



**UNIVERSITY OF MASSACHUSETTS CHAN MEDICAL SCHOOL  
CENTER FOR TOBACCO TREATMENT RESEARCH AND TRAINING  
TOBACCO TREATMENT SPECIALIST (TTS) TRAINING**

**Course Description**

**Goals and Learning Objectives**

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# Course Overview: Tobacco Treatment Specialist Training

## Course Description

University of Massachusetts's Tobacco Treatment Specialist (TTS) Training is an online asynchronous/in-person hybrid course that prepares participants to deliver evidence-based treatment for individuals with tobacco use disorder. The curriculum addresses a set of core competencies defined first by the Massachusetts Certification Steering Committee and further delineated by the Association for the Treatment of Tobacco Use and Dependence (ATTUD). Successful completion meets the tobacco treatment training requirement for the National Certificate in Tobacco Treatment Practice and two national certifications (ATTUD/AHA and NAADAC).

**TTS Training Part 1** is a 10 hour online asynchronous training that covers the determinants of tobacco use disorder, including biological, psychological, and social aspects; the physical and behavioral health impact of tobacco use; and best practices for systems to support treatment of tobacco use disorder.

**TTS Training Part 2** is an intensive 3-day, in-person or virtual, evidence-based training covering pharmacotherapy; counseling skills; cognitive and behavioral strategies to assist tobacco users in quitting; and intake, assessment, and treatment planning.

## Goal of the Course

This two-part hybrid training will prepare participants to deliver evidence-based, moderate to intensive treatment interventions for individuals with tobacco use disorder within a health care or community setting.

## Course Learning objectives

1. Describe the overall scope of the tobacco problem, including its impact on the health of tobacco users and non-tobacco users, disparities in prevalence rates, and the disproportionate toll of tobacco use among vulnerable populations.
2. Understand the biological, psychological, and social/environment determinants of tobacco use disorder.
3. Define effective modalities for treatment of tobacco use disorder.
4. Describe evaluation techniques for tobacco use disorder treatment programs.
5. Identify available resources to assist with delivering interventions and professional development.
6. Understand the core competencies that are demonstrated by tobacco treatment specialists.
7. Demonstrate the knowledge and skills to effectively implement motivationally-oriented counseling strategies that promote readiness to change and subsequent abstinence in individuals who have tobacco use disorder.
8. Describe the application of principles of evidence-based practice in the use of pharmacotherapy to treat tobacco use disorder.
9. Understand the cognitive and behavioral intervention strategies to assist smokers through the pre-cessation, cessation, relapse prevention, and relapse recovery phases of quitting smoking.

10. Demonstrate the ability to assess clients who use tobacco to determine effective strategies for quitting tobacco use and to develop a tailored treatment plan to help clients achieve long-term abstinence.

## **Module 1: Overview of the Tobacco Problem**

### **Module Description**

Tobacco use is a major public health problem and the leading cause of preventable illness and death in the United States. Module 1 will provide an overview of the tobacco problem including a review of the types of tobacco products and global and US tobacco use trends. Finally, we will review evidence-based strategies for Comprehensive Tobacco Control Programs.

### **Goal of the module**

The goal of this module is to help the tobacco treatment specialist understand the prevalence of use of tobacco products and a framework for understanding comprehensive tobacco control.

### **Learning objectives**

1. Discuss the history of tobacco use in the U.S.
2. Describe prevalence of tobacco use in the U.S. and globally.
3. List the types of tobacco products.
4. Describe components of comprehensive tobacco control, including regulations.

## **Module 2: Tobacco Use Disorder and Physical Health**

### **Module Description**

According to the 2014 Surgeon General’s report “The Health Consequences of Smoking—50 Years of Progress,” tobacco use is the leading cause of preventable disease, disability, and death in the U.S. This module will review what the physical health consequences are from tobacco use and from exposure to second hand smoke. It will also review the health benefits of quitting tobacco use.

### **Goal of the module**

Provide tobacco treatment specialists with knowledge of the impact of tobacco use to the physical health of tobacco users and non-users.

## Learning objectives

1. List the leading causes of death in the U.S.
2. Describe the anatomy, ingredients, and by-products of a cigarette, e-cigarette, and smokeless tobacco.
3. Discuss the effect of tobacco on the various systems of the body.
4. Discuss tobacco effects specific to women/children/infants.
5. Describe the effects of Environmental tobacco smoke (ETS).
6. List the health benefits of quitting smoking and tobacco use.

