

Workshop Program for
**TOBACCO TREATMENT
SPECIALISTS**



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 COGNITIVE-BEHAVIORAL THERAPY

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

M-6 IMPROVING MOTIVATION FOR CHANGE

3. Cite common indicators of motivation
4. Identify the core components of motivational interviewing

M-7 ASSESSMENT I: CORE FACTORS

5. Cite the core dimensions for assessment
6. Describe instruments that may be used for these areas

M-8 ASSESSMENT II: ADDITIONAL CONSIDERATIONS

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

M-9 INTAKE SESSION OVERVIEW

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

M-10 INTAKE SESSION EXERCISE: ADMINISTRATION, INTEGRATION, AND DELIVERING FEEDBACK

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

- M-11 GROUP THERAPY: STRATEGIC CONSIDERATIONS**
13. Describe differences between group and individual therapy
14. Describe the formative stages of groups
- M-12 TREATMENT PROGRAM OVERVIEW**
15. Describe the overall treatment program goals
16. Describe functions that are not within the scope of this program
- M-13 PHARMACOTHERAPY I: BASIC CONCEPTS**
17. Identify the types of medications used in tobacco treatment
18. Describe usual usage for each
- M-14 TREATMENT SESSION 1**
19. Describe the content to be covered during treatment session 1
20. Demonstrate the capacity to deliver this material
- M-15 TREATMENT SESSION 2**
21. Describe the content to be covered during treatment session 2
22. Demonstrate the capacity to deliver this material
- M-16 PHARMACOTHERAPY II: ADVANCED CONSIDERATIONS**
23. Describe emerging trends in pharmacologic treatment
24. Cite the various forms of harm reduction
- M-17 PHARMACOTHERAPY CASE PRESENTATIONS**
25. Assist in the development of a pharmacologic treatment plan
- M-18 TREATMENT SESSION 3**
26. Describe the content to be covered during treatment session 3
27. Demonstrate the capacity to deliver this material
- M-19 TREATMENT SESSION 4**
28. Describe the content to be covered during treatment session 4
29. Demonstrate the capacity to deliver this material
- M-20 TOBACCO TREATMENT RESOURCES**
30. Describe additional resources to enhance specific treatment needs
- M-21 MAINTAINING ABSTINENCE**
31. Describe common high-risk situations
32. Describe the Abstinence Violation Effect
- M-22 TREATMENT PROGRAM EVALUATION: EVALUATING THE EFFECTS OF INTERVENTIONS**
33. Cite the reasons for conducting routine program evaluations
34. Describe the advantages and disadvantages
- M-23 TREATMENT SESSION 5**
35. Describe the content to be covered during treatment session 5
36. Demonstrate the capacity to deliver this material
- M-24 TREATMENT SESSION 6 AND FOLLOW-UP**
37. Describe the content to be covered during treatment session 6 and follow-ups
38. Demonstrate the capacity to deliver this material
- M-25 DATA COLLECTION, STORAGE AND ANALYSIS**
39. Describe methods for gathering and utilizing data

TTS WORKSHOP AGENDA

TIME	MODULE	LOCATION
DAY 1		
<i>Treatment Perspective and 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 Workshop Manual 50-53
10:15 – 10:30	Break	
10:30 – 12:00	2 System, Administrative, and Professional Considerations	Slides Workshop 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
DAY 2		
<i>Clinical Foundations I</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 – 2:45	7 Assessment I: Core Factors	Slides
2:45 – 3:00	Break	
3:00 – 4:30	8 Assessment II: Additional Factors	Slides
4:30 – 5:00	9 Intake Session Overview	Workshop Manual 17-23 Therapist Manual 4-8
DAY 3		
<i>Clinical Foundations II</i>		
7:30 – 8:00	Breakfast; Sign in	
8:00 – 10:00	10 Intake Session Exercise	Workshop Manual 8 Therapist Manual 5-8 Case Handout 1
10:00 – 10:15	Break	
10:15 – 12:00	11 Group Therapy: Strategic Considerations	Slides
12:00 – 12:45	Lunch	
12:45 – 2:00	12 Treatment Program Overview and Special Considerations	Slides
2:00 – 2:15	Break	
2:15 – 5:00	13 Pharmacotherapy I: Basic Concepts	Slides Clinical Reference Guide

TIME	MODULE	LOCATION
DAY 4 <i>Delivering the Intervention I</i>		
7:30 – 8:00	Breakfast; Sign in	
8:00 – 9:00	14 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
9:00 – 10:30	15 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
10:30 – 10:45	Break	
10:45 – 12:15	16 Pharmacotherapy II: Advanced Considerations	Slides Workshop Manual 24-26 Clinical Reference Guide
12:15 – 1:00	Lunch	
1:00 – 1:45	17 Pharmacotherapy Case Presentations	Slides Case Handout 2
1:45 – 3:00	18 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
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	Workshop Manual 39 Websites
DAY 5 <i>Delivering the Intervention II</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. Exam d. Disclosures	Database 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 Cases