Training Program for

TOBACCO TREATMEN T S P E C I A L I S T S

UMMC
ACT Center for Tobacco Treatment, Education and Research

Accredited 2022 – 2027

Tobacco Treatment Specialist Training Program

Council for Tobacco Treatment Training Programs (CTTTP)

Association for the Treatment of Tobacco Use and Dependence (ATTUD)

This program was developed for the purpose of training professionals to become Tobacco Treatment Specialists. The ACT Center maintains control over the content and delivery of this training program. ***This manual is provided to individuals who have completed this course, and should not be given to anyone who has not been properly trained.***

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THE UNIVERSITY OF MISSISSIPPI MEDICAL CENTER

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TRAINING GOAL

To train eligible professionals to become Tobacco Treatment Specialists, capable of delivering intensive clinical services to patients who use tobacco and have complex presentations. Those services are expected to be consistent with the competency standards set forth by the Association for the Treatment of Tobacco Use and Dependence (ATTUD).

TRAINING MODULES AND OBJECTIVES

MOD-1 **Tobacco Dependence Treatment Fundamentals**

1. Describe the components of a comprehensive approach to tobacco control
2. Describe approaches to harm reduction

MOD-2 **Biopsychosocial Model: Tobacco Use in Context**

3. Define the Biopsychosocial model
4. Describe the primary components of this model

MOD-3 **Improving Motivation for Change**

5. Cite common indicators of motivation
6. Identify the core components of motivational interviewing

MOD-4 **Motivational Interviewing Exercise**

7. Demonstrate capacity to interact with client using MI approach and strategies

MOD-5 **System, Administrative, and Professional Considerations**

8. Identify ethical / legal issues relevant to tobacco dependence treatment
9. Describe the professional conventions in providing tobacco treatment services

MOD-6 **Tobacco Products, Prevalence and Impact**

10. Describe the various tobacco products and usage patterns
11. Describe the health, economic and other impacts of tobacco use

MOD-7 **Comprehensive Assessment I: Core Factors**

12. Cite the core dimensions for clinical assessment
13. Describe instruments that may be used for these areas

MOD-8 **Comprehensive Assessment II: Additional Factors**

14. Identify other useful areas to include in a comprehensive assessment
15. Describe instruments that may be used for these areas

MOD-9 **Intake Session Overview**

16. Describe factors assessed during the intake interview
17. Demonstrate scoring of scales and interpretation

MOD-10 **Intake Session Exercise**

18. Demonstrate the capacity to interpret data from this evaluation

MOD-11 **Tobacco Treatment Resources**

19. Describe additional resources to enhance treatment efforts

MOD-12 **Cognitive-Behavioral Therapy**

20. Identify the 3 primary types of triggers with common examples of each
21. Describe the primary behavioral and cognitive intervention strategies

MOD-13 **Group Therapy**

22. Describe differences between group and individual therapy
23. Describe the formative stages of groups, and typical patient presentations

MOD-14 **CBT Exercise**

24. Demonstrate the capacity to utilize cognitive-behavioral therapy techniques

MOD-15 **Pharmacotherapy I: Basic Concepts**

25. Identify the common medications used in tobacco treatment and primary considerations
26. Describe usual usage for each medication

MOD-16 **Pharmacotherapy II: Advanced Considerations**

27. Describe emerging trends in pharmacologic treatment
28. Cite the various forms of harm reduction and relevant issues

MOD-17 **Pharmacotherapy Case Presentations**

29. Develop a pharmacologic treatment plan based on patient presentation and knowledge on medications

MOD-18 **Maintaining Abstinence**

30. Describe common high-risk relapse situations
31. Describe the Abstinence Violation Effect

MOD-19 **Relapse Prevention Exercise**

32. Demonstrate the capacity to implement relapse prevention strategies

MOD-20 **Evaluating Interventions**

33. Cite the reasons for conducting routine program evaluations
34. Describe the advantages and disadvantages of different evaluation approaches

MOD-21 **Treatment Sessions Overview**

35. Describe the content of the standardized treatment program

MOD-22 **National Credentialing for TTSs**

36. Describe national certificate / certification procedures

UMMC TTS Training Program Agenda

DAY 1 – November 30, 2026

7:30 – 8:00	Sign in	
8:00 – 8:30	Welcome and Introductions	CTTTP Survey
8:30 – 9:30 Hontzas	1 Tobacco Dependence Treatment Foundations	
9:30 – 10:15 Tichenor	2 Biopsychosocial Model: Tobacco Use in Context	
10:15 – 10:30	Break	
10:30 – 11:45 Terry	3 Improving Motivation for Change	
11:45 – 12:30	Lunch	
12:30 – 2:00 Hontzas Patients: Terry/ Lock/Tichenor	4 Motivational Interviewing Role Play Exercise	BREAK OUT
2:00 – 2:45 Tichenor	5 System, Administrative, and Professional Considerations	Manual 8
2:45 – 3:00	Break	
3:00 – 5:00 Lock	6a Tobacco Products, Usage and Impact: Part I	

DAY 2 – December 1, 2026

7:30 – 8:00	Sign in	
8:00 – 9:15 Lock	6b Tobacco Products, Usage and Impact: Part II	
9:15 – 9:45 Terry/ Lock/Tichenor	Jeopardy Review #1	
9:45 – 10:00	Break	
10:00 – 12:00 Tichenor	7 Comprehensive Assessment I: Core Factors	Manual 23-26
12:00 – 12:45	Lunch	
12:45 – 1:30 Tichenor	8 Comprehensive Assessment II: Additional Factors	
1:30 – 2:15 Lock	9 Intake Overview	Manual 11-15 Therapist Guide 4-5
2:15 – 2:30	Break	
2:30 – 4:15 Lock	10 Intake Exercise	BREAK OUT Manual 7, 32-34, 35-37
4:15 – 5:00 Hontzas	11 Tobacco Treatment Resources	Manual 19

DAY 3 December 2, 2026

7:30 – 8:00	Sign in	
8:00 – 9:30 Terry	12 Cognitive-Behavioral Therapy	
9:30 – 10:00 Tichenor	13 Group Therapy	
10:00 – 10:15	Break	
10:15 – 11:45 Hontzas Patients: Terry/ Lock/Tichenor	14 CBT Role Play Exercise	BREAK OUT
11:45 – 12:30	Lunch	
12:30 – 1:00 Terry/ Lock/Tichenor	Jeopardy Review #2	
1:00 – 2:30 Odem	15 Pharmacotherapy I: Basic Concepts	Clinical Ref Guide Manual 16-17
2:30 – 2:45	Break	
2:45 – 4:00 Odem	16 Pharmacotherapy II: Advanced Considerations	Manual 16, 20-22 Clinical Ref Guide
4:00 – 5:00 Odem	17 Pharmacotherapy Exercise	BREAK OUT

DAY 4 – December 3, 2026

7:30 – 8:00	Sign in	
8:00 – 9:00 Terry	18 Maintaining Abstinence	
9:00 – 10:00 Hontzas Patient: Terry/ Lock/Tichenor	19 Relapse Prevention Role Play Exercise	BREAK OUT
10:00 – 10:15	Break	
10:15 – 10:45 Lock	20 Evaluating Interventions	
10:45 – 11:15 Tichenor	21 Treatment Sessions Overview	Therapist / Participant Guides
11:15 – 11:45 Terry/ Lock/Tichenor	Jeopardy Review #3	
11:45 – 12:00 Hontzas	22 National Credentialing for TTS	Manual 9-10

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