

NO MORE BUTTS

Smoking Cessation

Counsellor/Facilitator Training

Free Training Day Dates 2020

All nursing staff, mental health workers, youth workers, midwives, community groups, allied health do you want to gain knowledge, confidence and practical skills to provide smoking cessation advice and support to your clients? All clients expect to be asked about their smoking status.....do you know what to say or how to help?

Topics covered include:

- Background on smoking, understanding nicotine addiction, withdrawal, quitting options
- Pharmacotherapies to aid quitting
- Motivational Interviewing
- Identifying and extinguishing cues
- Relapse prevention and ongoing community support options

Where: Rural Clinical School, NWRH/MCH

Time: 9am – 4pm

Dates: Friday 28th February 2020 NWRH
Tuesday 14th July 2020 MCH

*Training days can be tailored to suit your client group
Additional workplace training is available upon negotiation*

To register or enquire please contact:

Lynne Wickham/ Katherine Atkins | Clinical Nurse Consultants | Smoking Cessation Program

Email: smokingcessationnw@ths.tas.gov.au

Ph: (03) 6478 5251 Mob: 0400 285 204