

# Cooper Clayton Method to Stop Smoking: Facilitator Training

Thursday September 26, 2013

National College 4205 Dixie Hwy  
Louisville Kentucky 40216



## Program Description

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

## Cost

- This training is provided at **No Cost**.
- Participants who plan to facilitate classes may need to purchase a *Facilitator Kit* consisting of a VHS tape or DVD, Facilitator Guide and 24 participant books. Call 852-5223.
- 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

## Agenda for Thursday September 26, 2013

(Eastern Standard Time)

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

Funded in part with a grant from the Mayor's Healthy Hometown Movement and the Centers for Disease Control.

## 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.

## 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 a drug addiction specialist at the University of Kentucky.
- **Rachelle Seger** is a Cancer Control Specialist with the University of Louisville Kentucky Cancer Program.

## Location and Directions

National College  
4205 Dixie Hwy Louisville KY 40216

Directions [www.national-college.edu/campus-location/louisville\\_KY.lasso](http://www.national-college.edu/campus-location/louisville_KY.lasso)

For more information contact:  
Kentucky Cancer Program  
Louisville, KY  
(502) 852-5223

## 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: Rachelle Seger  
501 E. Broadway, Suite 160  
Louisville, KY 40202

Fax: (502) 852-4554  
E-mail: [rachelle.seger@louisville.edu](mailto:rachelle.seger@louisville.edu)

Registration Deadline is Friday September 13, 2013