THE SECRET TO SELF-CONTROL:

SCIENCE-BASED METHODS FOR QUITTING SMOKING, LOSING WEIGHT AND IMPROVING HEALTH BEHAVIORS

Description

Cigarette smoking and obesity are top causes of disease, premature death, and human suffering worldwide. Day-to-day, they bring people shame and self-loathing. Helping our patients overcome these problems is very challenging and relapse rates are high. Fortunately, recent advances in behavioral science give a new and hopeful option for us to provide our patients effective tools to quit smoking and lose weight. That hope is in the form of a therapy called “Acceptance and Commitment Therapy” or the word “ACT” for short. ACT provides skills for being willing to have cravings while focusing on what matters most in life. For the past eight years, I have led a research team in applying the ACT model in a creative program for quitting smoking and, most recently, for weight loss. We have tested this program in clinical trials totaling over 4000 people. In this workshop, we will unveil our program and teach attendees how to apply it the patients they work with every day.

In Day 1, I will introduce attendees to the ACT model and its theoretical foundation. This will include several experiential exercises for illuminating the core principles. I will then present our model of ACT for smoking cessation and for obesity, as well as the data supporting this model. This will include an overview of our TALK telephone coaching program, our WebQuit website, and our new apps called iCanQuit and The Calorie Coach. Attendees will be shown how each program works session-by-session and roleplay how to use and teach each of the tools to their patients.

In Day 2, I will focus on troubleshooting common challenges to applying our model for smoking cessation and weight loss. I will then pivot toward using our model for people with mental health problems such as depression, anxiety, and serious mental illness. In the final half of Day 2, participants will be provided three case studies followed by small group breakout sessions for assessing and practicing our model with each other. We will wrap up with a final Q&A.
Learning Objectives

Participants will learn:

1. The epidemic and consequences of cigarette smoking and obesity.
2. The challenges of current standard treatment for these problems.
3. An overview of a new treatment option called Acceptance and Commitment Therapy (ACT), including experiential exercises.
4. Our overall model of ACT for quitting smoking and weight loss.
5. The latest evidence on the efficacy of our model.
6. An overview of our telephone coaching, web, and smartphone apps programs.
7. How to troubleshoot common challenges to applying our model.
8. How to apply our model to people with mental health problems.
9. How to collaborate with others on practicing the techniques in our program.

Presenter

Jonathan Bricker, PhD, is founder and leader of the Tobacco & Health Behavior Science Group at the Fred Hutchinson Cancer Research Center and University of Washington in Seattle, Washington. A licensed clinical psychologist, he is a Full Member (equivalent to Full Professor) in the Division of Public Health Sciences at the Fred Hutchinson Cancer Research Center and is an Affiliate Professor in the Department of Psychology at the University of Washington. His research currently focuses on developing and testing innovative interventions for health behavior change. He has served as principal investigator or co-investigator on a variety of US National Institutes of Health research projects. Among his current research grants, he has a total of $14 million in NIH grants for the “Webquit”, "SmartQuit", and "TALK" study of Acceptance and Commitment Therapy for adult smoking cessation, comparing Acceptance & Commitment Therapy with traditional Cognitive Behavioral Therapy via web, smartphone, and telephone. He has published over 60 peer-reviewed research articles in major scientific journals. His TEDx talk, “The Secret to Self-Control,” has been viewed over 1.5 million times. Currently, he serves as Senior Editor of the journal Addiction - the highest impact substance abuse journal. Dr. Bricker received his PhD in Clinical Psychology from the University of Washington.
### Schedule

#### Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:00 AM – 9:20 AM</td>
<td>The epidemic and consequences of cigarette smoking and obesity.</td>
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<tr>
<td>9:20 AM – 9:30 AM</td>
<td>The challenges of current standard treatment for these problems.</td>
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<tr>
<td>9:30 AM – 10:45 AM</td>
<td>An overview of a new treatment option called Acceptance and Commitment Therapy (ACT), including experiential exercises.</td>
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<tr>
<td>10:45 AM – 11:00 AM</td>
<td>Break</td>
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<tr>
<td>11:00 AM – 12:45 PM</td>
<td>Our overall model of ACT for quitting smoking and weight loss.</td>
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<tr>
<td>12:45 PM – 1:30 PM</td>
<td>Lunch</td>
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<tr>
<td>1:30 PM – 3:30 PM</td>
<td>An overview of our telephone coaching, web, and smartphone apps programs.</td>
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<tr>
<td>3:30 PM – 3:45 PM</td>
<td>Break</td>
</tr>
<tr>
<td>3:45 PM – 5:00 PM</td>
<td>Session-by-session and role play how to use and teach each of the tools your patients.</td>
</tr>
</tbody>
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Day 2

9:00 AM - 10:45 AM  How to troubleshoot common challenges to applying our model.

10:45 AM - 11:00 AM  Break

11:00 AM - 12:45 PM  How to apply our model to people with mental health problems.

12:45 PM - 1:30 PM  Lunch

1:30 PM - 4:00 PM  Three case studies followed by small group breakout sessions for assessing and practicing our model with each other.

4:00 PM - 4:15 PM  Break

4:15 PM - 5:00 PM  Q&A

Teaching method or strategy

The workshop will include didactics, experiential exercises, roleplays both to model the application of principles and also for participant practice, small group.

Target Audience

Beginner through Advanced

Who Should Attend

Clinicians, researchers, mental health workers, and all others who are interested in helping people quit smoking and/or lose weight.
Prerequisites

Training and experience in treating tobacco use and/or weight loss. Ideally, participants would carry a caseload of adult patients who are focusing on these problems.

Duration of Workshop

2 days (14 hours)
References


