

## 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 AND OVERVIEW**

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 AND CESSATION 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: INTEGRATION OF DATA; REPORTING FINDINGS**

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: STRATEGIC CONSIDERATIONS**

21. *Describe differences between group and individual therapy*
22. *Describe the formative stages of groups, and typical patient presentations*

**M13 TREATMENT SESSION 1**

23. *Describe the content to be covered during treatment session 1*
24. *Demonstrate the capacity to deliver this material*

**M14 TREATMENT SESSION 2**

25. *Describe the content to be covered during treatment session 2*
26. *Demonstrate the capacity to deliver this material*

**M15 PHARMACOTHERAPY I: BASIC CONCEPTS**

27. *Identify the common medications used in tobacco treatment and primary considerations*
28. *Describe usual usage for each medication*

**M16 TREATMENT SESSION 3**

29. *Describe the content to be covered during treatment session 3*
30. *Demonstrate the capacity to deliver this material*

**M17 MAINTAINING ABSTINENCE**

31. *Describe common high-risk relapse situations*
32. *Describe the Abstinence Violation Effect*

**M18 TOBACCO TREATMENT RESOURCES**

33. *Describe additional resources to enhance treatment efforts*

**M19 PHARMACOTHERAPY II: ADVANCED CONSIDERATIONS**

34. *Describe emerging trends in pharmacologic treatment*
35. *Cite the various forms of harm reduction and relevant issues*

**M20 PHARMACOTHERAPY CASE PRESENTATIONS**

36. *Develop a pharmacologic treatment plan based on patient presentation and knowledge on medications*

**M21 TREATMENT SESSION 4**

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

**M22 TREATMENT PROGRAM EVALUATION: 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**

41. *Describe the content to be covered during treatment session 5*
42. *Demonstrate the capacity to deliver this material*

**M24 TREATMENT SESSION 6 AND FOLLOW-UP**

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

**M25 FINAL ISSUES: DATA USAGE, AND NATIONAL CREDENTIAL**

45. *Describe methods for gathering and utilizing clinical data*
46. *Describe national certificate / certification procedures*

# TTS TRAINING PROGRAM AGENDA

TIME	MODULE	SOURCE MATERIALS
<b>DAY 1</b> <i><b>Treatment Approach; Background Information</b></i>		
7:30 – 8:00	Breakfast; Sign in	
8:00 – 8:30	Welcome and Introductions	CTTTP Survey CE Registration
8:30 – 9:30	1 Treating Tobacco Dependence: Basic Assumptions and Overview	Slides Program Manual 10, 13-15, 27-35
9:30 – 10:15	2 System, Administrative, and Professional Considerations	Slides Program Manual 9, 11-12
10:15 – 10:30	Break	
10:30 – 11:30	3 Applying the Biopsychosocial Model: Tobacco Use in Context	Slides
11:30 – 11:45	4 Treatment Program Overview	Slides
11:45 – 12:30	Lunch	
12:30 – 2:30	5a Tobacco Products, Usage and Impact, part I	Slides
2:30 – 2:45	Break	
2:45 – 3:45	5b Tobacco Products, Usage and Impact, part II	Slides
3:45 – 5:00	6 Improving Motivation for Change	Slides
<b>DAY 2</b> <i><b>Clinical Foundations; Assessment and Treatment Planning</b></i>		
7:30 – 8:00	Breakfast; Sign in	
8:00 – 9:45	7 Assessment I: Core Factors	Slides Program Manual 37-40
9:45 – 10:00	Break	
10:00 – 11:00	8 Assessment II: Additional Factors	Slides
11:00 – 11:30	9 Intake Session Overview	Program Manual 16-21 Therapist Manual 4-5
11:30 – 12:15	Lunch	
12:15 – 1:45	10 Intake Session Exercise: Integration of Data; Reporting Findings	Program Manual 8 Case Handouts
1:45 – 2:45	11 Cognitive Behavioral Therapy	Slides
2:45 – 3:00	Break	
3:00 – 4:00	12 Group Therapy: Strategic Considerations	Slides
4:00 – 5:00	13 Treatment Session 1 (a) CO Measurement, (b) Medications Review, (c) 'Learned Addiction', (d) Individual Goal Setting, (e) Tear Sheet review	Therapist and Participant Manuals Session 1 Tobacco Use Calendar Tear Sheets 1-4

TIME	MODULE	MATERIALS
<b>DAY 3</b> <i>Initiation of Treatment; Pharmacotherapy</i>		
7:30 – 8:00	Breakfast; Sign in	
8:00 – 9:00	14 Treatment Session 2 (a) Health Risk, (b) Habitual Behavior, (c) Behavioral Coping, (d) Scheduled Rate Fading	Therapist and Participant Manuals Session 2 Tobacco Use Calendar
9:00 – 10:30	15a Pharmacotherapy I: Basic Concepts, part I	Slides Clinical Reference Guide
10:30 – 10:45	Break	
10:45 – 11:30	15b Pharmacotherapy I: Basic Concepts, part II	Slides Clinical Reference Guide
11:30 – 12:15	Lunch	
12:15 – 1:30	16 Treatment Session 3 (a) Relaxation, (b) Cognitive Coping, (c) Individual Goal Setting	Therapist and Participant Manuals Session 3 Tobacco Use Calendar
1:30 – 2:15	17 Maintaining Abstinence	Slides
2:15 – 2:30	Break	
2:30 – 3:00	18 Tobacco Treatment Resources	Program Manual 25
3:00 – 4:30	19 Pharmacotherapy II: Advanced Considerations	Slides Program Manual 22-24 Clinical Reference Guide
4:30 – 5:00	20 Pharmacotherapy Case Presentations	Slides, Case Handouts
<b>DAY 4</b> <i>Treatment Completion and Follow-Up</i>		
7:30 – 8:00	Breakfast; Sign in	
8:00 – 9:30	21 Treatment Session 4 (a) Problem Solving	Therapist and Participant Manuals Session 4 Tobacco Use Calendar
9:30 – 10:00	22 Treatment Program Evaluation: Evaluating the Effects of Interventions	Slides
10:00 – 10:15	Break	
10:15 – 11:30	23 Treatment Session 5 (a) Abstinence Violation Effect, (b) Relapse Crisis Debriefing	Therapist and Participant Manuals Session 5 Tobacco Use Calendar
11:30 – 12:15	Lunch	
12:15 – 1:00	24 Treatment Session 6 and Follow-Up	Therapist and Participant Manuals Session 6 Therapist and Participant Manuals Session Follow-Up Tobacco Use Calendar
1:00 – 1:30	25 Final Issues: Data Usage and National Credential	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: Intake Cases