



Location: 110 Free St. Portland, ME

Treating Tobacco Together: Intensive Skills Training April 2023 Agenda

Pre-Work Recordings – 4.25 Hours Total – Will be emailed to you on April 3, 2023. Must be completed by April 12th.

90 Minutes	A Foundation for Assessment (<i>Recorded</i>) Martha Seabury, RN NCTTP
45 Minutes	Individualizing Your Treatment Plan (<i>Recorded</i>) Martha Seabury, RN
45 Minutes	Documentation and Evaluation (<i>Recorded</i>) Ciara Sablock, MSW
45 Minutes	Tobacco Treatment and Control Resources Shannon O'Brien
30 Minutes	Remaining Current in the Practice of Tobacco Treatment Ciara Sablock, MSW

Agenda Day One (April 12, 2023)

7:45 – 8:30	Check-in & Breakfast
8:30 - 9:00	Welcome & Introductions – Ciara Sablock
9:00 – 10:30	Motivational Interviewing - Edward Perka
10:30 – 10:45	Break
10:45 – 12:30	Motivational Interviewing Continued - Edward Perka
12:30 – 1:30	Lunch
1:30 – 2:35	Taking Medications to the Next Level - Martha Seabury
2:35 – 3:50	Medication & Treatment Planning - Case Studies - Martha Seabury
3:50	Adjourn

Agenda Day Two (April 13, 2023)

7:45 – 8:30	Check-in & Breakfast
8:30 - 9:00	Welcome & Reflections - Ciara Sablock
9:00 - 10:00	Ethics in Tobacco Treatment - Edward Perka
10:00 – 10:15	Break
10:15 – 11:15	Cognitive Behavioral Therapy in Tobacco Treatment – Keith Walker & Bonnie Carleton
11:15 – 12:15	Lunch
12:15 – 2:00	Relapse Prevention - Edward Perka
2:00 – 2:30	Recorded Session Debrief, Review of Planning Table
2:30 – 3:00	Optional Office Hours