

*Training Program for*  
**TOBACCO TREATMENT  
SPECIALISTS**



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**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)*

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*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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# 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 TTs**  
36. Describe national certificate / certification procedures

# UMMC TTS TRAINING PROGRAM AGENDA

DAY 1 – April 7, 2025			DAY 3 - April 9, 2025		
7:30 – 8:00	Sign in		7:30 – 8:00	Sign in	
8:00 – 8:30	Welcome and Introductions	CTTP Survey	8:00 – 9:30 <span style="color: red;">Payne</span>	12 Cognitive-Behavioral Therapy	
8:30 – 9:30 <span style="color: red;">Payne</span>	1 Tobacco Dependence Treatment Foundations		9:30 – 10:00 <span style="color: red;">Payne</span>	13 Group Therapy	
9:30 – 10:15 <span style="color: red;">Payne</span>	2 Biopsychosocial Model: Tobacco Use in Context		10:00 – 10:15	Break	
10:15 – 10:30	Break		10:15 – 11:45 <span style="color: red;">Payne / Karam-Hage</span> Patients: <span style="color: red;">Tichenor / Lock</span>	14 CBT Role Play Exercise	BREAK OUT
10:30 – 11:45 <span style="color: red;">Payne</span>	3 Improving Motivation for Change		11:45 – 12:30	Lunch	
11:45 – 12:30	Lunch		12:30 – 1:00 <span style="color: red;">Payne / Karam-Hage</span>	Jeopardy Review #2	
12:30 – 2:00 <span style="color: red;">Payne</span> Patients: <span style="color: red;">Bell / Lock/Tichenor</span>	4 Motivational Interviewing Role Play Exercise	BREAK OUT	1:00 – 2:30 <span style="color: red;">Odem</span>	15 Pharmacotherapy I: Basic Concepts	Clinical Ref Guide Manual 16-17
2:00 – 2:45 <span style="color: red;">Payne</span>	5 System, Administrative, and Professional Considerations	Manual 7	2:30 – 2:45	Break	
2:45 – 3:00	Break		2:45 – 4:00 <span style="color: red;">Karam-Hage</span>	16 Pharmacotherapy II: Advanced Considerations	Manual 15, 19-21 Clinical Ref Guide
3:00 – 5:00 <span style="color: red;">Payne</span>	6a Tobacco Products, Usage and Impact: Part I		4:00 – 5:00 <span style="color: red;">Odem / Payne / Karam-Hage</span>	17 Pharmacotherapy Exercise	BREAK OUT
DAY 2 - April 8, 2025			DAY 4 - April 10, 2025		
7:30 – 8:00	Sign in		7:30 – 8:00	Sign in	
8:00 – 9:15 <span style="color: red;">Payne</span>	6b Tobacco Products, Usage and Impact: Part II		8:00 – 9:00 <span style="color: red;">Payne</span>	18 Maintaining Abstinence	
9:15 – 9:45 <span style="color: red;">Payne / Karam-Hage</span>	Jeopardy Review #1		9:00 – 10:00 <span style="color: red;">Payne</span> Patient: <span style="color: red;">Tichenor</span>	19 Relapse Prevention Role Play Exercise	BREAK OUT
9:45 – 10:00	Break		10:00 – 10:15	Break	
10:00 – 12:00 <span style="color: red;">Karam-Hage</span>	7 Comprehensive Assessment I: Core Factors	Manual 22-25	10:15 – 10:45 <span style="color: red;">Payne</span>	20 Evaluating Interventions	
12:00 – 12:45	Lunch		10:45 – 11:15 <span style="color: red;">Payne</span>	21 Treatment Sessions Overview	Therapist / Participant Guides
12:45 – 1:30 <span style="color: red;">Karam-Hage</span>	8 Comprehensive Assessment II: Additional Factors		11:15 – 11:45 <span style="color: red;">Payne</span>	Jeopardy Review #3	
1:30 – 2:15 <span style="color: red;">Payne</span>	9 Intake Overview	Manual 10-14 Therapist Guide 4-5	11:45 – 12:00 <span style="color: red;">Payne</span>	22 National Credentialing for TTS	Manual 8-9
2:15 – 2:30	Break				
2:30 – 4:15 <span style="color: red;">Payne / Karam-Hage</span>	10 Intake Exercise	BREAK OUT Manual 6			
4:15 – 5:00 <span style="color: red;">Karam-Hage</span>	11 Tobacco Treatment Resources	Manual 18			

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