

# DUKE UNC

## TOBACCO TREATMENT SPECIALIST TRAINING PROGRAM

Comprehensive training for  
healthcare professionals and  
the public health sector

## Duke-UNC Tobacco Treatment Specialist Training Descriptions

### COMPREHENSIVE VIRTUAL TTS TRAINING PROGRAM

*CME Credit:* 28.75 hours

*Tuition:* \$1,250 (early bird discounts and partial scholarships available)

*More Information:* [www.dukeunctts.com](http://www.dukeunctts.com)



The Duke-UNC Tobacco Treatment Specialist Training Program is a unique collaboration of three leaders in tobacco treatment, education, and research: the Duke Smoking Cessation Program, the University of North Carolina Tobacco Treatment Program and the North Carolina Division of Public Health.

The program includes findings from the most current evidence-based research on pharmacotherapy, population-based issues, practical guidance on running a practice, and targeted skills in tobacco dependence counseling. Information is provided as a highly interactive, 100% virtual experience over the course of 2 weeks, with a focus on problem-based learning activities, applied practice problems, and practice counseling. The Duke-UNC TTS course satisfies the training component required for individuals who wish to earn their National Certificate in Tobacco Treatment Practice (NCTTP) through NAADAC.

Course features:

- Blended format of online, self-paced training and interactive, virtual classes
- Trainees earn up to 28.75 CME credits
- Information delivered through lectures, problem-based learning activities, applied practice problems, and practice counseling
- Comprehensive curriculum covers targeted skills in tobacco dependence counseling, pharmacotherapy, population-based issues, practical guidance on running a practice, and more
- Nationally accredited by the Council for Tobacco Treatment Training Programs
- Partial scholarships available for qualified applicants
- Tuition of \$1,250 includes online access to the TTS course portal (for access to asynchronous course materials), 4 virtual, synchronous course sessions, a comprehensive training manual, and application and CME processing fees. Early Bird registration discount available for limited time.

### 1-DAY VIRTUAL INTENSIVE TRAININGS

#### Pharmacotherapy for Tobacco Treatment

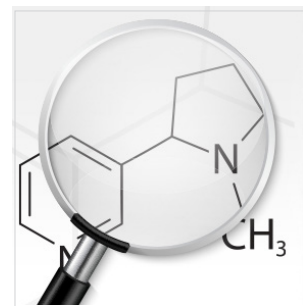
*CME Credit:* 7.5 hours

*Tuition:* \$300

*More Information:* [www.dukeunctts.com/programs-one-day-intensives](http://www.dukeunctts.com/programs-one-day-intensives)

Medication strategies for tobacco use continue to evolve, with the use of pre-quit treatment, extended treatment, low-dose varenicline, high-dose nicotine, and combination treatment. Most medical providers are unaware of how or when to use these effective approaches.

This training is designed for physicians, physician assistants, nurse practitioners, pharmacists and tobacco treatment specialists who work with smoking cessation medications and would benefit from an understanding of the current



research guiding smoking cessation pharmacotherapy. The course will provide an overview of the neurobiology that gives rise to nicotine dependence and how various medications impact that neurobiology. We will provide guidance on treatment that is relevant to most clinicians including:

- approaches to varenicline use that maximize efficacy and minimize side effects;
- use of combination medication treatment
- evidence for the use of pre-quit smoking cessation medications
- use of extended post-quit medications and the use of adaptive treatment

We explore specific cases, such as use of tobacco treatment medications in hospitalized patients, surgical patients, acute cardiac care, renal failure, cancer treatment, e-cigarette use, oral tobacco use, and adolescent treatment, as well as treatment of light-intermittent smokers and high-dependence smokers. The course is designed to provide practical guidance for clinicians and lead to real change in clinical practice.

### **Breathe Easy NC: Becoming Tobacco Free**

CME Credit: 7.75 hours

Tuition: \$300 (\$150 for NC residents)

More Information: [www.dukeuncts.com/breatheeasy](http://www.dukeuncts.com/breatheeasy)



This training will assist behavioral health leaders and practitioners to make behavioral health facilities 100% tobacco free and with improving their skills to provide evidence-based tobacco use treatment concurrently with mental health and substance use disorder treatment. Providers will receive the information and skills they need to prepare for the NC Medicaid tobacco-free policy requirement that goes into effect July 1, 2022.

Participants will learn about FDA approved tobacco treatment medication with behavioral interventions and how to deploy them in behavioral health settings. Participants will engage with professional ethics and learn how they fit with tobacco use treatment, as well as trauma-informed tobacco use treatment and policies. Then, through experiential training methods, participants will develop policy planning and implementation skills as well as quality improvement skills to integrate tobacco treatment into the behavioral health system.

### **Intensive Behavioral Health Approaches to Tobacco Treatment**

CME Credit: 7.75 hours

Tuition: \$300

More Information: <https://www.dukeuncts.com/programs-one-day-intensives>

Health care professionals have received little training in current advanced techniques for intensive behavioral approaches to improved tobacco use treatment. This training will assist clinicians with acquiring improved skills in behavioral interventions for tobacco use treatment. Through experiential training methods, participants will be able to demonstrate how to use a variety of behavioral interventions, from motivational interviewing to cognitive behavior therapy to mindfulness practice. The training will also practice how understanding cultural differences can improve behavioral counseling outcomes.



Topics:

- Foundational Behavioral Interventions
- Myths and misconceptions about counseling
- Motivational interviewing for increasing cessation outcomes
- Cognitive behavioral therapy in tobacco treatment
- Mindfulness approaches to tobacco treatment
- Implementing skills training in cessation treatment
- Implementing social support strategies into cessation treatment
- Practical approaches and cases