Course contents:

The "Diploma in Smoking Cessation Therapy" course contains the following modules and sections

**Module one – background and history**
- Introduction
- Why smoking cessation work is necessary
- History of smoking
- People who still smoke

**Module two – Contents of cigarettes**
- Overview
- Additives
- Most widely known components of cigarettes
- Passive smoking

**Module three – The affect on health**
- Presenting your client with medical evidence
- Physiological effects of smoking
- Medical conditions associated with smoking
- Smoking and the unborn child
- The effects of addiction
- Safer cigarettes
- Did you know…

**Module four – Why people smoke**
- It's more than a physical addiction
- Profiles of smokers
- Why people smoke
- The perception of cigarettes
- The three stages of smoking
- People who still smoke
Module five – Giving up smoking, excuses and benefits

- Excuses made by smokers
- The role of will-power
- The biochemistry of will-power
- Quitting is unnecessary because…
- Withdrawal symptoms
- Dealing with withdrawal symptoms
- The benefits of stopping smoking
- Methods of quitting – using one system
- Methods of quitting – tried and tested methods

Module six – Working with clients

- Rapport
- Words and body language as a skill
- Words and phrases
- Perception
- Listening to clients
- Good questioning
- Summing up

Module seven – Running a smoking cessation group

- Group management
- Role as group leader
- Controlling a group
- A challenge to the role of group leader
- Fear of running a group
- Awareness of group dynamics
- Personal input
- Group members
- Dealing with destructive elements
- Designing a group session – the practicalities
- What you actually say to your group

Module eight – Running one to one sessions

- The number of sessions
- The five elements of a session
- Redirecting the client to the future
- The information you require
- Why the second cigarette?
- The “Why, When, Where” question set
- Preparation for smoking cessation
- Quitting before the first session