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
<table>
<thead>
<tr>
<th>TIME</th>
<th>MODULE</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td><strong>DAY 1</strong></td>
<td>Treatment Perspective; Background Information</td>
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<tr>
<td>7:30 – 8:00</td>
<td>Breakfast; Sign in</td>
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<tr>
<td>8:00 – 8:30</td>
<td>Welcome and Introductions</td>
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<td>8:30 – 10:15</td>
<td>1 Treating Tobacco Dependence</td>
<td>Slides Program Manual 50-53</td>
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<td>10:15 – 10:30</td>
<td>Break</td>
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<td>10:30 – 12:00</td>
<td>2 System, Administrative, and Professional Considerations</td>
<td>Slides Program Manual 9, 12-13, 14-16</td>
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<td>12:00 – 12:45</td>
<td>Lunch</td>
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<td>12:45 – 3:00</td>
<td>3a Tobacco Products, Usage and Impact, part I</td>
<td>Slides</td>
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<td>3:00 – 3:15</td>
<td>Break</td>
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<td>3:15 – 5:00</td>
<td>3b Tobacco Products, Usage and Impact, part II</td>
<td>Slides</td>
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<tr>
<td><strong>DAY 2</strong></td>
<td>Clinical Foundations; Initiation of Treatment</td>
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<td>7:30 – 8:00</td>
<td>Breakfast; Sign in</td>
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<td>8:00 – 9:00</td>
<td>4 Applying the Biopsychosocial Model</td>
<td>Slides</td>
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<td>9:00 – 10:45</td>
<td>5 Improving Motivation for Change</td>
<td>Slides</td>
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<td>10:45 – 11:00</td>
<td>Break</td>
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<td>11:00 – 12:00</td>
<td>6 Cognitive Behavioral Therapy</td>
<td>Slides</td>
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<td>12:00 – 12:45</td>
<td>Lunch</td>
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<td>12:45 – 2:30</td>
<td>7 Group Therapy: Strategic Considerations</td>
<td>Slides</td>
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<td>2:30 – 2:45</td>
<td>Break</td>
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<td>2:45 – 4:00</td>
<td>8 Treatment Program Overview and Special Considerations</td>
<td>Slides</td>
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<tr>
<td>4:00 – 5:00</td>
<td>9 Treatment Session 1</td>
<td>Therapist Manual 9-17 Participant Manual 3, 4-11 Tear Sheets 1-3</td>
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<td>3:15 – 5:00</td>
<td>Break</td>
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<tr>
<td>3:30 – 5:00</td>
<td>14 Treatment Session 2</td>
<td>Therapist Manual 18-24 Participant Manual 3, 12-18 Tear Sheets 1-3</td>
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<tr>
<td><strong>DAY 3</strong></td>
<td>Clinical Assessment; Promoting Behavioral Change</td>
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<td>7:30 – 8:00</td>
<td>Breakfast; Sign in</td>
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<td>8:00 – 10:00</td>
<td>10 Assessment I: Core Factors</td>
<td>Slides</td>
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<td>10:00 – 10:15</td>
<td>Break</td>
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<td>10:15 – 11:45</td>
<td>11 Assessment II: Additional Factors</td>
<td>Slides</td>
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<td>11:45 – 12:30</td>
<td>Lunch</td>
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<td>12:30 – 1:15</td>
<td>12 Intake Session Overview</td>
<td>Program Manual 17-23 Therapist Manual 4-8</td>
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<td>1:15 – 3:15</td>
<td>13 Intake Session Exercise</td>
<td>Program Manual 8 Therapist Manual 5-8 Case Handout 1</td>
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<td>3:15 – 3:30</td>
<td>Break</td>
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<tr>
<td>3:30 – 5:00</td>
<td>14 Treatment Session 2</td>
<td>Therapist Manual 18-24 Participant Manual 3, 12-18 Tear Sheets 1-3</td>
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### DAY 4  
**Pharmacotherapy; Cognitive Factors in Treatment; Achieving Abstinence**

<table>
<thead>
<tr>
<th>Time</th>
<th>Module</th>
<th>Location</th>
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<tbody>
<tr>
<td>07:30 – 08:00</td>
<td>Breakfast; Sign in</td>
<td>Slides Clinical Reference Guide</td>
</tr>
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</table>
| 08:00 – 10:30 | Pharmacotherapy I: Basic Concepts | Therapist Manual 25-33  
Participant Manual 3, 19-26  
Tear Sheets 1-3 |
| 10:00 – 10:45 | Break | |
| 10:45 – 12:00 | 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 | Pharmacotherapy II: Advanced Considerations | Slides Program Manual 24-26  
Clinical Reference Guide |
| 2:15 – 3:00 | Pharmacotherapy Case Presentations | Slides Case Handout 2 |
| 3:00 – 3:15 | Break | |
| 3:15 – 4:30 | Treatment Session 4  
Demo (a) Problem Solving | Therapist Manual 34-41  
Participant Manual 3, 27-33  
Tear Sheets 1-3 |
| 4:30 – 5:00 | Tobacco Treatment Resources | Program Manual 39  
Websites |

### DAY 5  
**Relapse Prevention; Program Evaluation; Final Issues**

<table>
<thead>
<tr>
<th>Time</th>
<th>Module</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>07:30 – 08:00</td>
<td>Breakfast; Sign in</td>
<td>Slides Clinical Reference Guide</td>
</tr>
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</table>
| 08:00 – 09:00 | Maintaining Abstinence | Therapist Manual 42-50  
Participant Manual 3, 34-39  
Tear Sheets 1-3 |
| 09:00 – 10:00 | Treatment Program Evaluation | Slides Clinical Reference Guide |
| 10:00 – 10:15 | Break | |
| 10:15 – 11:45 | 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 | 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 | Final Issues  
a. Data Collection, Storage, and Reporting  
b. Clinic materials  
c. Evaluation  
d. Disclosures | Disclosure Forms |

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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