



Smoking cessation: Training providers

National Centre for Smoking Cessation and Training (NCSCT)

<http://www.ncsct.co.uk>

The National Centre for Smoking Cessation and Training (NCSCT) offers a range of training, assessment and certification programmes to enable both clinical and non-clinical people to become more skilled stop smoking practitioners.

All the NCSCT's training programmes are built around evidence based behaviour change techniques and research into what competencies are required by stop smoking practitioners and are proven to be effective.

Everyone can do Level 1 training and all health professionals should do the free online *Very Brief Advice on Smoking Cessation* training as a minimum. You can monitor how your staff are getting on by viewing the NCSCT training register

Education for Health

<http://www.educationforhealth.org>

Education for Health offers a distance learning diploma (15 credits) Level 5 on Smoking Cessation and runs interactive one day Smoking Cessation workshops.

You can also order *Simply Smoking Cessation* a practical handbook for health care professionals.

BMJ Learning

<http://learning.bmj.com>

Provides online short courses ranging from 10-60 minutes on:

- Supporting smoking cessation
- Smoking cessation: promotion in primary care
- Very Brief Advice on Smoking Cessation: in association with NCSCT.
- Quick tips: e-cigarettes and smoking cessation

Roy Castle Lung Cancer Foundation

<http://www.roycastle.org/how-we-can-help/Training-Courses>

Runs a range of courses aligned to the NCSCT training standard - including Level 1: Brief Intervention Smoking Cessation Training and Level 3: Smoking Cessation Training

The Smoke Free Formula

<http://www.smokefreeformula.com>

This is a book by Robert West, Professor of Health Psychology at University College London, which provides an essential guide to stopping smoking and can also be recommended to patients.

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