

Tobacco Dependence Treatment

Advanced Training Course

Overview

This two-day course provides advanced training for stop smoking practitioners in tailoring **tobacco dependence treatment** for people who smoke, particularly those in priority groups. The course is built upon evidence-based behaviour change techniques and informed by best practices.

Whilst overall population smoking prevalence has declined, rates of smoking remain stubbornly high among priority groups, contributing to significant health inequalities. This course will build on stop smoking practitioner core competences to support the delivery of **flexible, person-centred tobacco dependence support tailored to the needs of individuals**.

The course uses presentations, case studies, film clips, group work and experiential-based learning techniques.

Pre-course requirements

This course is intended for those that have successfully completed the NCSCT online practitioner training and assessment programme. They should also have attended an in-person (virtual or face-to-face) core competency course in behavioural support for smoking cessation (covering the core competences included in the Competency Framework for Stop Smoking Practitioners).

Course length and delivery method

The course is **two days**, with a **9:00–9:15 arrival for a 9:30 start**. Both days finish at **16:30**.

Aim

The course will increase participants' knowledge, skills and confidence in the delivery of **individually tailored tobacco dependence treatment for people who smoke, particularly those in priority groups**, using an evidence-based behavioural support programme.

Learning objectives

At the end of the course, participants will:

1. Be able to describe the rationale, principles and best practices for tailoring tobacco dependence treatment to clients' individual needs.
2. Be able to identify and address barriers to client engagement and stopping smoking.
3. Display confidence and competence in the delivery of tailored tobacco dependence treatment, including:
 - Assessing client needs and tailoring tobacco dependence treatment for both abrupt quitting and Cut Down to Stop (CDTS) approaches.
 - Continuous assessment and agility to adjust the treatment plan, level of behavioural support, behaviour change techniques and stop smoking aids in line with client needs.
 - Delivering behavioural support that is sensitive to clients' presentations and life circumstances (social, environmental, physical and psychological).
 - Promoting effective use of stop smoking aids that are appropriate to the treatment plan (abrupt quitting or CDTS), with consideration of factors that can affect compliance and treatment response, and reflect this in the advice provided.
 - Assessing response to stop smoking aids in relation to withdrawal symptom management and adjusting as appropriate, including combining stop smoking aids with different mechanisms of action and high-dose nicotine replacement therapy (NRT) where appropriate.
 - Assessing and addressing low motivation and ambivalence.
 - Maximising client confidence in their own ability to stop smoking.
 - Maximising capacity and skills for exercising self-control.
 - Preventing and responding to relapse.
 - Addressing stalled progress in the treatment plan.
 - Planning for and closing the behavioural support programme for clients who have successfully stopped and those who have not.
4. Be knowledgeable about issues that may arise during the delivery of tobacco dependence treatment, including interactions between smoking and physical and mental health medications, adapting service delivery in consideration of the presentation of clients, cognitive function, co-addictions and life circumstances.

Timetable

Day 1

Time	Agenda
09:15	Course registration
09:30	Welcome: introductions, aims and objectives
10:00	Inequalities, smoking and stopping: changing lives
11:00	Comfort break
11:15	Inequalities, smoking and stopping: changing lives (continued)
11:30	START: a new framework for reducing service and interpersonal barriers
12:45	Lunch
13:30	Initial assessment: building a person-centred stop smoking plan
15:00	Comfort break
15:15	Initial assessment: building a person-centred stop smoking plan (cont.)
16:15	Summary
16.30	Depart course

Timetable

Day 2

Time	Agenda
09:30	Review of day 1 and introduction to day 2
10:00	Cut down to stop
11:00	Comfort break
11:15	Cut down to stop (cont.)
11:45	Tailoring stop smoking aids to client need
12:45	Lunch
13:30	Tailoring stop smoking aids to client need (cont.)
14:00	Mental health, smoking and stopping: changing lives and interactions with medications
14:20	Follow-up sessions: staying on track and preventing relapse
15:00	Comfort break
15:15	Practitioner case studies
16:00	Professional practice: ongoing CPD, reflective practice and support
16:15	Summary
16:30	Depart course