

## Level 1 & 2 Smoking Cessation Training (Core knowledge & Skills Training)

**Tuesday 29th and Wednesday 30th September 2015**

**09:30—16:30**

***Durrington Community Centre, Tesco Complex, Worthing, BN13 3FJ***

**Free Parking**

*Everything you need to deliver  
a great stop smoking service.*



### **AIM**

**To help participants provide evidence-based smoking cessation advice to all smokers motivated to stop. (See course objectives overleaf).**

To book a place on this training course or for information on additional training dates, please contact Rebecca Ellis:

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# Level 1 & 2 Smoking Cessation Training (Core knowledge & Skills Training)

## OBJECTIVES

**This 2 day course will enhance the communication skills and increase the confidence of all health care professionals to whom the public turn to for help to stop smoking.**

Once you have attended the Level 1 & 2 training face to face training and worked through the specified NCSCT online learning programmes you should be able to meet the objectives set out below:

1. Explain the harmful effects of smoking and the health benefits of stopping.
2. Compare local and national smoking prevalence and patterns of smoking cessation across different demographics.
3. Discuss the principles and effectiveness of behavioural support and pharmacological therapies to support smoking cessation.
4. Assess a client's commitment, readiness and ability to stop smoking and, where appropriate, assist a client to set a quit date.
5. Apply evidence-based behavioural change techniques to tailor individual support for clients at different stages of a quit attempt.
6. Apply appropriate behavioural support strategies to motivate a client to continue with a quit attempt.
7. Demonstrate an effective approach to dealing with lapses.
8. Improve the quality of stop smoking support provided, by offering constructive feedback to team members.
9. Construct an effective response to clients' questions about stopping smoking and the various treatment options.

The sessions will comprise of a mixture of presentation, discussion, group work and experiential learning. The NCSCT and NICE research findings on smoking will be presented. Participant's experience of working in this area will be utilised and any barriers they have previously encountered will be addressed.

**Trainer: Jennifer Percival National Training Consultant**