

Training Program for
**TOBACCO TREATMENT
SPECIALISTS**



Accredited 2022 – 2027
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.***

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TRAINING GOAL

To train eligible professionals to become Tobacco Treatment Specialists, capable of delivering intensive clinical services to patients who use tobacco and have complex presentations. Those services are expected to be consistent with the competency standards set forth by the Association for the Treatment of Tobacco Use and Dependence (ATTUD).

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, Prevalence 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 – April 27, 2026			DAY 3 – April 29, 2026		
7:30 – 8:00	Sign in		7:30 – 8:00	Sign in	
8:00 – 8:30	Welcome and Introductions	CTTP Survey	8:00 – 9:30 Payne	12 Cognitive-Behavioral Therapy	
8:30 – 9:30 Payne	1 Tobacco Dependence Treatment Foundations		9:30 – 10:00 Payne	13 Group Therapy	
9:30 – 10:15 Payne	2 Biopsychosocial Model: Tobacco Use in Context		10:00 – 10:15	Break	
10:15 – 10:30	Break		10:15 – 11:45 Payne / Karam-Hage Patients: Tichenor / Lock	14 CBT Role Play Exercise	BREAK OUT
10:30 – 11:45 Payne	3 Improving Motivation for Change		11:45 – 12:30	Lunch	
11:45 – 12:30	Lunch		12:30 – 1:00 Payne / Karam-Hage	Jeopardy Review #2	
12:30 – 2:00 Payne Patients: Bell / Lock/Tichenor	4 Motivational Interviewing Role Play Exercise	BREAK OUT	1:00 – 2:30 Odem	15 Pharmacotherapy I: Basic Concepts	Clinical Ref Guide Manual 16-17
2:00 – 2:45 Payne	5 System, Administrative, and Professional Considerations	Manual 8	2:30 – 2:45	Break	
2:45 – 3:00	Break		2:45 – 4:00 Karam-Hage	16 Pharmacotherapy II: Advanced Considerations	Manual 16, 20-22 Clinical Ref Guide
3:00 – 5:00 Payne	6a Tobacco Products, Usage and Impact: Part I		4:00 – 5:00 Odem / Payne / Karam-Hage	17 Pharmacotherapy Exercise	BREAK OUT
DAY 2 – April 28, 2026			DAY 4 – April 30, 2026		
7:30 – 8:00	Sign in		7:30 – 8:00	Sign in	
8:00 – 9:15 Payne	6b Tobacco Products, Usage and Impact: Part II		8:00 – 9:00 Payne	18 Maintaining Abstinence	
9:15 – 9:45 Payne / Karam-Hage	Jeopardy Review #1		9:00 – 10:00 Payne Patient: Tichenor	19 Relapse Prevention Role Play Exercise	BREAK OUT
9:45 – 10:00	Break		10:00 – 10:15	Break	
10:00 – 12:00 Karam-Hage	7 Comprehensive Assessment I: Core Factors	Manual 23-26	10:15 – 10:45 Payne	20 Evaluating Interventions	
12:00 – 12:45	Lunch		10:45 – 11:15 Payne	21 Treatment Sessions Overview	Therapist / Participant Guides
12:45 – 1:30 Karam-Hage	8 Comprehensive Assessment II: Additional Factors		11:15 – 11:45 Payne	Jeopardy Review #3	
1:30 – 2:15 Payne	9 Intake Overview	Manual 11-15 Therapist Guide 4-5	11:45 – 12:00 Payne	22 National Credentialing for TTS	Manual 9-10
2:15 – 2:30	Break				
2:30 – 4:15 Payne / Karam-Hage	10 Intake Exercise	BREAK OUT Manual 7, 32-34, 35-37			
4:15 – 5:00 Karam-Hage	11 Tobacco Treatment Resources	Manual 19			

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