## Module 3: Tobacco Use Disorder and Behavioral Health

### Module Description

Behavioral health disorders, including substance use disorder and mental illness, frequently occur with tobacco use disorder. The prevalence of tobacco use among individuals with behavioral health disorders is very high due to a complex interplay of systems, environment, and individual factors. Tobacco treatment specialists will need to understand the factors impacting treatment of individuals with behavioral health disorders in order to work effectively with this population.

### Goal of the module

Provide tobacco treatment specialists an understanding of the relationship of tobacco use disorder with behavioral health.

### Learning objectives

1. Identify disparities regarding tobacco use, provision of treatment services, and health impact of tobacco use disorder on populations with behavioral health disorders.
2. Identify systems and environment influences on the provision of tobacco treatment disorder services.
3. Describe tobacco-related concerns with respect to specific behavioral health conditions, including mental health diagnoses and substance use disorders.

## Module 4: Describing Tobacco Use Disorder

### Module Description

Tobacco use disorder is recognized as a chronic, relapsing condition similar to that of other substance use disorders. Most who use tobacco want to quit but find it difficult because of the

addictive nature of tobacco. Clinical approaches to dealing with tobacco should be grounded in a general understanding of addictions and specific approaches to tobacco treatment. This module will provide an overview of the biological, social and psychological aspects that interact to drive people to continue the use of a substance despite negative consequences. We will explore the definition, nature, and accepted measures of nicotine dependence, and review the criteria for nicotine dependence.

## **Goal of the module**

Provide tobacco treatment specialists with an understanding of the Biopsychosocial Model to better understand nicotine dependence.

## **Learning objectives**

1. Describe the Biopsychosocial Model.
2. List the key features of tobacco use disorder as defined by the DSM 5.
3. Describe nicotine withdrawal signs and symptoms.
4. Apply accepted measures of tobacco dependence.

# **Module 5: The Biology of Tobacco Use Disorder**

## **Module Description**

This module will provide information about the biological aspect of tobacco use disorder including nicotine's effect on brain chemistry including the role of dopamine in the reward pathway, the impact of repeated nicotine use on nicotinic acetylcholine receptors, and the development of tolerance and dependence.

## **Goal of the module**

To provide tobacco treatment specialists with knowledge of the biological basis for tobacco use disorder and how this impacts treatment.

## **Learning objectives**

1. Describe the biological factors associated with tobacco use disorder and its continued use.
2. Describe the characteristics of nicotine that contribute to tobacco dependence.

## **Module 6: Psychological Factors and Tobacco Use Disorder**

### **Module Description**

This module will provide information about the psychological aspect of tobacco use disorder including an understanding of the Stages of Change model, the tobacco dependence cycle, and impact of beliefs, thoughts, and emotions of the tobacco user on tobacco use.

### **Goal of the module**

To provide tobacco treatment specialists with knowledge of the psychological basis for tobacco use disorder and how this impacts treatment.

### **Learning objectives**

1. Describe the roles of learning and conditioning in the development and maintenance of tobacco use.
2. List other psychological factors that influence tobacco use.
3. Define and describe the Stages of Change model.

## **Module 7: Social, Cultural, and Environmental Influences on Tobacco Use Disorder**

### **Module Description**

This module will provide information about the impact of social, cultural and environmental influences on tobacco use disorder including how culture and racial, economic, and demographic disparities impact tobacco use.

### **Goal of the module**

To provide tobacco treatment specialists with an understanding of the important roles played by culture, social factors, and our environment on tobacco use disorder and how they impact treatment.

### **Learning objectives**

1. Describe disparities that exist in tobacco use.



2. Define culture and diversity.
3. List social factors that influence tobacco use.
4. List environmental factors that influence tobacco use.

## **Module 8: Guidelines for Systems**

### **Module Description**

Effective treatment of tobacco use disorder requires integration of agency policies and protocols with the skill of individual providers. The role of a tobacco treatment specialist may vary depending upon the setting and other professional training of the individual clinician. This module will address systems level issues, including elements of program protocol, evaluation, and potential barriers and facilitators. Professional responsibilities will be discussed including ethical standards, the role of clinical supervision and self-care issues for the treating professional, setting boundaries and termination of treatment. Opportunities for professional development will be described.

### **Goal of the module**

The goal of this module is to help the tobacco treatment specialist understand their role within a system and provide information regarding the basic elements of program management.

### **Learning objectives**

1. Identify evidence-based tobacco use disorder treatment modalities.
2. Discuss systems and program implementation.
3. Describe strategies that support tobacco treatment delivery in different settings, including guidelines, quality measures, and billing.
4. Name and describe brief interventions for tobacco use disorder, including the 5As and AAR models.
5. Identify strategies for program evaluation.
6. Identify methods for creating change within an organizational environment.
7. Complete an action plan to take back to your workplace that will help guide tobacco treatment planning efforts.

