

What kind of work counts toward the required 240 hours of post-TTS training practice hours?

Any tobacco treatment practice experiences that fall within the scope of the 11 Core Competencies are listed in Section VII. Documentation of Tobacco Treatment Practice Experience, page 9 developed by ATTUD can be counted. The 11 Core Competencies are listed below. There is no required distribution of hours across these competencies, and all competencies are not required to be represented in the total 240 hours of post-TTS training.

1. Tobacco Dependence Knowledge and Education: Provide clear and accurate information about tobacco use, strategies for quitting, the scope of the health impact on the population, the causes and consequences of tobacco use.
2. Counseling Skills: Demonstrate effective application of counseling theories and strategies to establish a collaborative relationship, and to facilitate client involvement in treatment and commitment to change.
3. Assessment Interview: Conduct an assessment interview to obtain comprehensive and accurate data needed for treatment planning.
4. Treatment Planning: Demonstrate the ability to develop an individualized treatment plan using evidence-based treatment strategies.
5. Pharmacotherapy: Provide clear and accurate information about pharmacotherapy options available and their therapeutic use.
6. Relapse Prevention: Offer methods to reduce relapse and provide ongoing support for tobacco-dependent persons.
7. Diversity and Specific Health Issues: Demonstrate competence in working with population subgroups and those who have specific health issues.
8. Documentation and Evaluation: Describe and use methods for tracking individual progress, record keeping, program documentation, outcome measurement and reporting.
9. Professional Resources: Utilize resources available for client support and for professional education or consultation.
10. Law and Ethics: Consistently use a code of ethics and adhere to government regulations specific to the health care or work-site setting.
11. Professional Development: Assume responsibility for continued professional development and contributing to the development of others.