

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



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**Accredited 2017 – 2022**  
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

- M1 Treating Tobacco Dependence: Basic Assumptions**
1. Describe the components of a comprehensive approach to tobacco control
  2. Describe approaches to harm reduction
- M2 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
- M3 Applying the Biopsychosocial Model: Tobacco Use in Context**
5. Define the Biopsychosocial model
  6. Describe the primary components of this model
- M4 Treatment Program Overview**
7. Describe the overall treatment program structure
- M5 Tobacco Products, Usage and Impact**
8. Describe the various tobacco products and usage patterns
  9. Describe the health, economic and other impacts of tobacco use
- M6 Improving Motivation for Change**
10. Cite common indicators of motivation
  11. Identify the core components of motivational interviewing
- M7 Assessment I: Core Factors**
12. Cite the core dimensions for clinical assessment
  13. Describe instruments that may be used for these areas
- M8 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
- M9 Intake Session Overview**
16. Describe factors assessed during the intake interview
  17. Demonstrate scoring of scales and interpretation
- M10 Intake Session Exercise**
18. Demonstrate the capacity to interpret data from this evaluation
- M11 Cognitive-Behavioral Therapy**
19. Identify the 3 primary types of triggers with common examples of each
  20. Describe the primary behavioral and cognitive intervention strategies
- M12 Group Therapy**
21. Describe differences between group and individual therapy
  22. Describe the formative stages of groups, and typical patient presentations
- M13 Treatment Sessions 1 and 2 Content Review**
23. Describe the content to be covered during Treatment Session 1
  24. Describe the content to be covered during Treatment Session 2
- M14 Treatment Sessions 1 and 2 Exercise**
25. Demonstrate the capacity to deliver Treatment Session 1
  26. Demonstrate the capacity to deliver Treatment Session 2
- M15 Treatment Sessions 3 and 4 Content Review**
27. Describe the content to be covered during Treatment Session 3
  28. Describe the content to be covered during Treatment Session 4

- M16 Treatment Sessions 3 and 4 Exercise**  
29. *Demonstrate the capacity to deliver Treatment Session 3*  
30. *Demonstrate the capacity to deliver Treatment Session 4*
- M17 Pharmacotherapy I: Basic Concepts**  
31. *Identify the common medications used in tobacco treatment and primary considerations*  
32. *Describe usual usage for each medication*
- M18 Pharmacotherapy II: Advanced Considerations**  
33. *Describe emerging trends in pharmacologic treatment*  
34. *Cite the various forms of harm reduction and relevant issues*
- M19 Pharmacotherapy Case Presentations**  
35. *Develop a pharmacologic treatment plan based on patient presentation and knowledge on medications*
- M20 Maintaining Abstinence**  
36. *Describe common high-risk relapse situations*  
37. *Describe the Abstinence Violation Effect*
- M21 Tobacco Treatment Resources**  
38. *Describe additional resources to enhance treatment efforts*
- M22 Evaluating the Effects of Interventions**  
39. *Cite the reasons for conducting routine program evaluations*  
40. *Describe the advantages and disadvantages of different evaluation approaches*
- M23 Treatment Session 5, 6 and FU Content Review**  
41. *Describe the content to be covered during Treatment Session 5*  
42. *Describe the content to be covered during Treatment Session 6 and Follow-Ups*
- M24 Treatment Session 5, 6 and FU Exercise**  
43. *Demonstrate the capacity to deliver Session 5*  
44. *Demonstrate the capacity to deliver Session 6 and Follow-Ups*
- M25 National Credential**  
45. *Describe methods for gathering and utilizing clinical data*  
46. *Describe national certificate / certification procedures*