## **Module 9: Role of the Tobacco Treatment Specialist and Additional Resources**

### **Module Description**

A variety of resources are available to TTS in order to support working with clients, including outside resources for counseling, education, and financial assistance for medication. Profession

development is an important part of working as a TTS, and resources are available to further understanding and knowledge of tobacco use disorder and effective interventions.

## Goal of the module

Understand the role of and code of ethics/core competences for tobacco treatment specialists. Identify variety resources available for helping clients; identify resources for professional development.

## Learning objectives

1. Define the role of a Tobacco Treatment Specialist (TTS)
2. Describe the Core Competences and Code of Ethics for TTS
3. List resources available to clients for:
  - a. Phone counseling for treatment of tobacco use disorder.
  - b. Text messaging/computer counseling for treatment of tobacco use disorder.
  - c. Help with medications.
4. List resources available to tobacco treatment specialists.
5. Identify resources for professional development.

## Module 10: Counseling Skills: Introduction to Motivational Interviewing

### Module Description

This module covers principles of effective counseling for health-risk reduction by lifestyle change. In particular, participants will learn how to engage and assist individuals seeking to modify their use of tobacco and nicotine. These lessons are presented within the larger context of our current knowledge regarding a number of related topics including: Natural recovery and the stages of change, motivation, discord, and behavioral self-control. The penultimate goal is to teach health care professionals how to have constructive conversations with individuals regarding the why's, when's, and how's of smoking cessation and the reduction in nicotine use.

There is perhaps nothing more frustrating to the conscientious and committed health care professional than the failure of individuals to heed sound healthcare advice regarding the modification of their nicotine use. Well known is the fact that most clients do not comply with even the simplest and most straightforward health care directive. Health care providers advise, lecture, confront, exhort, and even try to shame smokers into compliance; all to little avail. It's as if with every provider expression of concern, the client digs further into the crater of maintaining current behaviors. What is left to do?

Motivational Interviewing (Miller & Rollnick, 1991, 2002, 2013, 2023) is a style of talking with patients about health-risk reduction and behavior change that integrates the principles of patient-centered medicine, client-centered psychotherapy, and social learning theory. Based upon the tenet that most individuals already have the requisite skills to successfully modify lifestyle and

decrease health-risk, MI employs strategies that will enhance the patient's own motivation for and commitment to change. Motivational Interviewing integrates an empathic, non-confrontational style of interviewing with powerful behavioral strategies for helping clients convince themselves that they ought to change. Consequently, discord is minimized, self-motivation maximized, and treatment compliance and behavior change secured.

Motivational Interviewing provides an effective alternative to coercion, confrontation, and exhortation as a means of promoting behavior change and treatment compliance in the nicotine-dependent individual. The principles and strategies of Motivational Interviewing provide the backbone for this course, organizing a broad knowledge base and skill set pertaining to counseling the individual with tobacco use disorder.

## **Goal of the module**

To provide tobacco treatment specialists with the requisite knowledge and skills to effectively implement motivationally-oriented counseling strategies that promote readiness to change and subsequent abstinence in individuals who have tobacco use disorder.

## **Learning objectives**

1. Assess readiness to change.
2. Define characteristics and process of motivational interviewing.
3. Demonstrate the basic skills of motivational interviewing.
4. List the categories of change talk.
5. Describe how to negotiate an action plan.

# **Module 11: Pharmacotherapy for the Treatment of Tobacco Use Disorder**

## **Module Description**

The Public Health Service guideline recommends that all tobacco users trying to quit be offered pharmacotherapy. There are currently seven first-line medications approved by the FDA for use in smoking cessation: five nicotine replacement products; bupropion, an anti-depressant; and varenicline, a partial nicotine agonist. While the effectiveness of each product has been demonstrated there are multiple factors to be considered when choosing the appropriate pharmacotherapy for each individual.

The principles of evidence-based medicine will be reviewed and applied to the pharmacologic treatment of tobacco use disorder. This module will provide an overview of factors specific to each medication (agent factors), individual client considerations, and medical issues to be addressed when recommending a course of therapy.

The anticipated effects of the seven first-line tobacco treatment medications for patients with the following conditions will be discussed: Cardiovascular Disease (CVD), Chronic Obstructive Pulmonary Disease (COPD), Diabetes Mellitus (DM), Substance Use Disorders, and select Mental Illnesses. The use of these medications for special populations including pregnant and lactating women and adolescents also will be reviewed.

