

Outline

Sleep Regulation Problems: How Insomnia Develops

Factors that weaken the sleep drive
Factors that weaken the signal of the circadian clock
How the circadian clock & sleep drive work together to regulate sleep
How the arousal system interferes with sleep regulation
Cognitions & behaviors that create cognitive arousal & interfere with sleep
Identify conditioned insomnia

Assessment & Treatment Planning

Treat insomnia to improve outcomes for PTSD, chronic pain, depression & anxiety
Why treating a primary mental health disorder won't cure insomnia
Insomnia-informed considerations for the clinical interview
Who is a good candidate for CBT-I?
Hypnotic medications & sleep
Drugs that can cause sleep disturbance
Take-home assessment resources
Sleep diary
Limitations of research & potential risks

Assessment Factors

Assess for comorbid sleep disorders
Evaluate sleep continuity
Identify daytime symptoms of insomnia
Discern bad sleep habits
Other assessment considerations
When to refer to a sleep specialist

Sleep Hygiene: Decrease Clients' Vulnerability to Insomnia

Clock watching & implications for sleep diary
Environmental concerns
How eating affects sleep
When to exercise
Address caffeine, alcohol & nicotine use

Sleep Restriction Therapy (SRT): Strengthen the Sleep Drive and Signals From the Circadian Clock

Goals of sleep restriction
Sleep restriction rationale
SRT: Step-by-step
Considerations for setting the sleep window
How & when to extend time-in-bed
Rules for before-bed activities
Address clients' fears about SRT
Combat difficulty with waking on time
Troubleshooting insufficient progress

Stimulus Control (SC): Address Conditioned Arousal

Goals of stimulus control
Rationale for stimulus control
Stimulus control: Step-by-step
Counter arousal strategies
Activities for nighttime wakefulness
Address clients' practical concerns
Overcome obstacles to stimulus control

Cognitive Therapy: Help Clients Change Thoughts & Beliefs that Interfere with Sleep

Reduce arousal: The buffer zone & worry time
Educate your client to become an expert on their own sleep disorder
Tools to identify cognitions & beliefs that interfere with sleep
Combat intrusive thoughts during sleep time
Activities to help clients with arousal
Reduce sleep effort & worry about lack of sleep
Correct clients' unrealistic expectations
Strategies to restructure thoughts
Behavioral experiments

Questions?
Call customer service at
800-844-8260

Speaker

Donn Posner, Ph.D., a Diplomate of Behavioral Sleep Medicine (DBSM), is working as a clinical/research psychologist for the Palo Alto VA.

Prior to his role at the VA, he spent 25 years as a clinical associate professor at Brown Medical School. He served as the director of clinical behavioral medicine for Rhode Island and Miriam hospitals and was also the director of behavioral sleep medicine for the Sleep Disorders Center of Lifespan Hospitals. For 20 of those years Dr. Posner served as the primary supervisor for a rotation of the behavioral medicine track of the clinical psychology internship at Brown. He also mentored post-doctoral fellows and lectured on behavioral sleep medicine and anxiety disorders to interns, fellows, and residents in internal medicine and psychiatry. In addition, he was a consultant for the Veteran's Administration roll out of CBT-I and trained VA clinicians across the country in the implementation of this treatment.

Dr. Posner is one of the authors of *Cognitive Behavioral Treatment of Insomnia: A Session-by-Session Guide* (New York: Springer/Verlag). The book is intended for clinical trainees and non-insomnia sleep specialists, as well as more experienced clinicians from outside the sleep medicine field who wish to learn how to provide empirically validated cognitive behavioral treatment for insomnia (CBT-I).

Dr. Posner is a member of the American Academy of Sleep Medicine and became one of the first certified behavioral sleep medicine specialists recognized by that group. He is also a founding member of the Society of Behavioral Sleep Medicine and has achieved the status of Diplomate with the SBSM, the highest level of qualification and competency that the organization bestows.

Speaker Disclosure:

Financial: Donn Posner is adjunct clinical associate professor at Stanford University of Medicine. He is a clinical researcher for Palo Alto Veterans Institute for Research. Dr. Posner receives a speaking honorarium from PESI, Inc.

