



The Miriam Hospital
A Lifespan Partner



Brown Med
BROWN MEDICAL SCHOOL

Commit to
~~Quit:~~

**Counselor
Manual**

SAMPLE

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Session 1

1. Two-stage treatment consisting of quitting and then relapse prevention.
2. Patient will quit in 4 weeks.
3. After quitting you will meet 8 times for 1-hour sessions for relapse prevention.
4. Relapse prevention is the most important part of the program.
 - a. Learn to manage stress and remain a nonsmoker.
 - b. Learn to manage weight and remain a nonsmoker.
 - c. Position self-talk to help keep self a nonsmoker.
 - d. Quitting smoking is a process not an event.
5. Confidentiality
 - a. Please keep information shared in this group in this room only.

Initial Counseling

1. Review smoking history.
 - a) How much do you smoke? (level of intake).
 - b) How long have you smoked?
 - c) Have you ever tried to quit?
 - d) Why do you want to quit now?
 - e) Smoking related health problems (concept of reversible risk).
2. Review previous efforts to quit.
3. Review reasons for wanting to quit (go over in group activity "The Pros & Cons of My Smoking").
4. Reinforce commitment to quit.

Review components of program

1. Home assignments:
 - a) At each session will be given 1 or more home assignments.
 - b) Self-monitoring
 - 1) Explain in detail and pass out information.

Self-monitoring and Nicotine Fading

1. Recommend brand switch, high to medium to low on day before quit (Handout ALA material).
2. Recommend number fading, half in 1 week, half again in 2 weeks (5 or less is good).
3. This is to control withdrawal symptoms.
4. Recommend not quitting cold turkey before Quit Day.
5. Rationale and procedures for self-monitoring.
6. Rationale and strategies for nicotine reduction:
 - a. Temporal control
 - b. Situational control
 - c. Access to cigarettes

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