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## Faculty:

- Jennifer Noel, LCSW, NCTTP – Tobacco Treatment Educator
- Kristen McAuley, MPH – Director, Prevention & Training
- Edward Perka, Jr., CASAC, ICADC, NCTTP – Tobacco Treatment Educator
- Melanie Perry, BA, TTS – Tobacco Treatment Specialist
- Martha Seabury, RN, NCTTP – Tobacco Treatment Counselor
- Victoria Hynes, LCSW – Program Manager, Training & Education
- Michelle Wells, LCPC – Tobacco Treatment Educator
- Fred Wolff, LADC, NCTTP – Tobacco Treatment Educator

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for later viewing!\**

# 2018 - 2019 Webinars

Don't miss these updated favorites  
- and others!

- *"I Don't Want to Quit":  
Promoting the Motivation to Quit*
- *Assessment of the Tobacco User:  
Considerations for Treatment*
- *Relapse Prevention Planning in Tobacco  
Treatment*
- *Helping People Change:  
Principles of Motivational Interviewing*
- *Deconstructing Cravings:  
Tales of Self-Doubt and Fear*



MaineHealth  
Center for Tobacco  
Independence

## **“I Don’t Want to Quit”: Promoting the Motivation to Quit**

**Thursday, Nov. 1, 2018 ~ noon – 1pm**

*Evidence-based strategies for working with people who say they are not ready to quit*

## **Vaping: The Target is Our Teens (Pre-recorded)**

**Available online after Nov. 15, 2018**

## **Tobacco and Other Substance Use Disorders**

**Tuesday, Nov. 27, 2018 ~ noon – 1pm**

*Overview of comorbid tobacco and other substance abuse & information about treatment planning*

## **Heard on the Maine Tobacco HelpLine – Participant Statements & Counselor Responses**

**Tuesday, Dec. 11, 2018 ~ noon – 1pm**

*Actual participant statements and examples of effective counselor responses*

## **Assessment of the Tobacco User: Considerations for Treatment**

**Tuesday, Jan. 8, 2019 ~ noon – 1pm**

*In-depth discussion of assessment and treatment planning, including helpful tools and resources*

## **Relapse Prevention Planning In Tobacco Treatment**

**Thursday, Jan. 31, 2019 ~ noon – 1pm**

*Strategies one can use when assisting people to stay quit and live a healthy lifestyle without tobacco*

## **Helping People Change: Principles of Motivational Interviewing**

**Tuesday, Feb. 12, 2019 ~ noon – 1pm**

*Concepts & strategies that can increase engagement with patients in discussing their smoking behavior*

## **Cognitive Behavioral Therapy**

**Wednesday, Feb. 27, 2019 ~ noon – 1pm**

*A review of CBT and approaches to use with clients experiencing Tobacco Use Disorder*

## **E-Cigarettes & Smoking Cessation: What Does the Research Say?**

**Wednesday, March 27, 2019 ~ noon – 1pm**

*Review of the current e-cigarette market, research on usefulness as a quit tool, and research gaps*

## **Basic Skills Refresher (90 min.)**

**Thursday, April 4, 2019 ~ noon – 1:30pm**

*High level review of topics covered in the Tobacco Intervention: Basic Skills training*

## **Deconstructing Cravings: Tales of Self Doubt and Fear**

**Tuesday, May 7, 2019 ~ noon – 1pm**

*Learn about biological underpinnings of Tobacco Use Disorder and how to listen for clues about self-doubt and fear*