

Tobacco Dependence Adviser Training Course: Inpatient Mental Health

Trainer's guide

Module 3: Understanding tobacco dependence in people with SMI

Understanding tobacco dependence in people with SMI

Purpose:

- To outline what tobacco dependence is and how it develops.
- To describe tobacco withdrawal symptoms and urges to smoke, including expected severity and duration.
- To highlight unhelpful stigma, attitudes and culture and invite participant self-reflection.
- To outline the principles of a trauma informed approach.

Duration: 25 minutes

Process:

- Presentation
- Group discussion

Resources:

- PowerPoint presentation

Instruction:

- See notes in presentation slides