

## TRAINING GOAL

The goal of this program is to train eligible professionals to become Tobacco Treatment Specialists, capable of delivering intensive clinical services to patients with complex presentations who use tobacco. 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

- M-1 TREATING TOBACCO DEPENDENCE: BASIC ASSUMPTIONS AND OVERVIEW**
1. Describe the components for a comprehensive approach to tobacco control
  2. Describe the intensity levels and modalities of tobacco treatment approaches
- M-2 SYSTEM, ADMINISTRATIVE, AND PROFESSIONAL CONSIDERATIONS**
3. Identify ethical / legal issues relevant to tobacco dependence treatment
  4. Describe the professional conventions in providing tobacco treatment services
- M-3 TOBACCO PRODUCTS, USAGE AND IMPACT**
5. Describe the various types of tobacco
  6. Cite the primary USA prevalence rates for tobacco use
- M-4 APPLYING THE BIOPSYCHOSOCIAL MODEL: TOBACCO USE AND CESSATION IN CONTEXT**
7. Provide a definition of the Biopsychosocial model
  8. Describe the primary components of this model
- M-5 IMPROVING MOTIVATION FOR CHANGE**
9. Cite common indicators of motivation
  10. Identify the core components of motivational interviewing
- M-6 COGNITIVE-BEHAVIORAL THERAPY**
11. Identify the 3 primary types of triggers with common examples of each
  12. Describe the primary behavioral and cognitive intervention strategies
- M-7 GROUP THERAPY: STRATEGIC CONSIDERATIONS**
13. Describe differences between group and individual therapy
  14. Describe the formative stages of groups
- M-8 TREATMENT PROGRAM OVERVIEW AND SPECIAL CONSIDERATIONS**
15. Describe the overall treatment program goals
  16. Describe functions that are not within the scope of this program
- M-9 TREATMENT SESSION 1**
17. Describe the content to be covered during treatment session 1
  18. Demonstrate the capacity to deliver this material
- M-10 ASSESSMENT I: CORE FACTORS**
19. Cite the core dimensions for assessment
  20. Describe instruments that may be used for these areas

**M-11 ASSESSMENT II: ADDITIONAL CONSIDERATIONS**

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

**M-12 INTAKE SESSION OVERVIEW**

23. Describe factors to consider when conducting the intake interview
24. Describe how individual factors may alter clinical presentation

**M-13 INTAKE SESSION EXERCISE: ADMINISTRATION, INTEGRATION, AND DELIVERING FEEDBACK**

25. Describe the content to be covered during an intake session
26. Demonstrate the capacity to deliver this material

**M-14 TREATMENT SESSION 2**

27. Describe the content to be covered during treatment session 2
28. Demonstrate the capacity to deliver this material

**M-15 PHARMACOTHERAPY I: BASIC CONCEPTS**

29. Identify the types of medications used in tobacco treatment
30. Describe usual usage for each

**M-16 TREATMENT SESSION 3**

31. Describe the content to be covered during treatment session 3
32. Demonstrate the capacity to deliver this material

**M-17 PHARMACOTHERAPY II: ADVANCED CONSIDERATIONS**

33. Describe emerging trends in pharmacologic treatment
34. Cite the various forms of harm reduction

**M-18 PHARMACOTHERAPY CASE PRESENTATIONS**

35. Assist in the development of a pharmacologic treatment plan

**M-19 TREATMENT SESSION 4**

36. Describe the content to be covered during treatment session 4
37. Demonstrate the capacity to deliver this material

**M-20 TOBACCO TREATMENT RESOURCES**

38. Describe additional resources to enhance specific treatment needs

**M-21 MAINTAINING ABSTINENCE**

39. Describe common high-risk situations
40. Describe the Abstinence Violation Effect

**M-22 TREATMENT PROGRAM EVALUATION: EVALUATING THE EFFECTS OF INTERVENTIONS**

41. Cite the reasons for conducting routine program evaluations
42. Describe the advantages and disadvantages

**M-23 TREATMENT SESSION 5**

43. Describe the content to be covered during treatment session 5
44. Demonstrate the capacity to deliver this material

**M-24 TREATMENT SESSION 6 AND FOLLOW-UP**

45. Describe the content to be covered during treatment session 6 and follow-ups
46. Demonstrate the capacity to deliver this material

