

Outline

Assessment

- Goals of assessment
- Clinical tools for assessing insomnia
- Other sleep disorders
- When to make a referral to a sleep clinic
- Contraindications for CBT-I

Sleep Regulation

- Wakefulness and sleepiness
- Homeostatic mechanism balances
- The “body clock”

The Elements of Insomnia

- Homeostatic perpetuating factors
- The impact of sleeping in
- Nap impact on building sleep drive
- Circadian perpetuating factors
- The arousal system/conditioned arousal

Step-by-Step Guide to CBT-I: Stimulus Control and Sleep Restriction Therapies

Stimulus Control (SC): Address Conditioned Arousal

- Rules for reassociating the bed with sleep
- Identify and overcome potential obstacles to adherence

Sleep Restriction Therapy (SRT): Restore the Sleep Drive

- How to present rationale
- Calculate time-in-bed prescription
- Placing the time-in-bed window
- Identify and overcome potential obstacles to adherence
- Sleep extension
- Combining SC and SRT
- The myth of sleep hygiene

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.

Step-by-Step Guide to CBT-I: Cognitive Therapy and Counterarousal

Counterarousal Strategies: Quiet an Active Mind

- Establishing a buffer zone
- Processing strategies (including constructive worry and rumination strategies)
- Mindfulness and relaxation therapies

Cognitive Therapy: Identify and Change Distorted Thoughts About Sleep

- Thought records
- Behavioral experiments
- Socratic questioning

Modifications to CBT for Insomnia: Complex Cases & Comorbidity

- Depression
- Chronic pain
- Anxiety
- PTSD

Limitations of Research and Potential Risks

Seminar & Webcast Schedule (Times Listed in Eastern)

- 7:30 Registration/Morning Coffee & Tea
- 8:00 Program begins
- 11:50 -1:00 Lunch (on your own)
- 4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Target Audience:

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

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Cognitive Behavioral Therapy for Insomnia

CBT-I

Evidence-Based Strategies to Help Your Clients Sleep

Woburn, MA	Waltham, MA	Dedham, MA	Live Video Webcast
Tuesday	Wednesday	Thursday	Thursday
February 19, 2019	February 20, 2019	February 21, 2019	February 21, 2019



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Cognitive Behavioral Therapy for Insomnia

CBT-I

Evidence-Based Strategies to Help Your Clients Sleep

- Acquire new, insomnia-specific CBT strategies to boost your therapeutic progress with clients suffering from depression, trauma, anxiety, or chronic pain.
- Advance your practice with specialized training and techniques you can apply immediately.
- Gain step-by-step instruction that is proven to effectively treat insomnia long after treatment has ended.

“Excellent presentation!
One of the best trainings I’ve attended!”
-Pete, Portland, OR

- Woburn, MA • Tuesday, February 19, 2019
- Waltham, MA • Wednesday, February 20, 2019
- Dedham, MA • Thursday, February 21, 2019
- Live Video Webcast • Thursday, February 21, 2019



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Up to 80% of your clients may meet the criteria for clinical insomnia.

Missing this diagnosis could slow or even halt your therapeutic progress with clients suffering from depression, trauma, anxiety, or chronic pain.

One of the biggest mistakes you can make as a clinician is NOT asking about your 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 we often overlook this. And worse, we think there’s nothing we can do to help them.

Join me, and I’ll show you successful, proven techniques I’ve developed over the last decade on how to optimize your client’s 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-I, and counter-arousal strategies that your clients 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.

Cognitive Behavioral Therapy for Insomnia

CBT-I

Evidence-Based Strategies to Help Your Clients Sleep

“One of the best seminars I’ve attended. Dr. Carney was sharp, personable, on target, and extremely knowledgeable.”
-Evelyn, Boulder, CO

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).

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Jonah Paquette, Psy.D.

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

Rachel Manber

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

Jonah Paquette, Psy.D.

Treatment Plans and Interventions for Insomnia: A Case Formulation Approach

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

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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.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on February 21, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$29.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/67776

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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.

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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.

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PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

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COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I): EVIDENCE-BASED STRATEGIES TO HELP YOUR CLIENTS SLEEP

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