

Training Program for
**TOBACCO TREATMENT
SPECIALISTS**



Accredited 2022 – 2027
Tobacco Treatment Specialist Training Program

*Council for Tobacco Treatment
Training Programs (CTTTP)*

*Association for the Treatment of
Tobacco Use and Dependence (ATTUD)*

*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

MOD-1	Tobacco Dependence Treatment Fundamentals <ol style="list-style-type: none">1. Describe the components of a comprehensive approach to tobacco control2. Describe approaches to harm reduction
MOD-2	Biopsychosocial Model: Tobacco Use in Context <ol style="list-style-type: none">3. Define the Biopsychosocial model4. Describe the primary components of this model
MOD-3	Improving Motivation for Change <ol style="list-style-type: none">5. Cite common indicators of motivation6. Identify the core components of motivational interviewing
MOD-4	Motivational Interviewing Exercise <ol style="list-style-type: none">7. Demonstrate capacity to interact with client using MI approach and strategies
MOD-5	System, Administrative, and Professional Considerations <ol style="list-style-type: none">8. Identify ethical / legal issues relevant to tobacco dependence treatment9. Describe the professional conventions in providing tobacco treatment services
MOD-6	Tobacco Products, Prevalence and Impact <ol style="list-style-type: none">10. Describe the various tobacco products and usage patterns11. Describe the health, economic and other impacts of tobacco use
MOD-7	Comprehensive Assessment I: Core Factors <ol style="list-style-type: none">12. Cite the core dimensions for clinical assessment13. Describe instruments that may be used for these areas
MOD-8	Comprehensive Assessment II: Additional Factors <ol style="list-style-type: none">14. Identify other useful areas to include in a comprehensive assessment15. Describe instruments that may be used for these areas
MOD-9	Intake Session Overview <ol style="list-style-type: none">16. Describe factors assessed during the intake interview17. Demonstrate scoring of scales and interpretation
MOD-10	Intake Session Exercise <ol style="list-style-type: none">18. Demonstrate the capacity to interpret data from this evaluation
MOD-11	Tobacco Treatment Resources <ol style="list-style-type: none">19. Describe additional resources to enhance treatment efforts
MOD-12	Cognitive-Behavioral Therapy <ol style="list-style-type: none">20. Identify the 3 primary types of triggers with common examples of each21. Describe the primary behavioral and cognitive intervention strategies
MOD-13	Group Therapy <ol style="list-style-type: none">22. Describe differences between group and individual therapy23. Describe the formative stages of groups, and typical patient presentations
MOD-14	CBT Exercise <ol style="list-style-type: none">24. Demonstrate the capacity to utilize cognitive-behavioral therapy techniques
MOD-15	Pharmacotherapy I: Basic Concepts <ol style="list-style-type: none">25. Identify the common medications used in tobacco treatment and primary considerations26. Describe usual usage for each medication
MOD-16	Pharmacotherapy II: Advanced Considerations <ol style="list-style-type: none">27. Describe emerging trends in pharmacologic treatment28. Cite the various forms of harm reduction and relevant issues
MOD-17	Pharmacotherapy Case Presentations <ol style="list-style-type: none">29. Develop a pharmacologic treatment plan based on patient presentation and knowledge on medications

- MOD-18 Maintaining Abstinence**
30. Describe common high-risk relapse situations
31. Describe the Abstinence Violation Effect
- MOD-19 Relapse Prevention Exercise**
32. Demonstrate the capacity to implement relapse prevention strategies
- MOD-20 Evaluating Interventions**
33. Cite the reasons for conducting routine program evaluations
34. Describe the advantages and disadvantages of different evaluation approaches
- MOD-21 Treatment Sessions Overview**
35. Describe the content of the standardized treatment program
- MOD-22 National Credentialing for TTSS**
36. Describe national certificate / certification procedures

UMMC TTS TRAINING PROGRAM AGENDA

DAY 1 – November 10, 2025

7:30 – 8:00	Sign in	
8:00 – 8:30	Welcome and Introductions	CTTP Survey
8:30 – 9:30 Payne	1 Tobacco Dependence Treatment Foundations	
9:30 – 10:15 Payne	2 Biopsychosocial Model: Tobacco Use in Context	
10:15 – 10:30	Break	
10:30 – 11:45 Payne	3 Improving Motivation for Change	
11:45 – 12:30	Lunch	
12:30 – 2:00 Payne Patients: Bell / Lock/Tichenor	4 Motivational Interviewing Role Play Exercise	BREAK OUT
2:00 – 2:45 Payne	5 System, Administrative, and Professional Considerations	Manual 7
2:45 – 3:00	Break	
3:00 – 5:00 Payne	6a Tobacco Products, Usage and Impact: Part I	

DAY 2 – November 11, 2025

7:30 – 8:00	Sign in	
8:00 – 9:15 Payne	6b Tobacco Products, Usage and Impact: Part II	
9:15 – 9:45 Payne / Karam-Hage	Jeopardy Review #1	
9:45 – 10:00	Break	
10:00 – 12:00 Karam-Hage	7 Comprehensive Assessment I: Core Factors	Manual 22-25
12:00 – 12:45	Lunch	
12:45 – 1:30 Karam-Hage	8 Comprehensive Assessment II: Additional Factors	
1:30 – 2:15 Payne	9 Intake Overview	Manual 10-14 Therapist Guide 4-5
2:15 – 2:30	Break	
2:30 – 4:15 Payne / Karam-Hage	10 Intake Exercise	BREAK OUT Manual 6
4:15 – 5:00 Karam-Hage	11 Tobacco Treatment Resources	Manual 18

DAY 3 – November 12, 2025

7:30 – 8:00	Sign in	
8:00 – 9:30 Payne	12 Cognitive-Behavioral Therapy	
9:30 – 10:00 Payne	13 Group Therapy	
10:00 – 10:15	Break	
10:15 – 11:45 Payne / Karam-Hage Patients: Tichenor / Lock	14 CBT Role Play Exercise	BREAK OUT
11:45 – 12:30	Lunch	
12:30 – 1:00 Payne / Karam-Hage	Jeopardy Review #2	
1:00 – 2:30 Odum	15 Pharmacotherapy I: Basic Concepts	Clinical Ref Guide Manual 16-17
2:30 – 2:45	Break	
2:45 – 4:00 Karam-Hage	16 Pharmacotherapy II: Advanced Considerations	Manual 15, 19-21 Clinical Ref Guide
4:00 – 5:00 Odum / Payne / Karam-Hage	17 Pharmacotherapy Exercise	BREAK OUT

DAY 4 – November 13, 2025

7:30 – 8:00	Sign in	
8:00 – 9:00 Payne	18 Maintaining Abstinence	
9:00 – 10:00 Payne Patient: Tichenor	19 Relapse Prevention Role Play Exercise	BREAK OUT
10:00 – 10:15	Break	
10:15 – 10:45 Payne	20 Evaluating Interventions	
10:45 – 11:15 Payne	21 Treatment Sessions Overview	Therapist / Participant Guides
11:15 – 11:45 Payne	Jeopardy Review #3	
11:45 – 12:00 Payne	22 National Credentialing for TTS	Manual 8-9

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