



# SCCH CONSULTING TRAINING EVENTS

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## Improving your Smoking Cessation Interventions\*

**Venue: British Psychological Society, London Office**

**Attendees:** Suitable for all Health Professionals working in behaviour change and smoking cessation. Particularly helpful for people who are looking to improve day-to-day interventions as well as working with “hard to treat” smokers e.g. dual diagnosis, repeat service users.

**Aims:** For attendees to learn how health psychology and therapeutic skills can help them to improve their smoking cessation interventions and to consider how they may work differently with smokers who have complex health, social or psychological barriers to change.

### Objectives for attendees:

- To describe the contribution of health psychology to understanding the smoker.
- To describe the key elements of therapeutic working that may impact on outcomes.
- To experience using health psychology and therapeutic skills within clinical role plays.
- To clearly consider their own skills and development needs pre and post event.
- To identify key changes in clinical practice to be implemented within their current role.

### Course Outline:

#### 1. Health Psychology and Therapeutic Skills:

- a. What is Health Psychology?
- b. What are therapeutic skills?
- c. What are the limitations of current smoking cessation interventions?
- d. How could Health Psychology and therapeutic skills contribute to improving smoking cessation interventions?

#### 2. Improving day-to-day smoking cessation interventions:

- a. Improving your assessments:
  - i. Health, Social and Psychological issues
  - ii. Barriers and facilitators to achieving goals: motivation; self-confidence; beliefs
- b. Improving the therapeutic alliance
  - i. Collaboration
  - ii. Dealing with difficulties
- c. Improving the training of non-dedicated advisors e.g. pharmacy

#### 3. Improving outcomes of “hard to treat” groups e.g. long-term conditions, pregnancy, routine and manual populations, mental health:

- a. Individualised interventions
- b. Understanding your clients beliefs
- c. Improving your communication: Socratic questioning

#### 4. Action Planning for Your Future Development:

*\* Course comprises of taught material, practical case studies and active discussion.*

*Our training days are skills focused and highly interactive allowing for real time feedback and learning.*

*Certificate of attendance is provided with course hand outs.*