

# Smoking Cessation Counselling Programme

## Description

The Basic Smoking Cessation Counselling Programme serves as a foundational training in smoking cessation counselling. At the end of the programme, participants will be equipped with the necessary skills and knowledge to provide basic counselling in smoking cessation.

## Duration

1 Day (8 hours)

## Programme Content

This Programme will cover the following topics:

Module 1: Conducting Assessment of the Smoker  
Module 2: Basic Pharmacotherapy  
Module 3: The Counselling Session  
Module 4: Motivational Interviewing

## Target Audience

Healthcare workers and counsellors who are involved in providing smoking cessation counselling services

## Learning Outcomes

At the end of the programme, participants will be able to:

1. Describe the extent of tobacco use and smoking, both globally and locally;
2. Understand the what and how of smoking cessation;
3. Understand the different stages of behavioural change;
4. Apply the quitting process and basic counselling skills to bring a smoker through brief and intensive counselling; and
5. Apply different tools and counselling techniques used in smoking cessation counselling.

## Methodology

Methodologies used will include:

- E- Learning
- Lectures;
- Small group exercises; and
- Skills practice (e.g. Roleplay).

# Smoking Cessation Counselling Programme

## Training Capacity

20 participants per run

## About the Organiser

Officially established on 19 July 2002, the National Healthcare Group (NHG) College plays an instrumental role in facilitating the continuous learning and development of our workforce, as well as, promoting systems improvement and driving leadership development in NHG. NHG College collaborates with renowned institutions and industry partners to build the pipeline and collective capacities of our leaders, educators, healthcare professionals and staff to support NHG in serving and managing the health of our patients and the population.