It helps practitioners and beneficiaries make sense of behaviours that may otherwise be interpreted only through blame, shame, or moral judgment. Topics include neurobiological mechanisms, the cycle of change, risk factors, comorbidities, and evidence-based approaches to support.

PDF Download Chapter 1 (PDF)

File: chapter_1_about_addiction_EN.pdf

[\[DOWNLOAD_LINK\]](#)

The Financial Dimension of Gambling Recovery

Concepts, Instruments, and Practice

Chapter 2

AEVR — Education for Real Life Association

PYCR Consortium | 2025

The financial coaching chapter addresses one of the most concrete and destabilizing consequences of gambling-related harm: the impact on money, debt, control, planning, and daily decision-making. Financial stabilization is often not a secondary issue, but a core component of recovery and safety. This chapter provides frameworks, tools, and practical approaches for practitioners supporting financial recovery.

PDF Download Chapter 2 (PDF)

File: chapter_2_financial_coaching_EN.pdf

[\[DOWNLOAD_LINK\]](#)

Community Support & Stakeholder Engagement in Gambling Recovery

Chapter 3

Ayuntamiento de Ceuti

PYCR Consortium | 2025

The community chapter expands the focus beyond the individual and highlights the importance of local ecosystems of support. It explores how practitioners can identify resources, build referral pathways, create partnerships, reduce isolation, and strengthen community responses to gambling-related harm. Community support is not merely supplementary — it is a core component of sustainable recovery.

PDF Download Chapter 3 (PDF)

File: chapter_3_community_EN.pdf

[\[DOWNLOAD_LINK\]](#)

Working with Families in Gambling Addiction Treatment

A Family-Oriented Approach for Practitioners

Chapter 4

University Psychiatric Hospital Vrapce

PYCR Consortium | 2025

The family chapter recognizes that gambling affects relational systems, not only individuals. Families may experience confusion, anger, guilt, secrecy, exhaustion, and stigma. At the same time, they may also become important allies in support and recovery when guided appropriately. This chapter offers models, interventions, and practical tools for working with families in the context of gambling harm.

PDF Download Chapter 4 (PDF)

File: chapter_4_families_EN.pdf

[\[DOWNLOAD_LINK\]](#)

Competencies of the Non-Directive Facilitator

How to Facilitate the PLAY YOUR CARDS RIGHT Toolkit
Cards

Chapter 5

Producoes Fixe Unipessoal Ida

PYCR Consortium | 2025

The non-directive facilitation chapter equips practitioners with theoretical grounding and practical tools to facilitate the PYCR card tool effectively. It covers the 3H model (Head / Hands / Heart), core facilitation skills, all seven card categories, the 4F debriefing model, session format adaptation, and resistance management. Research shows that the quality of facilitation determines participant engagement depth.

PDF Download Chapter 5 (PDF)

File: chapter_5_nondirective_EN.pdf

[\[DOWNLOAD_LINK\]](#)

The PYCR Card Tool

198 playing cards across 7 categories + 11 SuperPower/Joker cards

Each card set is available in English and Finnish for download and printing

5.1

SuperPower / Jokers

11 special cards — emotional safety net and boundary-setting tools

> Download

5.2

Priorities

33 cards — values, beliefs, and concept words for personal ranking

> Download

5.3

Feelings & Coping

33 cards — emotional exploration, triggers, and healthy coping strategies

> Download

5.4

Card Backs

Back design for all card categories — for double-sided printing

> Download

5.5

Stories

33 cards — image combinations for first-person narrative creation

> Download

5.6

Statements & Quotes

33 cards — agree/disagree prompts about gambling, money, and change

> Download

5.7

Facts

33 cards — verified facts and multiple-choice questions about gambling

> Download

5.8

Metaphors

33 cards — situational metaphorical images for story-building

> Download

General Glossary

Integrated Interdisciplinary Methodology for Gambling-Related Harm

Chapter 6

ERASMUS+ KA220-VET | AEVR Romania
PYCR Consortium | 2025

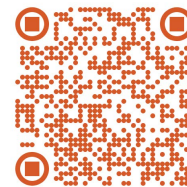
This glossary brings together key terms used across the five chapters of the Play Your Cards Right methodology: psychoeducation, financial coaching, community work, working with families, and non-directive facilitation. It is intended as a shared reference to support consistency, clarity, and cross-disciplinary understanding among practitioners who use this guide. Terms are organized alphabetically and draw on clinical, financial, systemic, and community practice perspectives.

PDF Download Chapter 6 (PDF)

File: Chapter_6_PYCR_Glossary_EN.pdf

[[DOWNLOAD_LINK](#)]

Project Presentation – Play Your Cards Right



*Scan the QR
code for all
project results*

Play Your Cards Right is an Erasmus+ Cooperation Partnership (KA220-VET) project . The project addresses the growing social and public health challenge of gambling addiction and compulsive money-related behaviors, particularly in rural and small urban communities with limited access to specialized training and intervention tools.

The core mission of the project is to create and test an integrated, interdisciplinary methodology to strengthen the competences of professionals and practitioners working in medical, psychological, social, and financial fields

Project Objectives

The project aims to:

1. Develop a comprehensive methodology with qualitative educational support and practical instruments for integrated intervention in gambling addiction
2. Develop non-directive facilitation skills among approximately 300 practitioners across partner countries
3. Increase awareness among stakeholders and decision-makers regarding gambling addiction and the need for integrated public policy responses
4. Create non-formal tools to support reflection, motivation for change, and transition from precontemplation to action in gambling recovery

Main Outputs

The project delivers:

- An integrated methodology structured in thematic chapters (addiction understanding, financial coaching, family work, community support)
- A comprehensive set of non-directive facilitation cards for individual and group intervention
- An online training course with structured modules
- A report on good practices and policy recommendations at European level .

The methodology integrates experiential learning, reflection-based exercises, and practical instruments tailored to frontline practitioners.

Project Partnership

The project is coordinated by: Asociatia Educatie Pentru Viata Reala (AEVR) – Romania

Partner organizations: Asociatia Aliat pentru Sanatate Mintala (ALIAT) – Romania, Produções Fixe Unipessoal Lda – Portugal, Ayuntamiento de Ceutí – Spain, Klinika za psihijatriju Vrapce – Croatia

The partnership ensures interdisciplinary collaboration between addiction specialists, financial experts, mental health professionals, educators, and community actors.

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