



Certified Tobacco Treatment Specialist (CTTS)



Qualification for Certification by
Mayo Clinic
College of Medicine

Mayo Clinic Nicotine Dependence Center

The Nicotine Dependence Center (NDC), established in 1988, has treated almost 30,000 patients for tobacco dependence using a comprehensive approach that combines behavioral and addiction philosophies with pharmacologic treatment and relapse prevention strategies. Treatment is provided by master's-degreed counselors with experience in treating addictive and behavioral problems and extensive training in tobacco use, dependence and intervention. The NDC Treatment Program is supported by an active research program studying innovative behavioral approaches and pharmacologic agents which are brought quickly to the clinical practice.

Education Programs

Education of others has also been a priority for the NDC. For thirteen years the NDC has held an internationally-recognized conference for health-care professionals on the latest developments in the treatment of tobacco use and dependence. Special sessions on treatment program development are also given as part of this conference. An education grant from the National Cancer Institute allowed the NDC to expand its conference, offer one or two day workshops on tobacco intervention throughout the United States, implement an eight-hour training program for physicians-in-training, and develop and provide programs for allied health professionals.

Certified Tobacco Treatment Specialist (CTTS) Program

The NDC offers a training program for Certified Tobacco Treatment Specialists. Its overarching goal is to aid health-care professionals in becoming competent in the provision of treatment for people who are dependent on tobacco and formally recognize that competence. Although a national certification organization for CTTS does not yet exist, there is a clear demand by professionals in the field for recognition of their expertise in treating tobacco use and dependence. The NDC worked

closely with the Association for the Treatment of Tobacco Use and Dependence (ATTUD) [www.attud.org] and others to establish standards for core competencies, training, and credentialing of tobacco treatment providers. The NDC Training Program and the College of Medicine Certified Tobacco Treatment Specialist have been developed using these proposed standards.

As put forth in ATTUD's statement, a CTTS: "...is a professional who possesses the skills, knowledge and training to provide effective, evidence-based interventions for tobacco dependence across a range of intensities. The CTTS may have various professional affiliations and may work in a variety of settings including but not limited to hospitals, community health centers, HMOs, medical and dental practices, educational settings, social service agencies, tobacco treatment centers, telephone quitlines, drug abuse treatment programs and mental health centers. The CTTS may engage not only in providing treatment but also in educating others (health care professionals, administrators, scientists, smokers, nonsmokers) about tobacco dependence treatments."

Date and Location:

Program courses will be offered on the following dates in Rochester, Minn. (specific locations to be announced):

Course Dates	Final Cancellation Date
November 3-7, 2008	October 20, 2008
February 23-27, 2009	February 9, 2009
June 22-26, 2009	June 8, 2009
August 24-28, 2009	August 10, 2009
November 2-6, 2009	October 19, 2009

Course description:

The College of Medicine CTTS Program is an intensive, five-day course focusing on the skills needed to effectively treat tobacco dependence. Faculty consists of Mayo Clinic Nicotine Dependence Center physicians, psychologists, counseling and education staff, and other Mayo Clinic faculty. A partial list of topics includes: neuropharmacology of nicotine, optimization of pharmacologic management, conducting a basic counseling session, motivational interviewing and other counseling approaches, and application of treatment of tobacco dependence to people with co-morbid conditions. The last half-day of the program is an examination, which tests both knowledge and counseling skills.

This training program is designed for health-care professionals already providing tobacco dependence treatment and for those with a strong interest in entering the field. Class size is limited in order to facilitate learning and maximize interaction with the experienced faculty.

Course prerequisites

- Education: Bachelor's degree or within two academic years of completing a bachelor's degree.
- Tobacco use status: Concurrent use of tobacco while treating others for tobacco dependence is detrimental to the person receiving treatment. We strongly recommend that all active tobacco users seek treatment and achieve stable tobacco abstinence from tobacco before treating others. Therefore, we require that anyone applying for CTTS be tobacco-free for a minimum of six months prior to application.

*Certification requirements**

- Completion of CTTS Training Program.
- Meets expected behavioral competencies and demonstrates appropriate skills by achieving a passing score of 80 percent on both the knowledge-based examination and the skills-based examination.
- Completion of **480 service hours** focused on tobacco dependence treatment as part of direct patient/client care, **OR**
- For those with a graduate degree or higher in a health or human services field: completion of **240 service hours** focused on tobacco dependence treatment as part of direct patient/client care.
- Should the applicant fail the certification examination, application to retake the certification exam (without repetition of the course) will be accepted after a six-month interval. There will be a \$100 retesting fee. An applicant may retake any part(s) of the exam after six months, but within two years of completing the certification course. After a two-year period, the applicant must retake the certification course.

**Provisional certification*

Candidate may apply for and be granted a provisional CTTS certificate to practice in the field, if candidate:

- a) Holds a bachelor's degree, completes the training program and passes the knowledge- and skill-based examinations prior to completing the requisite service hours, **OR**
- b) Completes the training program, passes the knowledge- and skill-based examinations and completes the requisite service hours prior to earning a bachelor's degree.

<i>Cost</i>	
2008	2009
Cost: \$1000	Cost: \$1000 <i>(Subject to Change)</i>
All course materials	All course materials
Pre-and post course testing	Pre-and post course testing
Continental breakfast and lunch provided daily	Continental breakfast provided daily
Certificate of competency as a TTS <i>(if all requirements are met)</i>	Certificate of competency as a TTS <i>(if all requirements are met)</i>
NDC Education Program Web site access	NDC Education Program Web site access

Additional Information

For more information on our education opportunities, please contact the Nicotine Education Program at (507) 266-1093 or (800) 344-5984 or visit <http://ndc.mayo.edu>.

Registration materials, for this and other courses, available online.



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