

MODULE CONTENTS**TECHNIQUES**

Informational evening	• Background information • Information about course structure • Decision for or against participation and registration	• Presentation of course • Psycho-educative knowledge transfer • Introduction of information material to take home • Question and answer session
------------------------------	--	---

1-2 weeks

Session 1	• Getting to know each other • Distribution and introduction of course material: manual/workbook and consumption diary • Pro & Con	• Quiz (optional) • Providing basic information • Group discussions • Worksheet • CO measurement
Session 2	• Account of (previous) smoking behaviour with diary • Finding alternative rituals • Dealing with withdrawal symptoms • Goal setting	• Analysis of consumption diary • Providing basic information • Group discussions • Worksheets • CO measurement
Session 3	• QUIT DAY • Account of (previous) smoking behaviour with diary • Formation of quit teams • Dealing with craving • Dealing with lapses	• Quit Day beneficial cessation ritual (optional) • Analysis of consumption diary • Providing basic information • Group discussions • Worksheets • CO measurement
Session 4	• Account of first (smokeless) week after Quit Day • Adaptation of personal strategies • Handling of high-risk situations	• Group discussions • Providing basic information • Worksheets • CO measurement
Session 5	• Account of second (smokeless) week after Quit Day • Adaptation of strategies • Handling of social risk situations (Saying "No")	• Group discussions • Providing basic information • Worksheets • Role play (optional) • CO measurement
Session 6	• Preserving achievements • Outlook	• Group discussions • CO measurement

4-6 weeks

Revival meeting	• Informal exchange of experiences	• Group discussions
------------------------	--	---