# TTS TRAINING PROGRAM AGENDA

TIME	MODULE	NOTES
<b>DAY 1 <i>Treatment Approach; Background Information</i></b>		
7:30 – 8:00	Sign in	
8:00 – 8:30	Welcome and Introductions	CTTTP Survey CE Registration MANUAL p24-27
8:30 – 9:30	1 Treating Tobacco Dependence: Basic Assumptions	MANUAL p10-11
9:30 – 10:15	2 System, Administrative, and Professional Considerations	MANUAL p9
10:15 – 10:30	Break	
10:30 – 11:15	3 Biopsychosocial Model: Tobacco Use in Context	
11:15 – 11:30	4 Treatment Program Overview	
11:30 – 12:15	Lunch	
12:15 – 2:15	5a Tobacco Products, Usage and Impact, part I	
2:15 – 2:30	Break	
2:30 – 3:45	5b Tobacco Products, Usage and Impact, part II	
3:45 – 5:00	6 Improving Motivation for Change	
<b>DAY 2 <i>Clinical Foundations; Assessment and Treatment Planning</i></b>		
7:30 – 8:00	Sign in	
8:00 – 8:30	Jeopardy Review	Jeopardy
8:30 – 10:00	7 Assessment I: Core Factors	MANUAL p28-31
10:00 – 10:15	Break	
10:15 – 11:00	8 Assessment II: Additional Factors	
11:00 – 11:30	9 Intake Session Overview	MANUAL p12-16 Therapist Manual
11:30 – 12:15	Lunch	
12:15 – 1:45	10 Intake Session Exercise <span style="background-color: red; color: white; padding: 2px;">BREAK OUT</span>	MANUAL p8 Case Handouts
1:45 – 2:45	11 Cognitive Behavioral Therapy	
2:45 – 3:00	Break	
3:00 – 4:15	12 Group Therapy	
4:15 – 5:00	13 Treatment Sessions 1 and 2 Content Review	Therapist and Participant Manuals Tear Sheets

TIME	MODULE	MATERIALS
<b>DAY 3</b> <i>Initiation of Treatment; Pharmacotherapy</i>		
7:30 – 8:00	Sign in	
8:00 – 8:30	Jeopardy Review	Jeopardy
8:30 – 9:45	14 Treatment Sessions 1 and 2 Exercise <b>BREAK OUT</b> (a) Selecting Behavioral Coping Strategies, (b) Setting Goals, (c) Scheduled Rate Fading, (d) Medications	Therapist and Participant Manuals
9:45 – 10:00	Break	
10:00 – 10:45	15 Treatment Sessions 3 and 4 Content Review	Therapist and Participant Manuals
10:45 – 12:15	16 Treatment Sessions 3 and 4 Exercise <b>BREAK OUT</b> (a) Selecting Cognitive Coping Strategies, (b) Problem Solving, (c) Relaxation, (d) Goal Setting	Therapist and Participant Manuals
12:15 – 1:00	Lunch	
1:00 – 2:15	17 Pharmacotherapy I: Basic Concepts	Clinical Reference Guide
2:15 – 2:30	Break	
2:30 – 3:30	18 Pharmacotherapy II: Advanced Considerations	MANUAL p17-19, 21-23 Clinical Reference Guide
3:30 – 4:00	19 Pharmacotherapy Case Presentations <b>BREAK OUT</b>	Case Handouts
4:00 – 4:45	20 Maintaining Abstinence	
4:45 – 5:00	21 Tobacco Treatment Resources	MANUAL p20
<b>DAY 4</b> <i>Treatment Completion and Follow-Up</i>		
7:30 – 8:00	Sign in	
8:00 – 8:30	Jeopardy Review	Jeopardy
8:30 – 9:00	22 Evaluating the Effects of Interventions	
9:00 – 9:45	23 Treatment Sessions 5, 6 and Follow-Up Content Review	Therapist and Participant Manuals
9:45 – 10:00	Break	
10:00 – 11:30	24 Treatment Session 5, 6 and Follow-Up Exercise <b>BREAK OUT</b> (a) Relapse Prevention, (b) Relapse Debriefing	Therapist and Participant Manuals
11:30 – 12:00	25 National Credential	Disclosure Forms

**Disclosure:** As mandated by the Accreditation Council for Continuing Medical Education (ACCME) all persons in control of content including speakers participating in this conference have been asked to disclose to the program audience the presence or absence of all relevant financial relationships of all persons in a position to control educational content presented. No planners or speakers have relevant financial relationships to disclose.