

INTERVENTIONS FOR TOBACCO DEPENDENCE

- THE 5 A'S
- MOTIVATIONAL INTERVIEWING
- THE 5 R'S

THE 5 A'S IDENTIFICATION AND WILLINGNESS

- BEST FOR PATIENT/CLIENT THAT SEEMS WILLING TO STOP:
 - ASK
 - ADVISE
 - ASSESS
 - ASSIST
 - ARRANGE

MOTIVATIONAL INTERVIEWING

James Prochaska and Carlo DiClemente – Transtheoretical Stages of Change Model

William R. Miller and Stephen Rollnick – Motivational Interviewing Techniques