## **Certified Tobacco Treatment Specialists**

Certified Tobacco Treatment Specialists, or CTTSs, are professionals who are specially trained to provide treatment for individuals seeking to stop using tobacco

Certified Tobacco Treatment Specialists:

- 1. Understand the science behind tobacco addiction, nicotine withdrawal symptoms, and effective treatments for tobacco use
- 2. Provide clear and accurate information about the causes and consequences of tobacco use
- Develop individualized treatment plans using comprehensive, evidence-based assessments and treatment strategies including: Clear and accurate information about effective medications Effective, practical, cognitive-behavioral strategies for quitting and staying quit
- 4. Provide effective treatment for all forms of tobacco and nicotine use
- 5. Work with a variety of specific populations including those with specific health issues
- 6. Use specific, well-accepted methods for tracking individual progress, record keeping, program documentation, outcome measurement, and reporting
- 7. Serve as educational resources for organizations, healthcare providers, and the general public regarding tobacco use treatment issues

## What does Certification mean?

Ask if your CTTS has been trained by a training program accredited by the Council of Tobacco Treatment Training Programs (CTTTP). If so, your CTTS has demonstrated a high-level of proficiency in the treatment of tobacco dependence by completing coursework, documenting experience, and passing an examination.