Cognitive and Behavioral Treatment Strategies

Learning Plan

A. Module Description

This module will describe cognitive and behavioral strategies that may be used in tobacco dependence treatment. Strategies will be presented within a framework that includes pre-cessation, cessation, relapse prevention and relapse recovery phases. Using clinical vignettes, participants will practice selecting treatment strategies for each phase, gaining skills to assist their clients to quit and remain abstinent. The module will also include information on tailoring treatments to smokers’ readiness for change, level of nicotine dependence, psychiatric co-morbidity, and cultural considerations.

B. Goal of the module

1. To provide tobacco treatment specialists with the necessary cognitive and behavioral intervention strategies to assist smokers through the pre-cessation, cessation and relapse prevention phases of quitting smoking.

C. Learning objectives

1. Describe the differences between cognitive and behavioral strategies
2. Discuss treatment considerations for priority populations
3. List specific cognitive and behavioral strategies for the pre-cessation, cessation, and relapse prevention phases of treatment
4. Describe processes to promote relapse recovery

D. Outline

1. Defining cognitive versus behavioral strategies
2. Considerations for priority populations
   a. Cultural considerations
   b. SUD & MH
3. Framework for multi-component treatment
4. Strategies for pre-cessation phase of treatment – getting ready
   a. Strengthen motivation
   b. Set quit date
   c. Self-monitoring
   d. Develop plan of action
5. Strategies for cessation phase of treatment - quitting
   a. Behavioral self-management skills
   b. Cognitive strategies
c. Integrating pharmacotherapy
d. Maximizing social support
e. Urge coping strategies
f. Tapering
g. Hypnosis and acupuncture
h. Self-help interventions
i. Special considerations – smokeless tobacco

6. Strategies for relapse prevention phase of treatment – achieving maintenance
   a. Predictors of relapse
   b. Identification of high risk situations
   c. Coping strategies for high risk situations
   d. Dealing with slips
   e. Lifestyle balance
   f. Nicotine Anonymous
   g. Monitoring strategies
   h. Relapse Recovery

7. Module summary