

# Tobacco Treatment Group Flow Sheet

## Session # 1

Welcome and introduce yourself. You will inevitably be asked if you are a former smoker. Self-disclosure can be ok but do so thoughtfully.

Brainstorm group guidelines. Make sure that confidentiality is listed and that timeliness is addressed.

Ask members to introduce themselves: name, smoking hx. and why they want to quit. Facilitate discussion of participants' experiences. When ambivalence comes up, support honesty about this but be clear that ambivalence does not need to be a barrier, that most quitters are ambivalent. You don't have to be 100% certain you want to quit to be able to quit.

Explain that next time we will review medication; decide upon which medication everyone wants.

In the meantime, begin tapering. Reduce nicotine level, so that quitting will be more like stepping off a curb, less like stepping off a cliff.

Ask the group for possible ways to taper- the more structured the better

Have people fill out their weekly strategies and goals and review the keeping track handout and track packs.

## Session #2

Review keeping track sheets. Ask people how it is going.

Review medications. Explain the rationale behind medications, addressing the physical addiction so that we can then focus on the habitual (social and psychological) component. Encourage discussion and personal sharing of information, correcting any misinformation.

Ask people to fill out their "My Medication Plan" form and hand it in. Make sure all information is complete.

Have people set goals and enter it on their "Weekly Strategies and Goals" sheet.

Have people set a quit date and enter it on their sheets. Quit date should be no later than the day before group session #4. Earlier is O.K., but keeping in mind that use of Zyban or Chantix should be started at least 1 week prior to the quit date.

### Session #3

Have people check in about their strategies and goal sheets. Problem solve any difficulties, encouraging the group to respond as much as possible.

Ask if everyone has picked up their medication. Encourage to do so, addressing any problems with picking up their medication.

Ask participants to share with the group their quit plan, encouraging people to write down ideas, adding to their plan as they hear each other's ideas.

Address the issue of social support, at home, with friends and with fellow group members.

Conclude this session with affirmations. Reinforce the importance of coming in next time, even if having difficulty, to get support and suggestions.

### Session #4

How is it going? Ask all to check in. Encourage the group to address each other, not just you and encourage discussion. For those who have not quit, or who quickly relapsed, employ active listening to explore difficulties but also quickly turn to problem-solving and affirm that it is not too late. Fill out strategies and goals sheet.

### Session #5

How is it going? Ask all to check in. Congratulate those who are progressing well. Briefly explore barriers with those who are faltering, and encourage them to reset goals. Discuss follow-up.

Hand out surveys. Explain that there will be follow up to see how they are doing. Award certificates of success or certificates of attendance.