**M-25 DATA COLLECTION, STORAGE AND ANALYSIS**

47. Describe methods for gathering and utilizing data

# TTS TRAINING PROGRAM AGENDA

TIME	MODULE	LOCATION
<b>DAY 1</b> <i>Treatment Perspective; Background Information</i>		
7:30 – 8:00	Breakfast; Sign in	
8:00 – 8:30	Welcome and Introductions	
8:30 – 10:15	1 Treating Tobacco Dependence	Slides Program Manual 50-53
10:15 – 10:30	Break	
10:30 – 12:00	2 System, Administrative, and Professional Considerations	Slides Program Manual 9, 12-13, 14-16
12:00 – 12:45	Lunch	
12:45 – 3:00	3a Tobacco Products, Usage and Impact, part I	Slides
3:00 – 3:15	Break	
3:15 – 5:00	3b Tobacco Products, Usage and Impact, part II	Slides
<b>DAY 2</b> <i>Clinical Foundations; Initiation of Treatment</i>		
7:30 – 8:00	Breakfast; Sign in	
8:00 – 9:00	4 Applying the Biopsychosocial Model	Slides
9:00 – 10:45	5 Improving Motivation for Change	Slides
10:45 – 11:00	Break	
11:00 – 12:00	6 Cognitive Behavioral Therapy	Slides
12:00 – 12:45	Lunch	
12:45 – 2:30	7 Group Therapy: Strategic Considerations	Slides
2:30 – 2:45	Break	
2:45 – 4:00	8 Treatment Program Overview and Special Considerations	Slides
4:00 – 5:00	9 Treatment Session 1 Demo (a) CO Measurement, (b) Medications Review, (c) Learned Addiction, (d) Individual Goal Setting	Therapist Manual 9-17 Participant Manual 3, 4-11 Tear Sheets 1-3
<b>DAY 3</b> <i>Clinical Assessment; Promoting Behavioral Change</i>		
7:30 – 8:00	Breakfast; Sign in	
8:00 – 10:00	10 Assessment I: Core Factors	Slides
10:00 – 10:15	Break	
10:15 – 11:45	11 Assessment II: Additional Factors	Slides
11:45 – 12:30	Lunch	
12:30 – 1:15	12 Intake Session Overview	Program Manual 17-23 Therapist Manual 4-8
1:15 – 3:15	13 Intake Session Exercise	Program Manual 8 Therapist Manual 5-8 Case Handout 1
3:15 – 3:30	Break	
3:30 – 5:00	14 Treatment Session 2 Demo (a) Health Risk, (b) Habitual Behavior, (c) Behavioral Coping, (d) Scheduled Rate Fading	Therapist Manual 18-24 Participant Manual 3, 12-18 Tear Sheets 1-3

TIME	MODULE	LOCATION
<b>DAY 4</b> <i>Pharmacotherapy; Cognitive Factors in Treatment; Achieving Abstinence</i>		
7:30 – 8:00	Breakfast; Sign in	
8:00 – 10:30	15 Pharmacotherapy I: Basic Concepts	Slides Clinical Reference Guide
10:30 – 10:45	Break	
10:45 – 12:00	16 Treatment Session 3 Demo (a) Relaxation, (b) Cognitive Coping, (c) Individual Goal Setting	Therapist Manual 25-33 Participant Manual 3, 19-26 Tear Sheets 1-3
12:00 – 12:45	Lunch	
12:45 – 2:15	17 Pharmacotherapy II: Advanced Considerations	Slides Program Manual 24-26 Clinical Reference Guide
2:15 – 3:00	18 Pharmacotherapy Case Presentations	Slides Case Handout 2
3:00 – 3:15	Break	
3:15 – 4:30	19 Treatment Session 4 Demo (a) Problem Solving	Therapist Manual 34-41 Participant Manual 3, 27-33 Tear Sheets 1-3
4:30 – 5:00	20 Tobacco Treatment Resources	Program Manual 39 Websites
<b>DAY 5</b> <i>Relapse Prevention; program Evaluation; Final Issues</i>		
7:30 – 8:00	Breakfast; Sign in	
8:00 – 9:00	21 Maintaining Abstinence	Slides
9:00 – 10:00	22 Treatment Program Evaluation	Slides
10:00 – 10:15	Break	
10:15 – 11:45	23 Treatment Session 5 Demo (a) Abstinence Violation Effect, (b) Relapse Crisis Debriefing	Therapist Manual 42-50 Participant Manual 3, 34-39 Tear Sheets 1-3
11:45 – 12:15	24 Treatment Session 6; Follow-Up Demo (a) Individual Goal Setting	Therapist Manual 51-54, p55-57 Participant Manual 3, 40-43, 44-52 Tear Sheets 1-4
12:15 – 1:00	25 Final Issues a. Data Collection, Storage, and Reporting b. Clinic materials c. Evaluation d. Disclosures	Disclosure Forms

Tear Sheet 1: Tobacco Treatment Session Summary

Tear Sheet 2: Medication Screening Form

Tear Sheet 3: Medication Request Form

Tear Sheet 4: Patient Satisfaction Form

Case Handout 1: Intake Cases

Case Handout 2: Pharmacotherapy Case