

Tobacco Dependence Training and Education

By Nancy Speelman

Training and education has become a major focus of the Tobacco Dependence Program over the past year and a half with the establishment of an 8-day Tobacco Treatment Specialist Training, Tobacco Seminars and, more recently, a one-day Basic Tobacco Education event.

The 8-day Tobacco Dependence Treatment Specialist Trainings to professionals throughout the State of New Jersey were held in November 2000, January/February 2001, June 2001, October 2001 and in March/April of 2002. The participants consisted of staff from each of the 15 NJ Quitcenters, along with professionals from other organizations.

Participants gained state-of-the-art treatment techniques from the Tobacco Dependence Program's trainers. Topics included The History of Tobacco and Public Health Issues; Guidelines for Treatment; Medical Complications Caused by Tobacco and ETS; Biology of the Brain; Addiction and Tobacco Dependence; Nicotine Replacement Therapy and Other Pharmacological Treatments; Counseling Theory and Practice; Motivational Interviewing; Treatment Continuum and Key Strategies; Intake, Assessment and Treatment Planning; Group Counseling Skills; Special Populations—Addictions, Mental Health, Young People; Perinatal; and Cultural Competency.

Evaluations have been excellent and the trainings continue to be fine-tuned with the feedback from participants. Priority for registration is given to NJ Quitcenter staff or those who will have a

direct impact on helping people in New Jersey stop using tobacco products.

In addition, Tobacco Seminars are presented from 12:15-1:30 on the third Friday of the month throughout the year at the Tobacco Dependence Program, 317 George Street, New Brunswick. (In the past, these were held at University Behavioral Healthcare in Piscataway.) The seminars allow participants to learn about cutting-edge tobacco research and clinical developments, and to network with other professionals interested in tobacco research and treatment.

SAVE THESE DATES!

June 24-28 and July 9, 16, 23 or October 14-18, 21, 28, 29, 2002
Tobacco Dependence Treatment Specialist Training

A week-long event will present the core curriculum from the 8-day training and will be followed by three additional days of special populations training for tobacco dependence treatment specialists.

August 8 or November 18, 2002
Helping Your Clients Deal with Tobacco

October 9, 2002
Tobacco Dependence Program's Annual Conference

If you would like to register for any of these events or to be included on our seminar or trainings mailing lists, please contact the Tobacco Dependence Program at 732-235-8212 or send an email to info@tobaccoprogram.org