

Introduction Week Outline	Video Topic	Points to Emphasize	Handouts/Supplies
<ol style="list-style-type: none"> <li>1. Distribute, complete, and collect registration information.</li> <li>2. Distribute name badges, if used. (Ask participants to leave them at the end of each session)</li> <li>3. Distribute <i>The Cooper/Clayton Method to Stop Smoking</i> books and collect money if sold</li> <li>4. Welcome and introductions (discuss all agencies involved)</li> <li>5. Explain what to expect for next 12 weeks</li> <li>6. Show Introductory Segment on DVD</li> <li>7. Reiterate “Points to Emphasize”</li> <li>8. Divide into small support groups (10-15 per group is ideal).</li> <li>9. Discuss results of participant’s Fagerstrom tests.</li> <li>10. Support group topic – “How long have you smoked? How many cigarettes a day do/did you smoke? Have you attempted to stop before? If so, what “method” did you choose and why?”</li> <li>11. Hand out Cigarette Recording Form and Q&amp;A Sheet</li> </ol>	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Overview</li> <li>• How and why the Cooper Clayton Method was developed</li> <li>• Treat the addiction and retrain the brain</li> </ul>	<ol style="list-style-type: none"> <li>1. Continue to smoke as usual</li> <li>2. Record how often and the number of cigarettes smoked this coming week.</li> <li>3. Be truthful; this information will be used to determine the appropriate nicotine replacement products for you to use.</li> <li>4. Next week we will assist you in selecting the appropriate NRT products.</li> <li>5. If you are pregnant or have health problems such as heart disease, diabetes, etc. or &lt;18, you must have release from your physician about using NRT or other stop smoking methods.</li> <li>6. Remember: “Do what Dr. Cooper and Dr. Clayton say and you will succeed!”</li> </ol>	<p><u>Supplies:</u></p> <ul style="list-style-type: none"> <li>• Attendance sheet</li> <li>• Registration, history, and Fagerstrom tests for walk-in class participants</li> <li>• Name badges</li> <li>• Participant agreement</li> <li>• Liability Form</li> <li>• DVD player &amp; TV</li> <li>• DVD 10:00</li> <li>• <i>Cooper/Clayton</i> Books</li> </ul> <p><u>Handouts:</u></p> <ul style="list-style-type: none"> <li>• Cigarette Recording Sheet</li> <li>• Questions &amp; Answers about Smoking</li> <li>• Insurance and NRT</li> </ul>

