

Tobacco Dependence Treatment

Core Skills Training Course

Overview

NCSCT online and face-to-face courses are evidence-based and proven to increase practitioners' clinical skills.

This two-day virtual course for up to 20 delegates concentrates on the behaviour change techniques that add the most value to quit attempts, specifically: building rapport, boosting motivation and self-efficacy, use of stop smoking medications, using carbon monoxide monitoring as a motivational tool, the 'not-a-puff' rule and eliciting client commitment.

The course utilises presentations, film clips, group work and experiential-based learning techniques.

Pre-course requirements

Prior to the course, participants are required to complete the NCSCT online *Stop smoking practitioner training and assessment programme*.

The course is available here: <https://elearning.ncsct.co.uk/england>.

Course length and delivery method

The course is **two days**, with a **9:15 arrival** on day 1. Both days finish at **16:30**.

Attendance in full is required to receive the course attendance certificate.

The course is delivered via **Zoom**. Instructions and the access link will be sent to participants after they have registered for the course and technical support will be available from **8:45** on the day of the training.

Participants are required to have access to a camera and microphone and to use these throughout the course.

Aim

To increase participants' confidence and skills in the delivery of individual stop smoking interventions using evidence-based behavioural techniques.

For participants who are new to the stop smoking practitioner role, this course will provide a foundation for developing confidence in the skills and competences required to support clients with stopping smoking; for more experienced attendees, the aim will be to build on existing skills and competences.

Learning objectives

At the end of the course, attendees will be able to display competence in:

1. Undertaking assessments: assessing commitment, readiness and ability to quit, current smoking, past quit attempts and nicotine dependence
2. Planning behavioural support: using relevant information from a client to tailor behavioural support
3. Delivering behavioural support:
 - Directly addressing motivation in relation to smoking and stopping smoking
 - Maximising client confidence in their ability to quit
 - Maximising capacity and skills for exercising self-control
 - Promoting effective stop smoking aid use and other supporting activities
 - Addressing barriers and smoking cues
 - General communication
 - Eliciting client commitment
4. Closing the behavioural support programme

Timetable

Day 1

Time	Agenda
09.15 – 09:30	Course registration
09:30	Welcome and introduction
10:15	Core communication skills (part 1)
11:00	Comfort break
11:15	Core communication skills (part 2)
12:45	Lunch
13:30	Pre-quit assessment session
15:00	Comfort break
15:15	Vaping and other technologies
16:15	Review of the day
16.30	Depart course

Timetable

Day 2

Time	Agenda
09:15	Enter course
09:30	Introduction to day 2
09:45	Stop smoking aids (part 1)
11:00	Comfort break
11:15	Stop smoking aids (part 2)
11:45	Quit date session
13:00	Lunch
13:45	Post-quit sessions (part 1)
15:00	Comfort break
15:15	Post-quit sessions (part 2)
16:00	Review of the course, summary and close
16:30	Depart course