

Day One (8am – 5pm)

Introduction (30 minutes)

- Welcome/introduction
- Review training agenda
- Program overview

Module 1 – Tobacco Fundamentals (1.5 hours)

- Impact of tobacco use and U.S. trends
- Health consequences of tobacco use
- Tobacco and nicotine products
- Tobacco dependence
- Factors contributing to tobacco use

Break (15 minutes)

Module 2 – Priority Populations (1.5 hours)

- Tobacco industry targeting
- Prevalence and patterns of use:
 - Sex & gender
 - Youth, young adults, & older adults
 - Low socioeconomic status
 - Race/ethnicity
 - Behavioral health
- Culturally competent care
- Special considerations

Lunch Break (1 hour)

Module 3 – Motivational Interviewing (2.5 hours)

- *Practice session*
- MI & Tobacco Treatment
- Four processes in MI
- MI demonstration

Break (15 minutes)

Module 4 – Assessment Interview (1.5 hours)

- Stages of change
- 5A's and 2A's and R
- Intake assessment goals
- Diagnostic criteria for tobacco disorders
- RMTTS-C Intake Assessment Form
- *Practice session*

Day Two (8am – 5pm)

Quiz 1 (30 minutes)

- Tobacco Fundamentals
- Priority Populations
- Motivational Interviewing
- Assessment Interview

Module 5 – Pharmacotherapy (1 hour)

- Biology of tobacco dependence
- *Practice session*

Break (15 minutes)

Module 5 – Pharmacotherapy (2.25 hours)

- Cessation pharmacotherapy
- Special considerations
- *Practice session*

Lunch Break (1 hour)

Module 6 – Cognitive & Behavioral Interventions (2 hours)

- Models of behavior change
- Strategies to enhance commitment to change
- *ABC's group activity*
- Group interventions
- *Group discussion*

Break (15 minutes)

Module 7 – Treatment Planning (1.75 hours)

- Treatment plan goals
- SMART goals
- RMTTS-C Treatment Plan Form
- *Practice session*

Day Three (8am – 5pm)

Quiz 2 (30 minutes)

- Pharmacotherapy
- Cognitive & Behavioral Interventions
- Treatment Planning

Module 8 – Relapse Prevention (1 hour)

- Strategies to reduce relapse
- Referrals
- Treatment strategies
- *Group discussion*
- *Practice session*

Break (15 minutes)

Skills Integration (2.25 hours)

- Assessment Interview
- Treatment Planning
- Pharmacotherapy & Counseling
- Relapse Prevention

Lunch Break (1 hour)

Module 9 – Documentation & Evaluation and Professional Resources (1.75 hours)

- Maintaining accurate records
- Coding practices
- Measuring outcomes
- Healthcare reform, coding services and reimbursement
- Identifying resources for referral
- Resources for continuing education
- Researching tobacco dependence

Break (15 minutes)

Module 10 – Ethical Practice and Professional Development (2 hours)

- Ethical practices in tobacco treatment
- Confidentiality
- Cultural competence
- *Cultural self-assessment activity*
- Healthy boundaries
- *Practice session*

Day Four (8:30am – 3pm)

RMTTS-C Final Exam (2 hours)

Oral Exam Prep (30 minutes)

Oral Examination (30 minutes)*

*The oral examination will take a maximum of 20 minutes and is scheduled over a four hour period on Day Four (11:00am–3:00pm). You will sign up the first day of training for a time.