

OUTLINE

- Sleep Regulation**

 - Sleep homeostasis
 - Behaviors that interfere with the build-up of sleep-drive
 - The circadian system
 - Behaviors that interfere with optimal timing of sleep
 - Arousal system: behaviors that cause conditioned arousal and cognitive emotional hyperarousal
- Assessment**

 - How to get useful information from sleep diaries
 - The difference between sleepiness and fatigue
 - When to make a referral to a sleep clinic
 - Other assessment issues
- Sleep Medications**

 - Why some medications do not work
 - CBT-I as the most effective and longer lasting treatment
- Cognitive Behavior Therapy for Insomnia (CBT-I)**

 - Sleep Restriction Therapy (SRT): Restore the Sleep Drive
 - Calculate optimal time-in-bed prescription
 - Collaborate on the best “sleep window”
 - Special cases: when to use sleep compression instead
 - Stimulus Control (SC): Addressing Conditioned Arousal
 - Select an optimal standard rise time
 - Fatigue management strategies to eliminate napping
 - Special cases: when to use counter control instead
 - Combining SC and SRT in one-session CBT-I
- Counter-arousal Strategies**

 - Identify and change negative thoughts that keep people awake
 - Behavioral experiments
 - Thought records
 - The buffer zone
 - Socratic questioning
 - Structured, scheduled problem-solving
 - Mindfulness
 - Troubleshooting difficulties with adherence
 - High sleep anxiety vs. high arousal
 - Awakenings from pain, hot flashes, panic or nightmares
 - Using light and activation in those with depression
- Modifications to CBT for Insomnia in Complex Cases & Comorbidity**

 - Major Depressive Disorder
 - Chronic pain
 - Anxiety disorders
 - Post-Traumatic Stress Disorder
- Limitations of Research and Potential Risks**

 - Evidence for CBT-I
 - Implementation issues
 - CBT-I with comorbid disorders
 - CBT-I and hypnotic medication

OBJECTIVES

- Select assessment tools that screen for other sleep disorders and identify insomnia treatment targets as it relates to case conceptualization.
- Teach clients about the science of sleep, causes of chronic insomnia and the impact on overall mental health.
- Explore three models of CBT-I delivery and implementation issues for different practice settings.
- Specify why CBT-I is effective for clients with co-occurring issues such as pain, depression, anxiety or trauma.
- Set-up treatment strategies that clients can easily implement to manage fatigue.
- Collaboratively design a sleep schedule with clients using a sleep diary to improve sleep efficiency and daytime functioning.

Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Emily Krumenauer at ekrumenauer@pesi.com or call 715-855-8167.

FREE
- CE -
ONLINE COURSE

Shame Shields

BRENÉ BROWN, Ph.D.

1 CE HOUR

HURRY OFFER EXPIRES August 15, 2018

www.pesi.com/brown-shame

Bring any training in-house!

Convenient • Cost-Effective • Customizable

Call Patti Johnson 715-855-8134
www.pesi.com/inhouse

TREATING INSOMNIA

Evidence-Based Strategies to Help your Clients Sleep





PESI®
www.pesi.com

REGISTER NOW!
pesi.com/express/63851

- FAIRFAX, VA**
Monday, September 17, 2018

ELLCOTT CITY, MD
Tuesday, September 18, 2018

TIMONIUM, MD
Wednesday, September 19, 2018

Featuring sleep expert & author, Colleen E. Carney, Ph.D.

TREATING INSOMNIA

Evidence-Based Strategies to Help your Clients Sleep

Using Cognitive Behavioral Therapy for Insomnia (CBT-I) & Other Strategies for:

- Depression
 - Trauma
- Anxiety
 - Chronic Pain



- FAIRFAX, VA**
Monday, September 17, 2018

ELLCOTT CITY, MD
Tuesday, September 18, 2018

TIMONIUM, MD
Wednesday, September 19, 2018



PESI®
www.pesi.com

REGISTER NOW!
pesi.com/express/63851

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

TREATING INSOMNIA

One of the biggest mistakes you as a clinician can make is NOT asking about the client’s sleeping habits. We all know the necessity of sleep – especially for those who are depressed, anxious, obsessively worried, or in chronic pain – yet often we overlook this. And worse, we think there’s nothing we can do to help them.

Join me, Colleen Carney, and I’ll show you successful, proven techniques I’ve developed over nearly 20 years on how to optimize your clients sleep – without medication!

Discover evidence-based strategies to help your clients increase energy during the day, sleep more deeply, and re-initiate sleep after hot flashes, panic attacks or nightmares. The strategies I will show you can be easily integrated into existing treatment for depression, chronic pain, trauma and anxiety.

Take the next step and join me today, I will help you learn new assessment tools, step-by-step CBT, and counter-arousal strategies that your client can immediately use. My engaging workshop will include discussion of case vignettes, experiential exercises, examples of sleep logs and other tools to use in your clinical practice.

SPEAKER

Colleen E. Carney, Ph.D., has been solving sleep issues for the past 15+ years. She is a leading expert in psychological treatments for insomnia, particularly in the context of co-occurring mental health issues.

