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What are the current facts and evidence-based theories about smoking cessation

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There is much literature on smoking cessation. As a future worker in the substance abuse field, it is necessary to gain insight into the facts, implications and treatments for smoking cessation. The website used for this paper is the most current on the topic as it enables an individual to earn clock hours toward their substance abuse certificate and to become certified in "Smoking Cessation". Areas to be addressed in this paper include the following: Attitudes, values and beliefs about smoking, history of smoking, rationale for smoking, tobacco dependence and part 856; assessment, diagnosis and the CO monitor, stages of change readiness, and pharmacotherapy basics; motivational interviewing; cognitive behavioral therapy and relapse prevention; facilitating a tobacco awareness group; treatment planning basics; comorbidity and treating the whole patient

Biography

Janet M Urban is from Central New York and currently resides in Nedrow. She holds an MS in Special Education and has taught for OCM BOCES for the past fifteen years. She holds certifications as a Tobacco Treatment Specialist from the Mayo Clinic Nicotine Dependence Center, Rochester, MN and as a Facilitator for the "Freedom from Smoking" program through the American Lung Association. She also holds certification as: Personal Trainer through WITS (World Instruction Training Schools), "Practical Yoga for Personal Trainers" and "Holistic Fitness Specialist" through the Academy of Holistic Fitness. She is also certified as a Work-Based Learning Coordinator through SUNY Buffalo. She provides individual consultations, customized treatment plans and group counseling smoking cessation services.

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