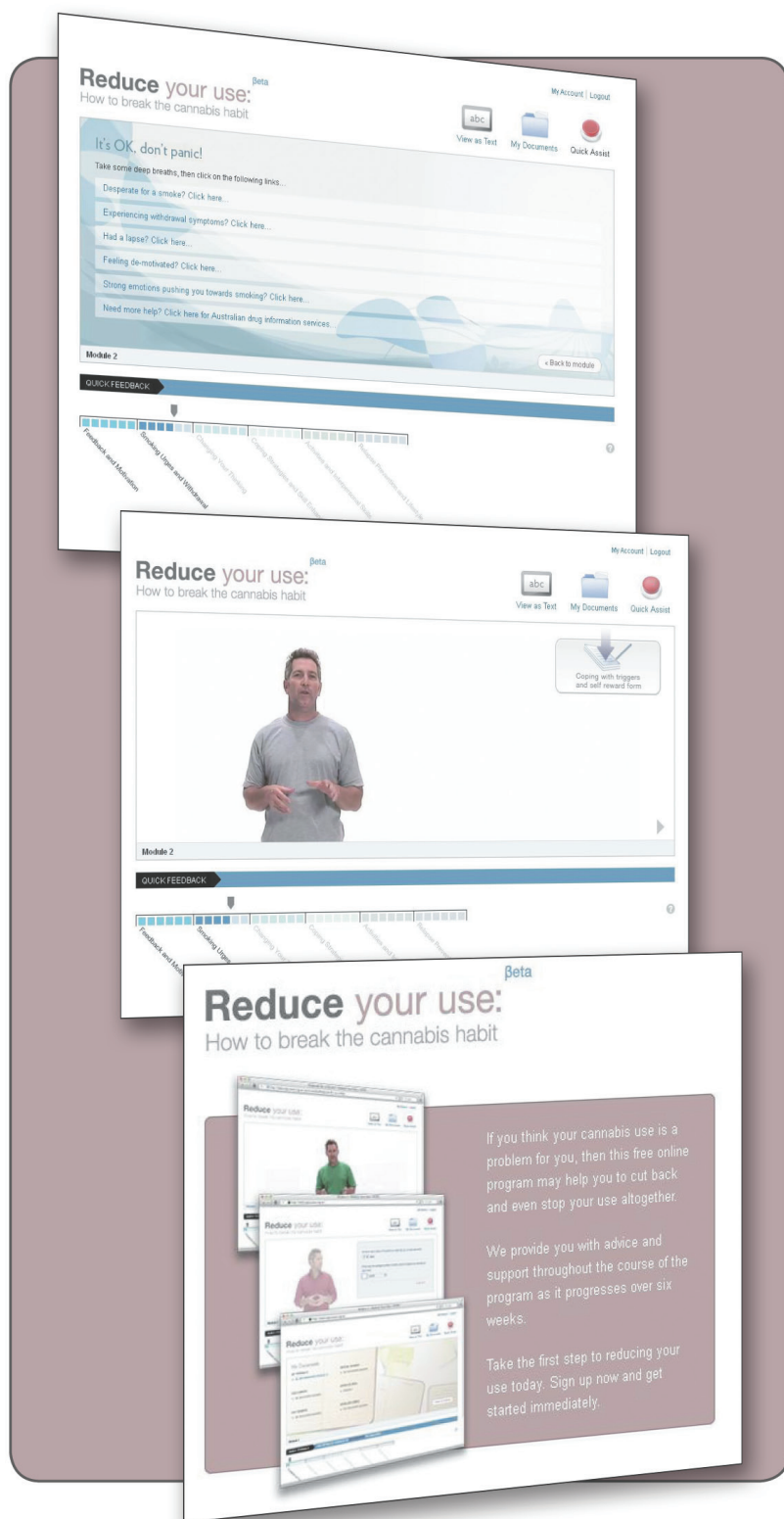


Reduce your use:

An online program to help your clients cease or reduce their cannabis use



The National Cannabis Prevention and Information Centre (NCPIC) has recently launched a fully self-guided online cannabis treatment, *Reduce Your Use: How to Break the Cannabis Habit*. While the program is fully automated, it is also highly personalised, containing several treatment options selected by the user, and individualised documentation and feedback based on user input. The program can be used in text mode, or in video mode for users who prefer a stronger feel of human involvement.

The website contains six core modules, informed by the principles of cognitive behavioural therapy and motivational enhancement therapy. These are:

- 1) Feedback and Building Motivation;
- 2) Managing Smoking Urges and Withdrawal;
- 3) Changing Your Thinking;
- 4) Coping Strategies and Skill Enhancement;
- 5) Activities and Interpersonal Skills; and
- 6) Relapse Prevention and Lifestyle Changes.

Research findings supporting the effectiveness of *Reduce Your Use* in assisting individuals to cease or reduce their cannabis use were recently obtained in a randomised controlled trial. Additionally, participant feedback from the trial demonstrated generally high levels of satisfaction with the program.

The website is freely accessible to anyone seeking assistance with their cannabis use. Those providing treatment to individuals who are experiencing problems with cannabis use might also find it helpful to refer their clients to the online program as an adjunct to treatment. The program can be accessed at www.reduceyouruse.org.au