Dr. Carney is the director of the Sleep and Depression Laboratory at the Department of Psychology at Ryerson University. Her work has been featured in *The New York Times* and she has over 100 publications on insomnia. She frequently trains students and mental health providers in CBT for Insomnia at invited workshops throughout North America and at international conferences. Dr. Carney is a passionate advocate for improving the availability of treatment for those with insomnia and other health problems. For more information, please visit www.drcolleencarney.com.

Speaker Disclosure:

Financial: Colleen Carney is a professor at Ryerson University. She receives a speaking honorarium from PESI, Inc.

Non-financial: Colleen Carney is a member of the Canadian Psychological Association; and the Association for Behavioural and Cognitive Therapies (ABCT).



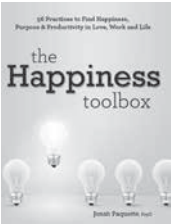
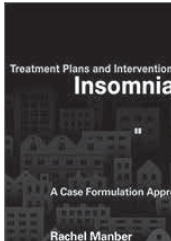
PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

Target Audience

Counselors • Social Workers
Psychologists • Psychotherapists
Therapists • Addiction Counselors
Marriage and Family Therapists
Case Managers • Nurses
Other Mental Health Professionals

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

- Harness sleep drive to override mental over-activity
- Use rumination as a trigger for more adaptive strategies
- Mindfulness strategies to help with sleep and fatigue



*SAVE by including these products with seminar registration!

Quiet Your Mind & Get to Sleep: *Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain*

By Colleen E. Carney, Ph.D. **Your Presenter!** & Rachel Manber, Ph.D

A busy and hectic life can profoundly affect your ability to get a good night’s rest. And it’s even more difficult to feel relaxed when you stay awake worrying that you won’t fall asleep. This vicious circle can quickly rob you of your quality of life, which is why it is so important to seek the most effective treatment for your insomnia.

Treatment Plans and Interventions for Insomnia:

A Case Formulation Approach

By Colleen E. Carney, Ph.D. **Your Presenter!** & Rachel Manber, Ph.D

Poor sleep is a significant source of distress and is also a symptom of other problems, such as anxiety and depressive disorders. From leading experts in cognitive-behavioral therapy for insomnia (CBT-I), this state-of-the-art book provides a framework for tailoring treatment for clients with an array of sleep difficulties.

The Happiness Toolbox

56 Practices to Find Happiness, Purpose & Productivity in Love, Work and Life

By Jonah Paquette, Psy.D.

So many books, websites, apps, and podcasts claim they contain the secrets to finding happiness. But rarely are they backed by research or real tools - instead just anecdotal fairy tales that work for a select few.

The Happiness Toolbox is here to help, by providing you with science-backed exercises to change your life. An interactive journaling format helps you learn how to choose happiness by adding simple habits into your daily life - putting you in a long-lasting and fulfilling state of mind.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the counseling services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

DISTRICT OF COLUMBIA COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

VIRGINIA COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc. Provider #1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

How to Register:

TREATING INSOMNIA: EVIDENCE-BASED STRATEGIES TO HELP YOUR CLIENTS SLEEP

ONLINE

pesi.com/express/63851

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI
PO BOX 1000
Eau Claire, WI
54702-1000

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

E-mail address _____

FOR YOUR CONVENIENCE, CONFIRMATIONS ARE SENT VIA EMAIL.

2 Check location: *(make copy of locations)*

☐ **FAIRFAX, VA**
September 17, 2018
Hilton Garden Inn Fairfax
3950 Fair Ridge Dr • 22033
(703) 385-7774

☐ **ELLICOTT CITY, MD**
September 18, 2018
Turf Valley Resort & Conference Center
2700 Turf Valley Rd • 21042
(410) 465-1500

☐ **TIMONIUM, MD**
September 19, 2018
Holiday Inn Timonium
9615 Deereco Road • 21093
(410) 560-1000

PLEASE RETURN ENTIRE REGISTRATION FORM

REGISTER NOW

pesi.com/express/63851

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

• FREE MILITARY TUITION: PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

• \$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• Groups of 5 or more: Call 800-844-8260 for discounts.

• Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/ students or call 800-844-8260 for details.

Advance registration required.

Cannot be combined with other discounts.

3 Check tuition:

TUITION WITH SEMINAR MANUAL

\$199.99 — choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$229.99** standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- ☐ **\$21.95*** *Quiet Your Mind & Get to Sleep* book
☐ **\$40.00*** *Treatment Plans and Interventions for Insomnia* book
☐ **\$24.99*** *The Happiness Toolbox* book

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

☐ Check enclosed payable to **PESI, Inc.**

- ☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

Insomnia: Evidence-Based Strategies for Depression, Trauma, Anxiety and Chronic Pain

___ Seminar on DVD* (video) \$199.99 (RNV048695)

___ Seminar on CD* (audio) \$169.99 (RNA048695)

___ *Quiet Your Mind & Get to Sleep* book* \$21.95 (SAM083840)

___ *Treatment Plans and Interventions for Insomnia* book* \$40.00 (SAM083845)

___ *The Happiness Toolbox* book* \$24.99 (PUB085440)

Product total \$ _____

*Shipping is \$6.95 first item + \$2.00 each add'l item. *Shipping _____

**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR
Subtotal _____
****Tax** _____
TOTAL _____



FOR OFFICE USE ONLY

Fed ID # 26-3896894 © 2018 PESI, Inc.

EK

Questions? Call customer service at **800-844-8260**