
Tobacco Treatment Specialist (TTS)
Qualification for Certification by Mayo Clinic

The Mayo Clinic Nicotine Dependence Center (NDC), established in 1988, has treated almost 40,000 patients for tobacco dependence using a comprehensive approach which 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 of others has also been a priority for the NDC. Since 1999, 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. In 2001, the NDC received an education grant from the National Cancer Institute to develop tobacco intervention training programs for health-care professionals. This has 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.

As part of this large education grant, the NDC is now offering a certification training program for 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 TTS 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 has 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 Mayo Clinic College of Medicine Tobacco Treatment Specialist Certification have been developed based upon these proposed standards.

As put forth in ATTUD's statement, a Tobacco Treatment Specialist (TTS): "...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 TTS 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 TTS may engage not only in providing treatment but also in educating others (health care professionals, administrators, scientists, smokers, nonsmokers) about tobacco dependence treatments."

Equal opportunity in education at Mayo Clinic is a moral and legal obligation. Mayo Clinic is also committed to upholding federal and state laws prohibiting discrimination on the basis of race, color, creed, religion, gender, age, national origin, marital status, sexual orientation, veteran's status, disability, or status with regard to public assistance.

Course description:

The Mayo Clinic Tobacco Treatment Specialist Certification Training Program is an intensive, five-day course focusing on the skills needed to effectively treat tobacco dependence. Faculty will be 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 will consist of 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. Registration is limited in order to facilitate learning and maximize interaction with the experienced faculty.

Cost: \$1,000.00

Includes:

- All course materials
- Pre- and post-course testing
- Morning and afternoon snacks/beverages
- Certificate of competency as a TTS (if all requirements are met)
- NDC Education Program website access

Cancellation Policy:

Your registration fee, less a \$100 administrative fee, will be refunded when written notification is received by Mayo Clinic NDC Education Program two weeks prior to the start of the course. You may FAX written notification to 507-255-0652. No refunds will be made after these dates.

Future trainings:

Program courses will be offered on the following dates in Rochester, MN (specific locations to be determined):

Course Dates	Cancellation Date (Refund less \$100 Admin. Fee)	Cancellation Date (No Refund)
November 2-6, 2009	October 19, 2009	October 20 or later, 2009
February 8-12, 2010	January 25, 2010	January 26 or later, 2010
May 3-7, 2010	April 19, 2010	April 20 or later, 2010
July 26-30, 2010	July 12, 2010	July 13 or later, 2010
October 4-8, 2010	September 20, 2010	September 21 or later, 2010

Course Pre-requisites:

- 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 TTS certification be tobacco-free for a minimum of six months.

Certification Requirements:

Candidate may apply for, and be granted, a TTS certificate if the candidate:

- Completes the 5-day TTS Training Program.
- Holds a Bachelor's degree or higher.
- Demonstrates appropriate skills by achieving a passing score of 80 percent on both the knowledge-based and skills-based examinations.
- Completes 480 service hours focused on tobacco dependence treatment as part of direct patient/client care, OR
- For those with a graduate degree or higher, completes 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) and registration fee will be accepted after a six-month interval.

A TTS certificate will be valid for two years. At that point, and every two years thereafter, renewal of your certificate is required. Please see the section titled “Certification Renewal”.

Provisional Certification Requirements:

Candidate may apply for, and be granted, a provisional TTS certificate if the candidate:

Completes the training program, and passes the knowledge-based and skill-based examinations.

A provisional TTS certificate will be valid for only **two years** after issue. Provisional certificates allow an opportunity for those in training or pursuing a degree to obtain the necessary requirements for permanent certification. Individuals who do not complete the required course work and/or required service hours within two years will be required to repeat the entire certification process.

Certification Renewal:

- Renewal of the Certification will require documentation of 18 Continuing Education Hours/Continuing Medical Education credits granted by an accredited organization (all credits must be specific to treatment of tobacco use and dependence) over those two years. Payment of the \$30 renewal administrative fee must accompany the request for renewal. (NOTE: Attendance at future Mayo Clinic Nicotine Dependence Center Conferences may be applied to fulfill the continuing education requirements.)

Application Process:

Submit application to the Mayo Clinic Nicotine Dependence Center along with the following materials:

- TTS certification course application form (filled out online when registering)
- Official academic transcript(s) sent directly from academic institution(s)
- Service Hours Form completed and signed by you and your Supervisor(s)
- Registration fee paid in full via credit card online or option to mail a check, or money order made payable to *Mayo Foundation*

Application materials:

Application materials are available on our website, <http://ndc.mayo.edu>, or you can call or email:

Susan (Susie) Bennett

(507) 266-1093 OR (800) 344-5984

bennett.susan@mayo.edu

Please return application materials to:

Mayo Clinic Nicotine Dependence Center Education Program

Colonial Building 3-10

200 First Street SW

Rochester, MN 55905

Payment of registration money must be received before the applicant will be enrolled in the course. Upon taking the course and passing the exams, all required application materials must be received before the applicant will be awarded his/her certificate. Early registration is encouraged, as enrollment is limited to qualified participants. It is the applicant's responsibility



Nicotine Dependence Center
200 First Street SW
Rochester, Minnesota 55905
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to make sure all required materials are submitted on time. The applicant will receive an email confirmation once their application file is complete. Applicants need to register online and will be notified of their enrollment status immediately following receipt of completed online registration form including required forms and fees.