

දුරකථන : +94112187140

தொலைபேசி
Telephone

ෆැක්ස් : +94112186024

தொலைநகல்
Fax

වෙබ් අඩවිය : www.nata.gov.lk

இணையத்தளம்
Website

විද්‍යුත් තැපෑල : natamoh.lk@gmail.com

மின்னஞ்சல்
E-mailමගේ අංකය
எனது இல.
My No

NATA/05/2021

ඔබේ අංකය
உமது இல.
Your Noදිනය
திகதி
Date

2021/02/22



දුම්කොළ හා මද්‍යසාර පිළිබඳ ජාතික අධිකාරිය
புகையிலை மற்றும் மதுபானம் மீதான தேசிய அதிகாரச்சபை
National Authority on Tobacco & Alcohol

Dr. Hemantha Hearth
Actg. DDG (PHS) I
Ministry of Health
Suwasiripaya
Colombo 10



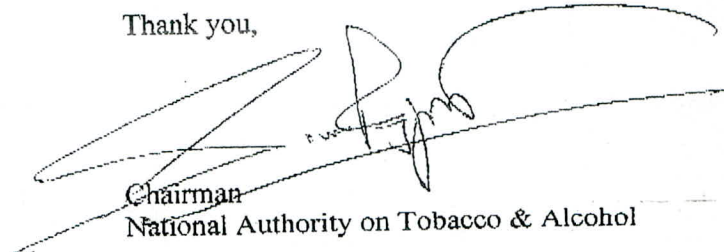
Dear Dr. Hemantha,

Commencing Certificate Course of Counselling on Cessation & Prevention of Tobacco & Alcohol for stakeholders of NATA

NATA has experienced the lack of qualified counsellors related to the discipline of Cessation & Prevention of Tobacco & Alcohol. To address this issue NATA decided to create a curriculum and commence a certificate course with intention of upgrade the course to Diploma level.

- I am happy to inform that we are commencing the above course from 5th of March 2021 and the first batch of the course will be offered to the authorized officers of NATA act. The course will be held on 10 consecutive Fridays with covering 60 lecture hours and another 60 hours will be covered by projects and assignments. Therefore, I am kindly requesting you to nominate **five PHU officers and five Food and Drug Inspectors** who can give their fullest commitment to this course and who has worked for cessation and prevention of tobacco & alcohol in the past.
- The expected outcome of this course is to strengthen the cessation and prevention of tobacco and alcohol activities in Sri Lanka. Due to this COVID situation, the batch will be limited to the 30 participants and please be kind enough to send your nominated 5 officers with their details (please see the annex 1) on or before 25th February 2021.

Thank you,


Chairman
National Authority on Tobacco & Alcohol

Dr. Samadhi Rajapaksa
Chairman
National Authority on Tobacco and Alcohol
11th Floor Wing A
Sethsripaya Stage II, Battaramulla.

CC: - Dr.(Mrs.) T.L.C.Somatunga, Addl. Secretary (Public Health Services), Ministry of Health

Annex 1

No	Name of the nominated officer with Designation	Address	Email address	NIC	Mobile Number
1.					
2.					
3.					
4.					
5.					

Please be kind enough to send us details of a Coordinating officer

Name:

Designation:

Mobile No:

Agenda of Lecture Day

Time	Event
09:00 - 12:00	Lecture 1
12:00 - 13:00	Lunch Break
13:00 - 16:00	Lecture 2

- The Course is free of charge.
- Water bottles or meals are **not** provided

Annex 2

1L = 3 hours

Module	Name	Content
1 Medical, social and legal aspects of Alcohol and tobacco	Medical aspects on Alcohol and Tobacco (1L)	<ul style="list-style-type: none"> • Epidemiological facts on Tobacco and alcohol in Sri Lanka • Health Effects of tobacco and alcohol • Available services and referral pathways for cessation of tobacco and alcohol
	Socio - Economic aspects on Alcohol and Tobacco (1L)	<ul style="list-style-type: none"> • Industry manipulations of tobacco and alcohol • Economic benefits of quitting alcohol and tobacco • Best buys for tobacco industry
	Legal of aspects on Alcohol and Tobacco (1L)	<ul style="list-style-type: none"> • Laws relevant to tobacco and alcohol in Sri Lanka • Regulatory body for control of tobacco and alcohol and its functions (NATA) • NATA act • Implementations of laws for prevention and control of tobacco and alcohol
2 Understanding Counseling and Psychology	Introduction to psychology and counselling (1L)	<ul style="list-style-type: none"> • Introduction <ul style="list-style-type: none"> ○ Definition of psychology ○ Schools of psychology ○ Field of psychology ○ Link between counseling & psychology ○ Buddhist psychology & human behavior • Definition, goals and benefits of counseling • Describe major fields of counseling • Difference between a counselor & other discipline • Difference between Health education and the counselling • Basic concepts & related theories <ul style="list-style-type: none"> ○ Emotions ○ Perceptions ○ Cognition ○ Intelligence ○ Memory & forgetting ○ Motivation ○ Personality

	<p>Counselling Skills (2L)</p>	<ul style="list-style-type: none"> ● Definitions of counselling skills ● Basic counselling skills ● Micro counselling skills <ul style="list-style-type: none"> ○ Rapport building ○ Attending behavior ○ Active listening ○ Empathic responding ○ Questioning ○ Mirroring ○ Dark mirroring ○ Self-disclosure ○ Confirmation ○ Summarizing ○ Note taking ○ Terminating ● Group counselling and shared confidentiality ● Counseling values & Ethics <ul style="list-style-type: none"> ○ The critical dimensions of counseling ○ Professional ethics <ul style="list-style-type: none"> ■ Client welfare ■ Respective diversity ■ Client rights ■ Confidentiality & privacy ■ Client served by others ■ Professional responsibility ■ Relationship with other professionals
	<p>Counseling approaches (2L)</p>	<ul style="list-style-type: none"> ● Counseling approaches, theories & related techniques ● Positive psychological approach of human beings ● Psycho analytic approach, theory & techniques ● Behavioral Approach, theories & techniques ● Perceptual phenomenological approach, theories & techniques ● Humanistic approach, theories & techniques ● Rational approach-theories & techniques <ul style="list-style-type: none"> ○ Existential approach, theories & techniques ○ Gestalt theory ○ Family counseling approach, theories & techniques ● Brief introduction to models of counseling ● Different alternative plans for counselling
<p>3</p>	<p>Addiction and Counseling (6L)</p>	<ul style="list-style-type: none"> ● Basis of addiction and definition of addictions. ● Causes of addition ● Detecting signs of early addiction ● Different theories of addiction ● Pathological use and non-pathological use of tobacco and alcohol ● Handling mixed addiction ● Analyzing the social background of addicted person ● Myths related to addition ● Treatment and rehabilitation of addiction ● Therapeutic approach for addiction counseling ● New global trends in addiction counseling

4	Application of counselling skills for prevention and cessation of Tobacco and Alcohol (4L)	<ul style="list-style-type: none"> • Role play through case scenarios in each stage • Prevention and cessations with disease conditions
5	Behaviour change communication for tobacco and alcohol (2L)	<ul style="list-style-type: none"> • Behaviour change cycle • Primary, secondary and tertiary prevention of alcohol and tobacco • Making a plan for behaviour change communication
Sharing experience		<ul style="list-style-type: none"> • Seminar, and presentations/debates <ul style="list-style-type: none"> ○ prevention stories ○ cessation stories ○ successful interventions ○ implementation of laws ○ other relevant legal cases
Assignment = 60 hours		Small project or case interventions
Total hours = 120 hours		