Non-financial: Donn Posner is a member of the American Psychological Association; Association for Behavioral and Cognitive Therapies; and the American Academy of Sleep Medicine.

FREE

Cognitive Behavioral Therapy (CBT) for Anxiety

CE Seminar & Worksheet

John Ludgate, PhD

pesi.com/CBTWorksheet

Bring any training in-house!

Convenient • Cost-Effective • Customizable

for more information visit
www.pesi.com/inhouse

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000
A Division of PESI, Inc.

Treating Insomnia

Transdiagnostic Clinical Strategies to Optimize Sleep & Improve Outcomes in Clients with PTSD, Anxiety, Depression & Chronic Pain

Featuring Donn Posner, Ph.D., Diplomate of Behavioral Sleep Medicine

Timonium, MD
Tuesday, June 18, 2019

Ellicott City, MD
Wednesday, June 19, 2019

Fairfax, VA
Thursday, June 20, 2019

FREE

Digital Content

included with registration!

A \$900 Value!

Details inside

Register Now: pesi.com/express/70998

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Treating Insomnia

Transdiagnostic Clinical Strategies to Optimize Sleep & Improve Outcomes in Clients with PTSD, Anxiety, Depression & Chronic Pain

Featuring Donn Posner, Ph.D., Diplomate of Behavioral Sleep Medicine

FREE

Digital Content

included with registration!

A \$900 Value!

Details inside

Timonium, MD
Tuesday, June 18, 2019

Ellicott City, MD
Wednesday, June 19, 2019

Fairfax, VA
Thursday, June 20, 2019

Register Now: pesi.com/express/70998

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Treating Insomnia

Transdiagnostic Clinical Strategies to Optimize Sleep & Improve Outcomes in Clients with PTSD, Anxiety, Depression & Chronic Pain

If you aren't asking about your clients' sleep, you're making mistakes as a clinician. **All clinicians should know how to properly assess and treat insomnia—sleep is that important for your clients' health and quality of life.**

It's no secret that insomnia frequently develops as a result of PTSD, anxiety, depression, chronic pain, and a wider variety of other behavioral and medical disorders. Traditional wisdom has been that if you treat the primary disorder, the insomnia will go away. However, the data does not support this traditional wisdom. Although the primary disorder improves somewhat, the insomnia often does not, which can lead to diminished improvements in clinical outcomes regarding the primary disorder, increased dropout rate and higher relapse rates.

Despite you doing everything you can to target the primary disorder, your client continues to be tired and struggles more with symptoms of the primary disorder, leaving you frustrated and overwhelmed because you don't know what to do next. **The truth is, when clients have PTSD, anxiety, depression, or chronic pain, their symptoms are made worse--and treatment more difficult--when they're not able to sleep. Therefore, the insomnia must be targeted directly.**

Improve clinical outcomes in clients by integrating the treatment of insomnia into your practice!

Join Diplomate in Behavioral Sleep Medicine Donn Posner, Ph.D., and he'll walk you step-by-step through the treatment of insomnia. You'll learn how to properly assess and develop a treatment plan for insomnia, as well as how to educate your clients about sleep to make them experts on their own sleep disorders. Discover evidence-based strategies to **help your clients sleep longer and more efficiently**, as well as enjoy increased energy levels during the day. As a result, your clients' symptoms of PTSD, anxiety, depression, and chronic pain will decrease in frequency and severity.

You'll walk away from this course with the tools you need to treat insomnia. Better still, you'll add vital techniques to your clinical tool kit that you didn't know were missing.

Register today to learn how to treat insomnia and revolutionize your treatment outcomes!

"Absolutely the best seminar I have ever attended. Detailed, precise, well presented, and well founded in evidence and theory."

