

Training Program for
**TOBACCO TREATMENT
SPECIALISTS**



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)*

*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.***

**Jackson Medical Mall, Suite 611
350 West Woodrow Wilson Drive
Jackson MS 39213**

Tel 601 . 815 . 1180
Fax 601 . 815 . 5986
Web www.act2quit.org
Email dhunter1@umc.edu

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TRAINING MODULES AND OBJECTIVES

- MOD-1 Tobacco Dependence Treatment Fundamentals**
1. Describe the components of a comprehensive approach to tobacco control
 2. Describe approaches to harm reduction
- MOD-2 Biopsychosocial Model: Tobacco Use in Context**
3. Define the Biopsychosocial model
 4. Describe the primary components of this model
- MOD-3 Improving Motivation for Change**
5. Cite common indicators of motivation
 6. Identify the core components of motivational interviewing
- MOD-4 Motivational Interviewing Exercise**
7. Demonstrate capacity to interact with client using MI approach and strategies
- MOD-5 System, Administrative, and Professional Considerations**
8. Identify ethical / legal issues relevant to tobacco dependence treatment
 9. Describe the professional conventions in providing tobacco treatment services
- MOD-6 Tobacco Products, Usage and Impact**
10. Describe the various tobacco products and usage patterns
 11. Describe the health, economic and other impacts of tobacco use
- MOD-7 Comprehensive Assessment I: Core Factors**
12. Cite the core dimensions for clinical assessment
 13. Describe instruments that may be used for these areas
- MOD-8 Comprehensive 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
- MOD-9 Intake Session Overview**
16. Describe factors assessed during the intake interview
 17. Demonstrate scoring of scales and interpretation
- MOD-10 Intake Session Exercise**
18. Demonstrate the capacity to interpret data from this evaluation
- MOD-11 Tobacco Treatment Resources**
19. Describe additional resources to enhance treatment efforts
- MOD-12 Cognitive-Behavioral Therapy**
20. Identify the 3 primary types of triggers with common examples of each
 21. Describe the primary behavioral and cognitive intervention strategies
- MOD-13 Group Therapy**
22. Describe differences between group and individual therapy
 23. Describe the formative stages of groups, and typical patient presentations
- MOD-14 CBT Exercise**
24. Demonstrate the capacity to utilize cognitive-behavioral therapy techniques
- MOD-15 Pharmacotherapy I: Basic Concepts**
25. Identify the common medications used in tobacco treatment and primary considerations
 26. Describe usual usage for each medication
- MOD-16 Pharmacotherapy II: Advanced Considerations**
27. Describe emerging trends in pharmacologic treatment
 28. Cite the various forms of harm reduction and relevant issues
- MOD-17 Pharmacotherapy Case Presentations**
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 TTS**
36. Describe national certificate / certification procedures

UMMC TTS TRAINING PROGRAM AGENDA

DAY 1

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

DAY 2

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

DAY 3

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

DAY 4

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

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