

Tobacco Dependence Adviser Training Course: Inpatient Mental Health

Trainer's guide

Module 18: Cut Down and Then Stop

Cut Down and Then Stop

Purpose:

- To practice the behaviour change techniques associated with the initial assessment

Duration: 30 minutes

Process:

- Presentation
- Group discussion
- Skills practice

Resources:

- Breakout rooms
- Module 18 Handout 1: Skills practice checklist for CDTS
- Module 18 Handout 2: CDTS support pack

Instruction:

- See notes in presentation slides

5**Activity 2: Initial assessment skills practice****Activity No: 2****Resources:** Breakout rooms

Module 18 Handout 1: Skills practice checklist for CDTs

Module 18 Handout 2: CDTs support pack

Breakout room numbers and duration: Pairs; 15 minutes sessions**Duration:** 15 minutes**Method:****Cut Down and Then Stop skills practice:**

- **Practitioner:** The practitioner's role involves conducting an initial assessment using Handout 1
- **Patient:** play a typical patient at initial session using Michale's patient profile in Handout 1. Give information only when asked, keep in character and supplement information, but don't make the consultation too difficult.