Carol, KY

Objectives

1. Summarize the basics of sleep nomenclature including sleep period, phase, continuity, and architecture to inform clinical treatment interventions.
2. Conduct a clinical assessment to differentiate acute insomnia from insomnia disorder in clients and articulate the importance of treating the chronic form as a specifically targeted co-morbidity.
3. Explore the empirical evidence for the efficacy of CBT-I for both primary and co-morbid insomnia disorder to inform the clinician's choice of treatment interventions.
4. Articulate the basics of sleep regulation and demonstrate how to utilize these concepts in the deployment of CBT-I in clinical practice.
5. Identify how to obtain useable client sleep diary data and strategies for analyzing the data for use in the treatment of insomnia.
6. Apply the techniques of stimulus control, sleep restriction, sleep hygiene education and cognitive therapeutic strategies to the clinical treatment of chronic insomnia.

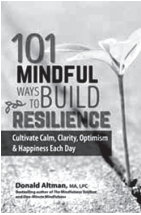
FREE
DIGITAL
CONTENT

FREE digital access with seminar completion

- Access to watch Michael L. Perlis's 24-hour program on CBT-II
- Over 20 hours of bonus video content on the diagnosis and treatment of insomnia
- Over 100 research articles, white papers & assessment tools
- The digital version of the book *Behavioral Treatments for Sleep Disorders: A Comprehensive Primer of Behavioral Sleep Medicine Interventions*, edited by Michael L. Perlis, Mark Aloia, & Brett Kuhn
- And much more!

\$900
VALUE!

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



101 Mindful Ways to Build Resilience: Cultivate Calm, Clarity, Optimism & Happiness Each Day

By Donald Altman, MA, LPC

101 Mindful Ways to Build Resilience will give you newfound hope, optimism, and strength. These are simple, yet powerful mindfulness practices that you can apply in just a minute or two—whether you're facing something extremely annoying or seemingly insurmountable. Discover how you can cultivate calm, clarity, optimism and happiness each day and retrain your brain to overcome any problem.



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

By Colleen E. Carney, Ph.D. & 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.

Live Seminar Schedule

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.



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. **Advanced online registration required.**

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure 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 profession's 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. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. 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.

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

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.



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 Kay Friske at kfriske@pesi.com or call 715-855-6362.

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.

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.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

PSYCHOLOGISTS: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PENNSYLVANIA PSYCHOLOGISTS: PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. PESI maintains responsibility for the program(s). This program qualifies for 6.25 continuing education hours.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

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.

How to Register:

Treating Insomnia: Transdiagnostic Clinical Strategies to Optimize Sleep & Improve Outcomes in Clients with PTSD, Anxiety, Depression & Chronic Pain
QUESTIONS? Call **800-844-8260** or e-mail us at **info@pesi.com**.

ONLINE

pesi.com/express/70998

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI, Inc.
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 _____

*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

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

☐ **TIMONIUM, MD**

June 18, 2019 [70998TIM]

Holiday Inn Timonium

9615 Deereco Road • 21093

(410) 560-1000

☐ **ELLICOTT CITY, MD**

June 19, 2019 [70998ELL]

Turf Valley Resort & Conference Center

2700 Turf Valley Rd • 21042

(410) 465-1500

☐ **FAIRFAX, VA**

June 20, 2019 [70998FAI]

Hilton Garden Inn Fairfax

3950 Fair Ridge Dr • 22033

(703) 385-7774

REGISTER NOW

pesi.com/express/70998

PLEASE RETURN ENTIRE REGISTRATION FORM

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. **Advanced online registration required.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coard 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.



FOR OFFICE USE ONLY
KF
Fed ID # 26-3896894
© 2019 PESI, Inc.

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

☐ **\$16.99* 101 Mindful Ways to Build Resilience** 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

Treating Insomnia: Transdiagnostic Clinical Strategies to Optimize Sleep & Improve Outcomes in Clients with PTSD, Anxiety, Depression & Chronic Pain

___ Seminar on DVD* (video) \$199.99 (RNV054805)

___ Seminar on CD* (audio) \$169.99 (RNA054805)

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

___ **101 Mindful Ways to Build Resilience** book* \$16.99 (PUB084145)

CE hours and approvals on products may differ from live CE approvals.

*Shipping is \$6.95 first item

+ \$2.00 each add'l item.

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

Product total \$ _____

*Shipping _____

Subtotal _____

**Tax _____

TOTAL _____