



# Smoking Cessation Training for Health, Community and Education Professionals

We offer a range of training packages from two hours to half-a-day, through to our more extensive one to two days' training.

All our training programs can be tailored to suit the particular organisation, setting, time constraints and needs of the workplace – shorter sessions can also be delivered upon request. Please see below for further details.

## ***Two Hours Smoking Cessation Training Outline***

If you work in an organisation where you are pressed for time and are not able to offer extended support, but would like information on brief intervention, then our two hour program is ideal for you.

The two hour training program provides participants with information on:

- understanding addiction and identifying the client's/young person's smoking behaviour
- engaging clients/young people in the smoking conversation in three to five minutes (brief intervention), as part of routine care
- providing clients/young people with valuable quitting tips including information on the use of pharmacotherapy (quitting medications)
- highlighting the support services available for clients/young people to access

In this training, we provide you with background information to help support your work with clients/young people through brief intervention, and practical strategies to guide your clients/young people towards action.

## ***Half Day Smoking Cessation Training Outline (3.5hrs)***

If you work in an organisation where you are able to offer a little more support to your clients/young people, and, would like to increase your knowledge and skills to enable you to do this, then our half day program is ideal for you.

The half day training program provides participants with information on:

- the smoking climate and the important role you play
- understanding addiction and smoking behaviour
- assessing your client's/young person's readiness to change through the transtheoretical model of behaviour change
- engaging clients/young people in the smoking conversation in 3 – 5 minutes as part of routine care
- understanding the challenges of quitting (a brief introduction)
- understanding the use of pharmacotherapy and managing relapse (a brief introduction)
- highlighting the support services available for clients/young people to access

In this program, we provide you with more background information to support your work including the challenges of quitting an addiction, some easy to use behaviour change strategies and an introduction on how to manage relapse.

### ***One Day Smoking Cessation Training Outline (9am – 4pm)***

If you would like to increase your confidence, knowledge and skills to enable you to provide more extended support, then our one day program is ideal for you.

The one day training program provides participants with information on:

- the smoking climate and the important role you play
- understanding addiction and identifying your client's/young person's smoking behaviour
- assessing your client's/young person's readiness to change through the transtheoretical model of behaviour change
- utilising motivational interviewing to focus on, explore and resolve a client's/young person's ambivalence
- engaging clients/young people in the smoking conversation in 3 – 5 minutes as part of routine care
- exploring the challenges of quitting (weight gain, stress) and working with complex clients/young people
- the benefits of mindfulness and quitting (a brief introduction)
- understanding the use of pharmacotherapy and recommendations for its proper usage
- electronic cigarettes - their safety, effectiveness and recommendations
- highlighting the support services available for clients/young people to access

In this one day program, we provide you with detailed information to help support your work with clients/young people including the important role of motivational interviewing and how to use it in practice to help facilitate and motivate change.

We further explore the challenges of quitting (including relapse prevention) and provide practical strategies to help clients/young people deal with such challenges. We discuss the use of pharmacotherapy in greater detail.

We provide many opportunities in the one day program for reflection and review, with non-threatening group activities incorporated throughout the day.

### ***Two Days Smoking Cessation Training Outline (9am – 4pm on both days)***

If you would like to provide your clients/young people with extended or brief smoking cessation support, and wish to learn more about addiction, motivational interviewing, the challenges of quitting, mindfulness, pharmacotherapy, electronic cigarettes and relapse prevention, then this program is ideal for you.

### **This two day program will increase your smoking cessation intervention:**

- Confidence
- Knowledge
- Skills

### **With this program, you will become a Smoking Cessation Champion within your organisation/school!**

The two day training program provides participants with information on:

- the smoking climate, the tobacco industry and the important role you play
- understanding addiction (including the physiology of nicotine), and helping clients/young people identify their smoking triggers
- assessing an individual's readiness through the transtheoretical model of behaviour change
- understanding smoking behaviour and mental health; helping individuals with complex needs
- motivational interviewing focusing on exploring and resolving ambivalence to motivate change
- the benefits of mindfulness and quitting, focusing on a client's/young person's values and a commitment to action
- easy to use behaviour change strategies guiding the individual to action
- engaging clients/young people in the smoking conversation in 3 – 5 minutes as part of routine care: an international evidence based framework (the 5As)
- the challenges of quitting an addiction (including managing weight gain, stress, anger, grief and loss, and other upsetting emotions)
- understanding pharmacotherapy and recommendations for its proper usage
- electronic cigarettes - their safety, effectiveness and recommendations
- managing relapse and remaining smokefree in the long term
- highlighting the support services available and offering appropriate referrals

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In this two day program, we will provide you with comprehensive information to support your efforts with clients/young people, through the use of motivational interviewing and mindfulness to support and encourage clients to commit to action, i.e. to make positive changes to their current smoking behaviour.

We will provide you with an evidence-based framework where you can engage with clients/young people as part of routine care as well as provide extended assistance, with confidence.

We discuss the physiology of nicotine addiction and the challenges of quitting in greater detail, and offer practical tips and suggestions to support you and your clients/young people, including working with clients/young people who have complex needs. The proper use of medications and relapse prevention is also discussed in further detail.

The two day program provides many opportunities for reflection and review, with non-threatening group activities incorporated throughout the day to facilitate and support adult learning.

### ***Interested and would like a quote?***

For a free, no obligation quote on one, or all our training programs, please [contact us](#).