## Goals of the module

1. Provide tobacco treatment specialists with the knowledge required to apply the principles of evidence-based practice in the use of pharmacotherapy to treat tobacco use disorder.
2. Provide sufficient background information regarding considerations when recommending pharmacotherapy for clients with CVD, COPD, DM, Substance Use Disorders, and select Mental Illnesses, clients who are pregnant or nursing, and adolescents.

## Learning objectives

1. Describe various types of NRT and Non NRT medications available, how they work & general guidelines for use.
2. Describe and apply evidence-based medicine principles to pharmacological treatment for nicotine dependence.
3. Explain the anticipated effects of the available pharmacologic treatment in select medical conditions.
4. List additional special concerns and issues that affect the choice of pharmacologic treatment.
5. Apply knowledge of the use of pharmacotherapy to hypothetical cases.

# Module 12: Counseling Interventions

## Module Description

Building upon the counseling skills practiced during Module 11, this module will provide basic knowledge about the process of quitting smoking and will present tobacco treatment from within a social learning perspective. 6 components to be addressed in tobacco treatment will be discussed, along with effective tobacco treatment strategies for each. Lifestyle changes that support quitting smoking and a generally healthy lifestyle will be discussed. The empirical basis for treatment strategies discussed will also be provided. This module will provide the requisite knowledge and skills to allow tobacco treatment specialists to assist persons who use tobacco/nicotine to quit and remain abstinent and will include an emphasis on tailoring treatments to the client's readiness for change, level of nicotine dependence, psychiatric co-morbidity, and cultural considerations.

## Goals of the module

1. To provide tobacco treatment specialists with knowledge of and the empirical basis for tobacco treatment strategies, ranging from minimal contact to intensive intervention.
2. To provide tobacco treatment specialists with the necessary skills to assist persons who use tobacco/nicotine products through the recovery process.

## **Learning objectives**

1. Describe foundation concepts that will support tobacco treatment approaches (stages of change, spirit of MI, cognitive behavioral therapy, mindfulness, the recovery process is a learning process)
2. Identify 6 components that can be addressed during tobacco treatment, and strategies to support each component. The components are 1. Building and maintaining motivation 2. Increasing awareness 3. Pattern changing and skill development 4. Preparation and planning 5. Adjusting (once tobacco use has stopped) 6. Relapse prevention
3. Explore the integration of MI into later phases of treatment (cessation, relapse prevention, and relapse recovery)
4. Review treatment considerations for priority populations.

## **Module 13: Intake, Assessment and Treatment Planning**

### **Module Description**

To understand and treat your clients who use tobacco, a comprehensive evaluation of their smoking history and smoking behavior is essential. This is a multi-level process that begins with the first encounter with the client and continues throughout the treatment program. This session will address how to initiate this process in order to establish a foundation for an effective working relationship. It will review the questioning skills needed to assess key factors of the client's smoking and quitting history, level of addiction, medical, psychological, environmental, and social factors which may support or inhibit quitting smoking. This session will also provide the learner with materials and the skills needed to work with the client to customize a treatment plan based on the comprehensive assessment. In addition, it will address the importance of ongoing assessment and evaluation of the client's response to the interventions, the aftercare plan, and referrals to other resources to offer reinforcement to help the client maintain a smoke-free lifestyle.

### **Goal of the module**

To apply knowledge of counseling theory and practice, nicotine dependence, and other psychosocial factors to assess clients who use tobacco to determine effective strategies for quitting tobacco use and to tailor the intervention to help clients achieve long-term abstinence.

### **Learning objectives**

1. Describe the key components of a comprehensive intake process including:

demographics, tobacco use, quitting, and medical/psychiatric history, dependence, social, cultural, environmental factors.

2. Assess a person who uses tobacco from a bio/psycho/social model
3. Identify strengths and potential barriers to treatment.
4. Conduct interviews in a manner which advances stage of change and promotes self-efficacy.
5. Develop a tailored treatment plan based on the assessment.

## **Module 14: TTS Exam and Certificates**

### **Module Description**

In this final closing module we will review the TTS Training exam protocol, evaluations, and how to obtain the National Certificate in Tobacco Treatment Practice or either of the national certifications (ATTUD/AHA or NAADAC).

### **Goal of the module**

To understand the recommended knowledge requirements and ethical standards for working as a Tobacco Treatment Specialist.

### **Learning objectives**

1. Describe the process for taking the TTS exam and applying for the national certification.