

Environment (E)	Behaviour (B)	Biology (B)
Explore the situations, triggers and where he gets the cigarettes.	Exploring coping strategies around his anxiety as he reduces his tobacco use.	Would like to try to explore if client could consider Zyban as a very helpful option.
Is there a plan for handling environmental riggers?	Motivational interviewing in terms of what are the costs/benefits, not consequences. Why does he like to smoke and what does he get out of it?	Is he willing to explore the core cause of possible depression -is this historical that resulted from personal trauma or biological?
Does he have any support at home, work etc.?	What does the client feel he needs help with, which behaviours he wants to change? Other goals?	Education about how pharmacotherapy might help the physical addiction so we can work on the "habits"of smoking.
Clients often want ongoing support. Let them take the lead and lead the discussion. They are often their best sources of information. What has worked etc.?	Patient might be feeling somehow "secure" when he smokes; being smoking for 50+years, maybe there is a fear factor to change and would benefit from reducing rather than quitting.	Does he have an understanding of how smoking cessation will impact his COPD? Does he feel there is any hope in quitting? Sequence progress to show how far he has come; smaller attainable steps.
Focusing on what he finds is most important - i.e. social isolation/loneliness. Possible group support.	Focus on stress management strategies since anxiety presents as a concern and self-monitoring strategies.	
Explore the client's sources of motivation/ability.	"Quit kit" to help with triggers. Ex. specifics of importance to quit, stress balls, puzzles, solutions for triggers (walks, calling someone, motivational messaging). Recognize personal strategies.	
Explore forms of treatment, NRT availability and costs.	The more clients are aware of when and why they smoke, we can begin to develop plan around them.	
	Decisional balance or agenda mapping worksheets.	
	CBT based - talk about who their non-smoking person is going to be; a chance to redesign if they want.	
	Have him write a letter to the cigarettes discussing his attachment to them.	
	Celebrating small successes.	
	Discuss willingness to change and past efforts.	

Chigamik CHC in Midland has a Quit Cafe that is very successful. It may be worth having a chat with them. The contacts at Chigamik are Jessica or Katelyn at (705) 527-4154.

Summary

- Importance/confidence
- What brings him back?
 - o What does he get?
- NRT – why is he ambivalent?
 - o Use EPE to explore
- Decisional balance to reduce ambivalence
 - o Pros and cons
- Social isolation
 - o Groups
- Smaller steps, other goals
- Affirm successes
- Specific triggers
- Is he self-medication for mood?
- What is their worst fear?