

This four-day program is comprised of ten separate training modules and is generally structured to mirror the chronological process a practitioner might encounter as they work with tobacco-dependent individuals.

Course Outline — Day 1

Module 1: Tobacco Fundamentals

This module serves as an introduction to current knowledge of tobacco use, the scope of the problem, health impact, and the causes and consequences of tobacco use.

Learning Objectives:

1. Describe the impact of tobacco use and U.S. trends
2. Explain health consequences of tobacco use and the benefits of quitting
3. Provide information on tobacco products
4. Describe the physical and behavioral aspects of tobacco dependence
5. Introduce evidence-based tobacco cessation treatment strategies

Module 2: Priority Populations

Identifying and characterizing the specific treatment needs of priority populations with tobacco dependence allows practitioners to have greater impact with patients. This module will teach participants how tobacco use and dependence varies between sub-populations of individuals, and how to develop evidence-based treatment strategies for certain priority populations.

Learning Objectives:

1. Describe tobacco industry targeting
2. Review prevalence and patterns of tobacco use for priority populations
3. Discuss treatment strategies specific to each population
4. Discuss culturally competent counseling

Module 3: Motivational Interviewing

Motivational interviewing is a collaborative conversation style for strengthening a person's own motivation and commitment to change. This module will give participants instruction on using the MI approach to motivate individuals to change.

Learning Objectives:

1. Explore ways to enhance behavior change by using the motivational interviewing approach
2. Learn strategies to use MI to treat tobacco dependence
3. Demonstrate use of strategies to enhance commitment to change

Module 4: Assessment Interview

Conducting an effective assessment interview is a critical first step in helping individuals overcome tobacco dependence. This module will give participants concrete steps to obtain comprehensive and accurate data needed for treatment planning.

Learning Objectives:

1. Identify ways to begin work with individuals who may or may not be ready to change their tobacco use behaviors
2. Learn strategies to effectively complete a thorough assessment interview
3. Develop skills to obtain information, assess tobacco use, build rapport and engage in consultation and make referrals using a typical intake assessment
4. Review diagnostic criteria for tobacco-related disorders

Course Outline — Day 2

Module 5: Pharmacotherapy

This module provides information on the physiology of tobacco dependence as well as a comprehensive array of pharmacological treatment strategies to mediate the effects of withdrawal symptoms of tobacco cessation.

Learning Objectives:

1. Describe the biology of tobacco dependence
2. Describe the symptoms and duration of nicotine withdrawal
3. Provide information on all approved medications, combination therapy, and considerations for specific groups

Module 6: Cognitive & Behavioral Interventions

This module provides a comprehensive array of treatment approaches for treating the psychological and behavioral components of tobacco dependence. Participants will receive training on how to effectively apply counseling theories and strategies to facilitate an individual's commitment to change.

Learning Objectives:

1. Review counseling interventions recommended by the Public Health Service in the Clinical Practice Guideline
2. Learn processes and practices for cognitive and behavioral interventions and group interventions

Module 7: Treatment Planning

This module is designed to instruct participants on how to use information obtained during the assessment interview to create an appropriate, effective, and individualized treatment plan.

Learning Objectives:

1. Create individualized treatment plans based on information gathered through the assessment interview
2. Demonstrate ability to complete a collaborative treatment plan using evidence-based strategies

Course Outline — Day 3

Module 8: Relapse Prevention

Providing ongoing support for tobacco-dependent persons involves strategies for coping with relapse. This module will instruct participants on methods to reduce relapse and provide modified treatment plans.

Learning Objectives:

1. Learn about relapse prevention
2. Discuss strategies/skills to reduce relapse
3. Identify appropriate referrals
4. Review treatment strategies for someone who has relapsed

Skills Integration: Practice Session

Training participants have the opportunity to practice implementation of knowledge and skills using case vignettes.

1. Practice skills presented in the RMTTS-C training
2. Experience the assessment interview, treatment planning, counseling, and relapse prevention from different perspectives
3. Receive and provide feedback to facilitate learning and integration of information

Module 9: Documentation, Evaluation, and Professional Resources

Documenting tobacco use and keeping comprehensive, organized records of individual progress is important for individual treatment as well as program evaluation.

Learning Objectives:

1. Learn how to maintain accurate records and implement protocols to track follow-up
2. Learn about standardized methods for measuring outcomes
3. Learn about accepted coding practices and reimbursement for treatments
4. Identify community resources for referral
5. Provide resources for individuals
6. Professional resources

Course Outline — Day 3 (cont.)

Module 10: Ethical Practice and Professional Development

Keeping abreast of ethical practices and the latest developments in tobacco dependence treatment strategies keeps professionals at the forefront of their field. This module is designed to introduce participants to resources for continued professional development and consistent, ethical practice.

Learning Objectives:

1. Identify ethical practices in tobacco treatment
2. Review guiding principles for ethical practice
3. Explore ways to maintain professional standards of practice, including informed consent and confidentiality, cultural competence and professional boundaries