

GROUP COUNSELING

For Smoking Cessation

EXPECTATIONS:

The Why and The How

WHY: GROUP COUNSELING

FOR SMOKING CESSATION



The best part about being with a group
is that you don't have to do everything
alone

- Anonymous



SUPPORT SYSTEM:





HELP
MOVING
FORWARD



LEARN SOCIAL SKILLS





REVEALING

BUILDING HEALTHY RELATIONSHIPS

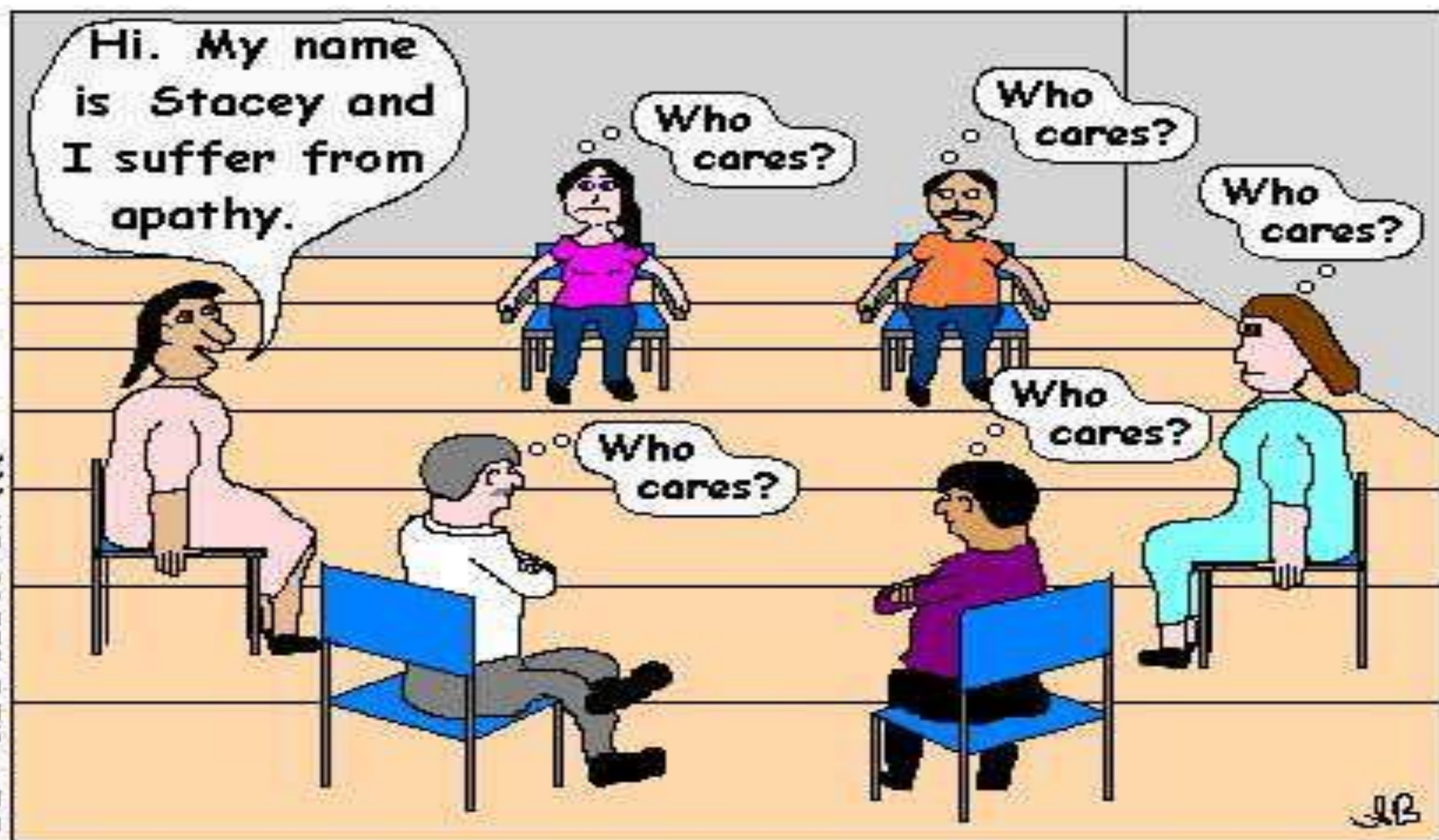




SAFE PLACE









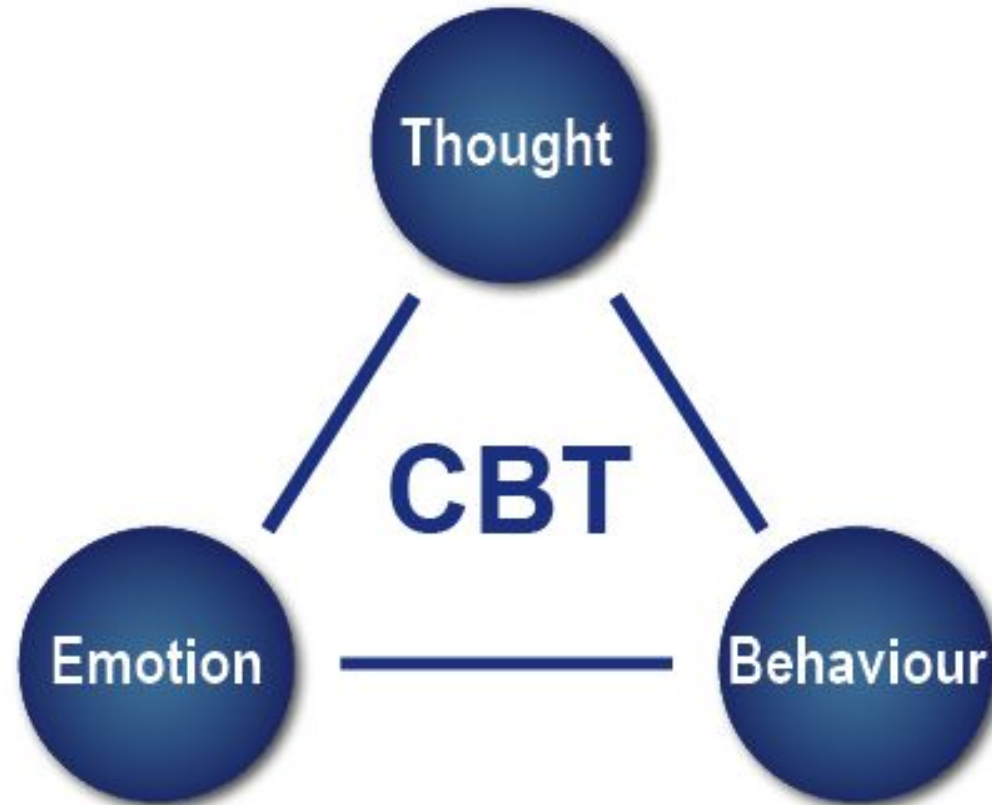
HOW: GROUP COUNSELING

FOR SMOKING CESSATION

KICKASH

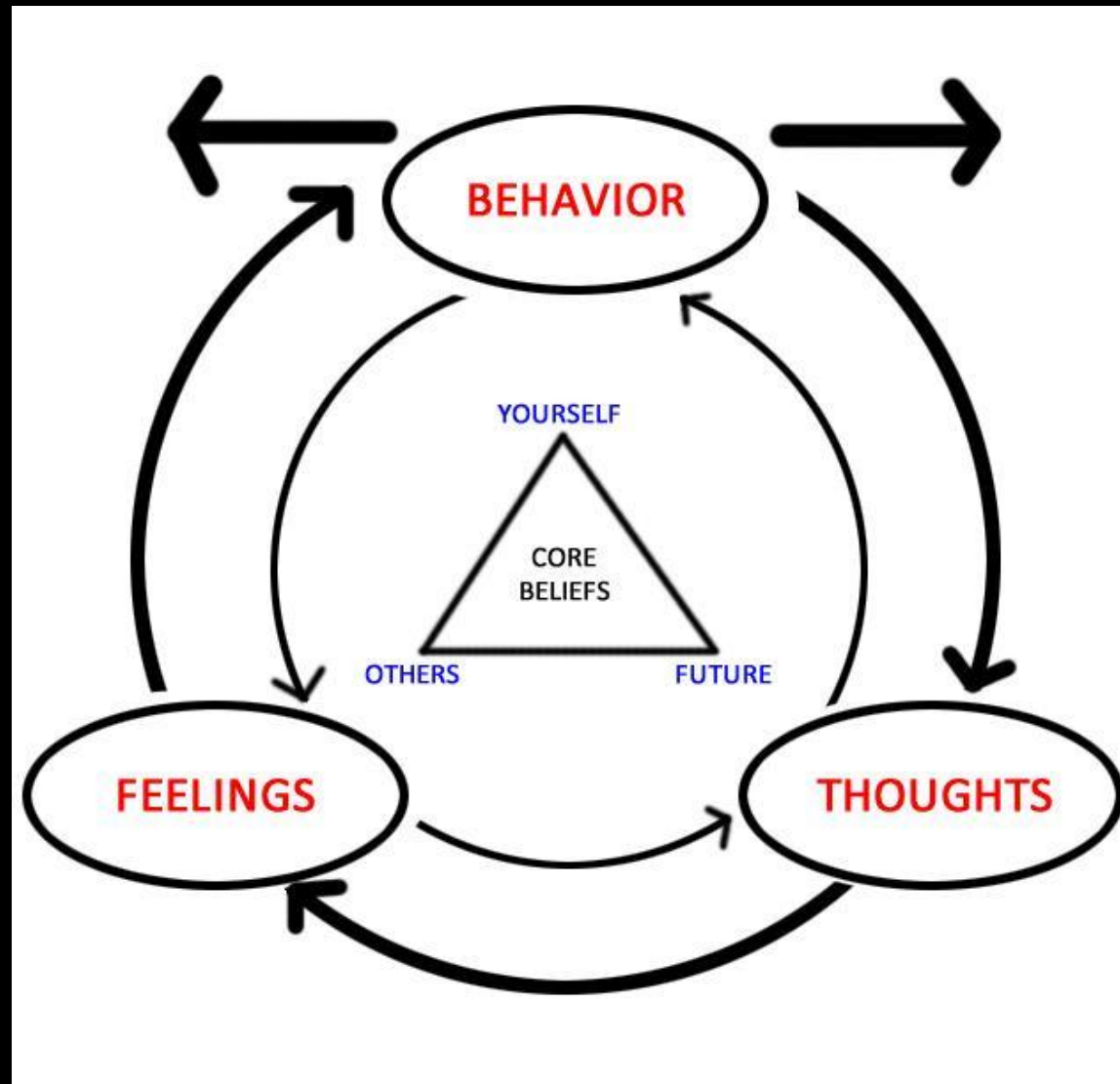
A Cognitive Behavioral Approach for Smoking Cessation Groups

What we *think* affects
