

The ComPsych® Coaching Tobacco and Nicotine Cessation Experience

Focused on Quitting and Staying Nicotine Free

Overcoming nicotine dependence or addiction is not easy, but the ComPsych® Tobacco and Nicotine Cessation Program provides you with a personalized quit plan no matter where you are in the quitting process. With unlimited support, our Certified Tobacco and Nicotine Cessation Specialists integrate behavior-change techniques, with a mix of dependence-breaking strategies to help you reduce your usage with the ultimate goal of quitting permanently.

Personalized Assessment, Guidance and Support

The Tobacco and Nicotine Cessation Program is designed to help you quit and “stay quit.” The program includes:

- Personal tobacco and nicotine use and quit-attempt assessment
- Customized assistance plan based on your initial level of “readiness-to-quit”
- Tailored support based on form of nicotine use, including ENDS (electronic nicotine delivery systems), smokeless tobacco, cigars, cigarettes, etc.
- Strategies to help you deal with common fears about quitting smoking or nicotine use.
- Guidance regarding the effectiveness and use of medications and over-the-counter nicotine dependence products
- Stress management skills instruction
- Tips for preventing weight gain
- One-one-telephone or secure-video sessions
- Ongoing relapse prevention support

SESSION ONE

Assessment and Education

The program begins with an assessment of your current and past tobacco and nicotine use, which will help determine your quit plan and whether your tobacco and nicotine use is more physiologically, psychologically or socially motivated. Assessing your relationship with nicotine helps determine which quitting approaches will be the most beneficial. You'll work to create a customized plan, and personal goals to achieve between each session, that will lead you to your quit date. The plan will help you substitute your habit of using tobacco and nicotine with healthy alternatives for long-term success.



SESSION TWO

Prepare to Quit or Cut Back Use

While there is no single “right way” to quit, there are some strategic steps that increase the chances of success. The preparation step required prior to quitting provides you with the opportunity to set a quit date, inform family and friends, anticipate challenges, remove tobacco and nicotine from your personal environment and discuss nicotine replacement therapy (NRT) with your physician.



SESSION THREE

Action Plan

According to The American Cancer Society and our years of counseling experience, quitting for good depends largely on commitment, planning and ongoing support. By understanding the factors behind your nicotine dependency, our Certified Tobacco and Nicotine Cessation Specialists help you choose a quitting method, develop alternative coping strategies and assume a non-nicotine user identity.



SESSION FOUR

Moving Towards Your Desired Outcome

Designating a comprehensive quit or cut back plan motivates you to put the preparation and planning into action at a specific time, which helps ensure success. This plan requires focus and energy to cope with temptations, cravings and withdrawal symptoms, and to develop new healthier habits. Our program gives you the necessary tools and personal support to combat cravings and temptations in this early stage of quitting or cutting back use.



SESSION FIVE

Relapse Prevention, Maintenance and Next Steps

Staying tobacco and nicotine free is the final and most important stage of the process. Our Tobacco and Nicotine Cessation Specialists help you identify relevant relapse issues, develop skills to cope with emotional or situational “triggers”, and use tactics such as exercise and better nutrition to restore overall health. Following a flexible five session

model, extra sessions will be offered if additional support is needed.

- Understand the core concepts related to emotional, mindful and intuitive eating
- Increase self-awareness of attitudes toward food and body image
- Learn strategies for mindful eating



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