



Smoking Cessation: A Review of the Literature (Paperback)

By Janet M Urban

Outskirts Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What are the Current Facts and Evidence-Based Theories About Smoking Cessation? A Review of the Literature - There is much literature on smoking cessation. As a future worker in the substance abuse field it is necessary to gain insight into the facts, implications and treatments for smoking cessation. Areas to be addressed in this paper include the following: 1) Attitudes, Values and Beliefs About Smoking, History of Smoking, Rationale for Smoking, Tobacco Dependence, and part 856, 2) Assessment, Diagnosis and the CO Monitor, Stages of Change Readiness, and Pharmacotherapy Basics 2) Pharmacotherapy Basics, 3) Motivational Interviewing, 4) Cognitive Behavioral Therapy and Relapse Prevention, 5) Facilitating a Tobacco Awareness Group, 6) Treatment Planning Basics and 7) Comorbidity and Treating the Whole Patient.

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