how we act and feel.



What we *feel* affects
how we think and do.

What we *do* affects
how we think and feel.



REGULATING
THOUGHTS:



Reframing Thoughts:

Negative Thoughts:

- “I am a loser!”
- “I will never win!” or “I can’t win”

Positive Thought Reframe”

- “All I do is win, win, win no matter what!”

REGULATING
FEELINGS:

Regulating Feelings:

Negative Feelings:

- “I feel sad”
- “I feel disgusted every time I smoke!”

Positive Feeling reframe:

“Ok lets get up and out and be productive”
“I am better than this and I will feel better when smoking is gone.”

REGULATING
BEHAVIORS:

Alternative Behaviors

◦We Keep Waiting:



Session Five – A Tobacco Free Journey: Regulating Behaviors

LIST OF ALTERNATIVE BEHAVIORS

Craving Busters: When cravings for tobacco are strong try these busters instead of smoking.

DRINK WATER	EAT TART CANDY
A FROZEN SNACK	FLOSS AND BRUSH
CHEW GUM	WHISTLE OR HUM
EXERCISE	RUN IN PLACE
SING LOUDLY	DANCE FREELY

Avoid Isolation: When tackling change, it becomes very easy to isolate. Interact with others.

CALL A FRIEND	GIVE HUGS
SPEND TIME W/ KID	WRITE A LETTER
VOLUNTEER	CALL A PARENT
WRITE A GRATEFUL LIST	COME OUT OF ROOM

Distract yourself at home: When you are not smoking you will be amazed at what you can accomplish around the home.

