

Cooper Clayton Method to Stop Smoking Facilitator Training

Wednesday November 30, 2011

Program Description

Participants will be trained to facilitate the Cooper/Clayton program, a comprehensive behavioral smoking-cessation program for smokers using nicotine replacement products.

Objectives

1. Review the characteristics of mood altering drugs.
2. Discuss the principal actions of nicotine on the body.
3. Describe a mechanism for the use of alternate nicotine sources in smoking cessation.
4. Discuss a process for nicotine reduction therapy.
5. Identify ways to assist the smoker in relapse prevention.
6. Discuss implementation strategies for community smoking cessation group classes.
7. Explore procedures for organizing & conducting a program.
8. Identify resources available to facilitators and class participants.

Cost

- This training is provided at **No Cost**.
- Participants who plan to facilitate classes need to purchase a *Facilitator Kit* consisting of a VHS tape or DVD, Facilitator Guide and 24 participant books.
- Kits are available for \$200 each.
- Checks should be payable to: Kentucky Cancer Program. Purchase orders will be accepted. Sorry, no credit cards.

Target Audience

- Any health or wellness professional, educator, or non-smoker who has a genuine interest in helping people become non-smokers is welcome.
- In order to become a Cooper/Clayton Facilitator, you must:
 - * be a non-smoker for at least one year
 - * complete the Cooper/Clayton Facilitator Training
 - * acquire the necessary program information
 - * agree to conduct a session within a year.

Presenters

- **Thomas M. Cooper, DMD, DDS**, is an ex-smoker who developed the Cooper/Clayton Smoking Cessation Program. He is a well-known authority regarding smoking cessation. He has presented numerous seminars throughout the United States and has written extensively regarding smoking cessation.
- **Richard Clayton, PhD**, is an internationally known expert on drug addiction including nicotine addiction. Drs. Clayton and Cooper have helped thousands of people stop smoking using the Cooper/Clayton Method.

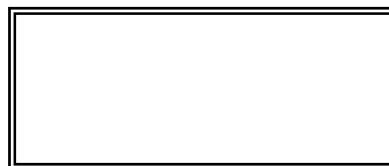
Agenda for Wednesday November 30, 2011

(Eastern Standard Time)

8:30 – 9:00	Registration/Welcome
9:00 – 12:00	Nicotine Replacement Part I
12:00 – 1:00	Lunch (provided)
1:00 – 2:30	Nicotine Replacement Part II
2:30 – 3:30	Facilitating Classes in Your Community
3:30	Awarding Facilitator Certification

Location and Directions

University Club
 University of Louisville, Belknap Campus
 Louisville, KY 40208
 See attached directions



REGISTRATION FORM

Name: _____

Phone: _____

Address: _____

Fax: _____

E-mail: _____

Employer: _____

_____ # of facilitator kits you would like to purchase (\$200 each)

Mail, Fax or E-mail to: Kentucky Cancer Program
 ATTN: Rachele Seger
 501 E. Broadway, Suite 160
 Louisville, KY 40202

Fax: (502) 852-4554
 E-mail: rachele.seger@louisville.edu

Registration Deadline is Friday November 18, 2011

DIRECTIONS

Please note: the University Club is located on Belknap campus which has one address. The physical address of 2001 South Brook St. will NOT work if you try to search using MapQuest or put into a GPS.

If you need assistance give us a call at **502 852-6996**.

I-65 From The South

I-65 North to Warnock Street exit; go left on Warnock Street; follow Warnock to Floyd Street and turn right; follow Floyd to Cardinal Boulevard and turn left; follow Cardinal Boulevard to the next left and turn onto campus (sign will say Belknap Campus North Entrance); go to the stop sign and turn left; follow this street to the University Club and Alumni Center; parking is on the left of the building.

I-65 From The North

I-65 to Arthur Street exit; follow Arthur Street to the stop sign and turn right onto Brandeis/Cardinal Boulevard; follow Brandeis (which becomes Cardinal Boulevard one block later) through two traffic lights; after the 2nd traffic light turn left onto UofL campus (sign will say Belknap Campus North Entrance); go to the stop sign and turn left; follow this street to the University Club and Alumni Center; parking is to the left of the building.

From the Highlands-Eastern Parkway-Bardstown Road

From Bardstown Road take Eastern Parkway to Third Street and turn right; follow Third Street to Cardinal Boulevard and turn right; follow Cardinal Boulevard to the next right and turn onto campus (sign will say Belknap Campus North Entrance); go to the stop sign and turn left; follow this street to the University Club and Alumni Center; parking is to the left of the building.

The Club is located on the northeast corner of UofL's Belknap Campus off Cardinal Blvd. Enter at the North Entrance/School of Music and take a left. You will run directly into us. Free parking is located on the left.

