

Outline for “Stop Smoking, Stay Quit” Workshop

Session 1: Getting Ready to Quit

Objectives:

- Understand the effects of nicotine on the brain
- Identify available cessation medications
- Identify four personal benefits of quitting

1. Registration and introduction of facilitator and participants

- Ground rules of confidentiality
- Review of time and dates
- Program overview and suggested quit date

2. Insights of a Successful Quitter (pages 7)

- Building desire
- Addressing beliefs and fears
- Taking action
- Commitment

3. Effects of nicotine on the brain (page 21)

4. Overview of Cessation medications (page 92)

5. Group exercise: Benefits of Quitting and Consequences of Continuing to smoke (page 20)

6. Review of Homework assignments (page 12)

Session 2: Developing a Plan

Objectives:

- Analyze results from tobacco use record
- Identify personal triggers to smoke
- Identify personal benefits of smoking
- Identify obstacles and/or fears of quitting
- Develop one coping strategy for one personal trigger

1. Discuss different reasons for smoking

- Personal Tobacco Use Record (page 99)
- Reasons for smoking (Stimulation, boredom, handling, relaxation, reward, social situations, pain, stress and negative emotions, physical addiction, habit) (page 26)

2. Group Exercise: Complete lower half of Benefits/Consequences chart. Participants to name benefits received by smoking and consequences (obstacles/fears) to quitting. (Page 20)

3. Group Exercise: Developing an action plan. Each participant to name a trigger and a coping strategy. (Page 45)

4. Homework assignments (page 36)

Session Three: Quitting

Objectives:

- Address quitting issues, both successes and challenges
- Recognize withdrawal symptoms

1. Discussion of successes and challenges in the beginning stages of quitting

2. Withdrawal and recovery symptoms (pages 49)

3. Discussion of self-talk (pages 55)

Session Four: Quitting, continued

Objectives:

- Address additional quitting successes and challenges
- Identify reasons for weight gain
- Understand long term physical consequences of continuing to smoke
- Identify immediate physical benefits of quitting

1. Discussion of success and challenges of quitting

2. Discussion of physical consequences of smoking and benefits of quitting (page 58)

3. Discussion of weight gain (page 60)

Session Five: Dealing with Emotions without Smoking

Objectives:

- Revise personal quit plans as needed
- Identify emotional triggers to smoke
- Identify strategies for dealing with different emotions

1. Discussion of changes needed to remain smoke free

2. Discussion of The Behavioral Cycle (page 68)

3. Group Exercise: Identify emotional smoking and coping strategies (page 64)

4. Homework assignments (pages 69)

Session Six: Stress Management

Objectives:

- Identify common causes of stress
- Identify personal effects of stress
- Develop new coping strategies

1. Group Exercise: The Stress Bucket (page 72)

- Sources of stress
- Effects of stress (page 73)
- Strategies to relieve stress (page 75)

2. Discussion of Stress Prevention (page 77)

Session Seven: Staying Quit Forever

Objectives:

- Understanding difference between a Slip and Relapse
- Identify common relapse situations
- Develop ICE plan (In Case of Emergency)

1. Discussion of “Slips” v Relapses (page 81)

2. Developing an ICE plan (page 83)

4. Homework assignments (page 84)

5. Graduation

- Last words of encouragement from participants
- Graduation certificates
- Closing