WASH THE CAR	CHECK TIRES
CLEAN IN THE CAR	CLEAN GARAGE
SCRUB FLOOR	DO THE LAUNDRY
CLEAN OUT CLOSETS	ORGANIZE PHOTOS
PAINT A ROOM	START A GARDEN
MAKE TO DO LIST	PLAN A VACATION
BAKE A CAKE	WASH THE DOG
READ A BOOK	WATCH FUNNY MOVIE

Keep Hands and Mind Busy: Cigarettes are interactive, it will be good to keep your hands busy.

GET A NEW HOBBY	TAKE PHOTOS
KNIT	WRITE A BOOK/ POEM
PAINT A PICTURE	SCRAPBOOK
BACK UP PHOTOS	DO A JIGSAW PUZZLE
CROSSROAD PUZZLE	PLAY GAMES

Be Active: The Fear of gaining weight once you start smoking. Replace old habits with new.

GO FOR A WALK	WORK OUT
TRY NEW CLASS	RIDE A BIKE
EAT HEALTHY FOODS	DRINK MORE WATER

Get Out and About: There are times when a change of scenery can do wonders for the mind.

WINDOW SHOPPING	TAKE A DAY TRIP
GO ANTIQUE SHOPPING	GO FOR A DRIVE
DONATE BLOOD	WATCH SUNSET

Embrace Relaxation and Treat Yourself

SMILE IN MIRROR	RELAX IN BATHROOM
TAKE A SHOWER	TAKE CANDLE LIT BATH
LISTEN TO MUSIC	DEEP BREATHING
PRACTICE MEDITATION	TAKE A NAP
GET A MASSAGE	MANICURE/PEDICURE
COLOR YOUR HAIR	STOP AND SMELL ROSES

Participants may add to the lists and incorporate into their relationship.



Session Five – A Tobacco Free Journey: Regulating Behaviors

LIST OF ALTERNATIVE BEHAVIORS

Craving Busters: When cravings for tobacco are strong try these busters instead of smoking.

DRINK WATER	EAT TART CANDY
A FROZEN SNACK	FLOSS AND BRUSH
CHEW GUM	WHISTLE OR HUM
EXERCISE	RUN IN PLACE
SING LOUDLY	DANCE FREELY

Avoid Isolation: When tackling change, it becomes very easy to isolate. Interact with others.

CALL A FRIEND	GIVE HUGS
SPEND TIME W/ KID	WRITE A LETTER
VOLUNTEER	CALL A PARENT
WRITE A GRATEFUL LIST	COME OUT OF ROOM

Distract yourself at home: When you are not smoking you will be amazed at what you can accomplish around the home.

WASH THE CAR	CHECK TIRES
CLEAN IN THE CAR	CLEAN GARAGE
SCRUB FLOOR	DO THE LAUNDRY
CLEAN OUT CLOSETS	ORGANIZE PHOTOS
PAINT A ROOM	START A GARDEN
MAKE TO DO LIST	PLAN A VACATION
BAKE A CAKE	WASH THE DOG
READ A BOOK	WATCH FUNNY MOVIE

Keep Hands and Mind Busy: Cigarettes are interactive, it will be good to keep your hands busy.

GET A NEW HOBBY	TAKE PHOTOS
KNIT	WRITE A BOOK/ POEM
PAINT A PICTURE	SCRAPBOOK
BACK UP PHOTOS	DO A JIGSAW PUZZLE
CROSSROAD PUZZLE	PLAY GAMES

Be Active: The Fear of gaining weight once you start smoking. Replace old habits with new.

