



STOPPING SMOKING MINDFULLY

Stopping Smoking Mindfully is a FREE on-demand training course on how to use mindfulness techniques to assist patients and clients who would like to stop smoking.

This course is approved for 1 CE through the Kentucky Board of Nursing (#4-0700-12-24-807) and through the Kentucky Board of Social Work (KBSWSP 202341).

There are three primary learning outcomes for this training:

1. Describe factors associated with tobacco use dependence among persons living with mental and behavioral health challenges.
2. Describe evidence-based mindfulness treatment approaches when providing tobacco dependence services to persons living with mental and behavioral health challenges.
3. Implement mindfulness activities and resources to enhance tobacco treatment for those living with mental and behavioral health challenges.