GO FOR A WALK	WORK OUT
TRY NEW CLASS	RIDE A BIKE
EAT HEALTHY FOODS	DRINK MORE WATER

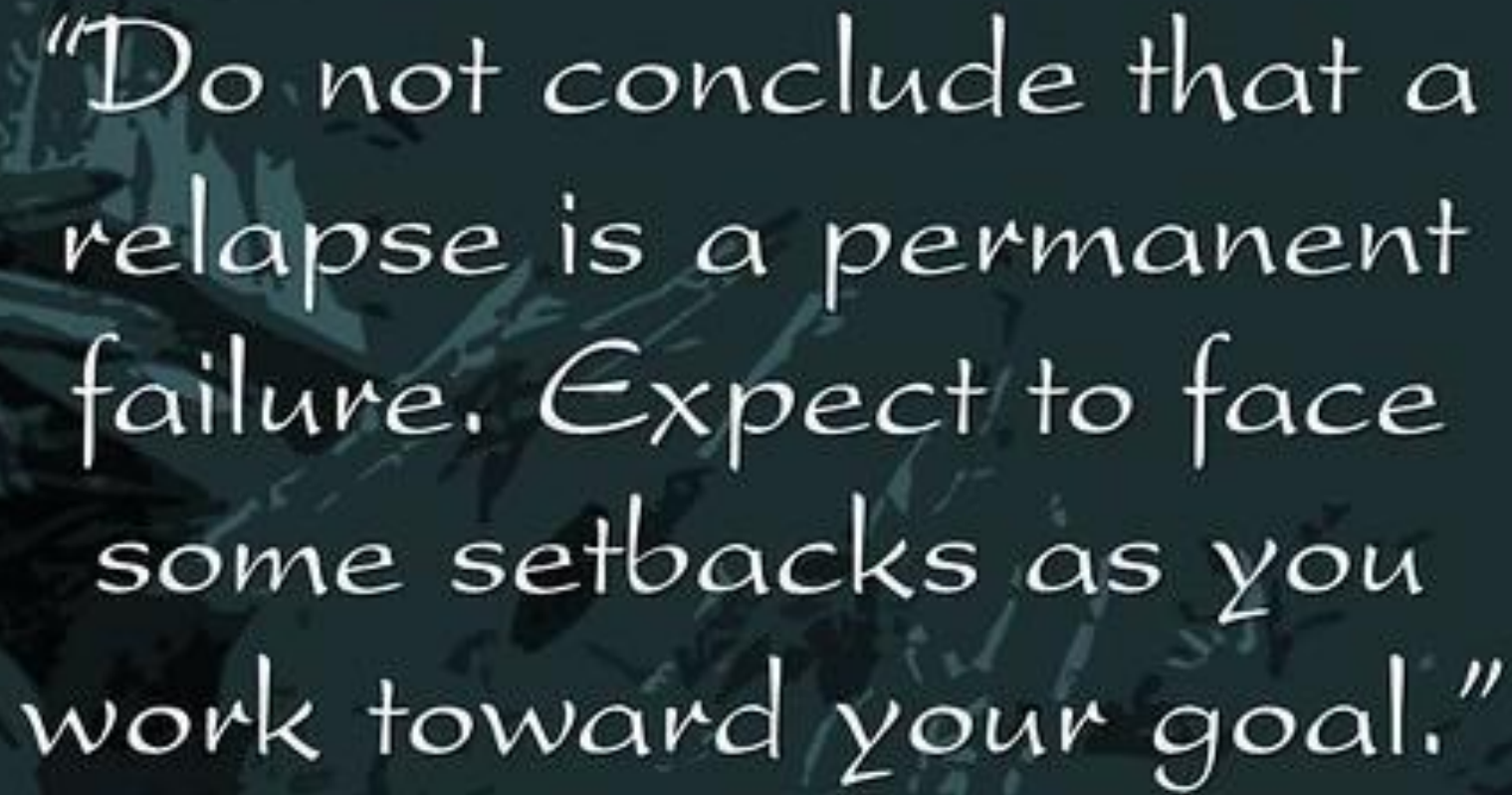
Get Out and About: There are times when a change of scenery can do wonders for the mind.

WINDOW SHOPPING	TAKE A DAY TRIP
GO ANTIQUE SHOPPING	GO FOR A DRIVE
DONATE BLOOD	WATCH SUNSET

Embrace Relaxation and Treat Yourself

SMILE IN MIRROR	RELAX IN BATHROOM
TAKE A SHOWER	TAKE CANDLE LIT BATH
LISTEN TO MUSIC	DEEP BREATHING
PRACTICE MEDITATION	TAKE A NAP
GET A MASSAGE	MANICURE/PEDICURE
COLOR YOUR HAIR	STOP AND SMELL ROSES

Participants may add to the lists and incorporate into their relationship.



“Do not conclude that a relapse is a permanent failure. Expect to face some setbacks as you work toward your goal.”

From “How to Harness your Habits”
Awake! Magazine
No. 4, 2016-161

Relapse/
Prevention

KICK ASH

A Cognitive Behavioral Approach for Smoking Cessation Groups



**Latasha Dixon, MA, LMFT -
Behavioral Specialist Consultant
– (909)218-1653
TashadixonLMFT@gmail.com**