Outline

Assessment Techniques to Evaluate Sleep Disorders

Sleep mechanisms and importance of circadian rhythms

Key clinical interview questions

Why your clients need a sleep diary and how to implement it

Practical screening questionnaires

Sleep Disorders Associated with Common Mental Health Disorders

Differentiate sleep symptoms vs. mental health symptoms

Prevalence of obstructive sleep apnea with co-occurring disorders

- Anxiety
- Depression
- Additional other disorders

Narcolepsy and its impact on mental health

Correlation between nightmares and suicidality

Sleep recommendations for PTSD

Behaviorally Induced Insufficient Sleep Syndrome

Insomnia increases risk of Alzheimer's disease

Classes of sleep disorders and their associated mental health symptoms

- Insomnia
- Circadian rhythm sleep-wake disorders
- Sleep movement disorders
- Parasomnia
- Hypersomnia
- Sleep breathing disorders

The Bi-Directional Impact of Medications

Medications can interfere with sleep

Common side effects of hypnotics

Melatonin – how to naturally increase & when to use a supplement

Nutritional supplements and herbal medicine

Sleep Deprivation and Mental Health: Recognize Symptoms and Implement Solutions

5 domains of sleep deprivation

- Cognitive performance – decreases simple memory, complex problem solving and verbal fluency
- Physical performance – increases drowsy driving and auto accidents
- Physical health – weakens the immune system and increases risks of serious health issues
- Mental health – intensifies anxiety, impulsivity, and emotional lability
- Emotional intelligence – impairs moral and ethical decision making

Implement behavior-modifying exercises

Interventions to Correct Circadian Misalignment

Consequences of desynchrony with natural sleep cycle

Treatment plans to protect shift workers from anxiety, depression, and other mental health disorders

Manage mania associated with jetlag

Mental health risks of night owls

Strategies for clients who frequently travel

How to regulate circadian physiology

- Body clock
- SCN in the brain
- Cellular mechanisms

Balance out melatonin rhythm

Assess Children's Sleep Issues and Implement Strategies to Improve

ADHD, sleep disorder, or both?

Obstructive Sleep Apnea often mistaken as other mental health symptoms in children

Restless Legs Syndrome

Sleep and naps are critical for development and growth

Children's sleep screening and recommendations

Step-by-step guide for parents to help kids sleep better

Techniques to Evaluate and Improve Teen Sleep

How to determine a teenage client's natural circadian rhythm

Dangers of sleep deprivation in adolescents

- Increased negative risk taking
- Correlation between lack of sleep and suicidality
- Decreased academic achievement and decision making ability
- Higher rates of juvenile delinquency
- Driving drowsy and car accidents

Tools for increasing teens' sleep

School start time – how to advocate for change

Practical Methods to Create a Sleep Healthy Lifestyle

Develop individualized healthy sleep plans for your clients – not a cookie cutter approach

Get clients to "yes" in prioritizing optimal sleep

Behavior-modifying exercises to help clients snap out of their sleep-depriving habits

Address family and couple dynamics to allow everyone healthy sleep

Tips and tricks for evening cell phone use to promote better sleep

Techniques to reinforce long-term sleep health

When to make a referral

- What clients can expect from sleep disorder treatments

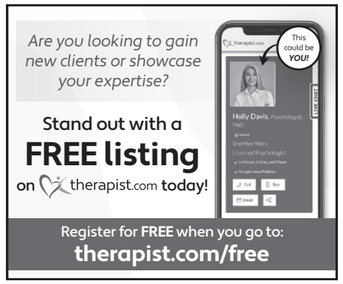
Live Webinar Schedule
(Times listed in Mountain)

8:00 Program begins

11:50-1:00 Lunch Break

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.
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Non-Medication Interventions to Restore Sleep Quality and Improve Clinical Outcomes

- Key sleep quality questions you should be asking at every intake
- Increase your clients' capacity to cope, make healthy decisions, and comply with treatment recommendations
- Simple and effective strategies for helping all clients change their sleep-depriving habits
- Interventions to address insomnia, disrupted sleep, nightmares, hypersomnia and more!



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SLEEP AND Mental Health

How many of your clients have sleep issues?

Or maybe the real question is how many of your client don't?

Where we used to think mental health problems caused insomnia, we now know that the relationship is more circular than causal. Risky and addictive, drugs aren't the answer. But without addressing sleep issues, and intervening in this vicious cycle, your treatment plans for mental health issues will likely be less effective and yield less successful outcomes.

You CAN help your clients improve their sleep and make your treatment of mental health issues more effective than ever before…and you don't need to be a sleep expert to do it!

Whether you work with anxiety, depression, trauma, bipolar or any other disorders, this one- day training will give you the sleep assessment tools and treatment techniques you need to guide clients out of their sleep deprived world so you can improve clinical outcomes.

Attend this training and discover how you can:

- Naturally improve sleep in clients without the use of addictive medication
- Identify sleep disorders and differentiate them from mental health symptoms
- Improve sleep for clients of all ages – from kids to adults
- Snap clients out of sleep-depriving habits with behavior changing exercises

Sign up today, and add a new tool to your toolbox to bring greater healing to your clients through the power of sleep!

Objectives

1. Analyze which mental health symptoms accompany the many sleep disorders and its clinical implications.
2. Assess your clients' symptoms for sleep disorders that impair mental health to improve treatment outcomes.
3. Practice psychoeducation with clients to help them identify their individual optimal sleep needs for improved mental health and daily functioning.
4. Develop an optimal individual sleep treatment plan for your clients and implement skills to help them adopt the sleep healthy lifestyle.
5. Determine when referral for further sleep disorders treatment is an appropriate approach to manage symptoms.
6. Evaluate the mechanisms by which insufficient sleep and sleep disorders contribute to mental health problems for purposes of client psychoeducation.



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Meet Your Speaker

Catherine Darley, ND, is a leader in integrative sleep medicine. She founded The Institute of Naturopathic Sleep Medicine, Inc in 2003, and since then has helped people of all ages sleep well using behavioral and naturopathic approaches for sleep disorders. Dr. Darley led the Start School Later initiative in Seattle, which succeeded in improving school hours for more than 50,000 students. She teaches at Bastyr University and the National College of Natural Medicine and is on the inaugural panel of experts for the Sleep Cycle Institute. Dr. Darley is published in numerous professional journals, has been quoted in several popular magazines, and has appeared on TV to share her expertise. She received her Doctor of Naturopathic Medicine from Bastyr University and completed a preceptorship at the Stanford University Sleep Disorders Center. She is an expert and dynamic speaker, teaching a wide range of groups through engagement, storytelling, and with a clear explanation of the mechanisms of sleep, circadian physiology, and treatment protocols.

Speaker Disclosure:

Financial: Catherine Darley founded The Institute of Naturopathic Sleep Medicine, Inc. She is on faculty at Bastyr University and the National College of Natural Medicine. Dr. Darley receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Catherine Darley has no relevant non-financial relationship.

Target Audience:

Counselors • Social Workers • Psychologists • Psychotherapists
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Leslie Korn, PhD, MPH, LMHC
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Therapeutic Yoga for Trauma Recovery
Applying the Principles of Polyvagal Theory for Self-Discovery, Embodied Healing, and Meaningful Change
Arielle Schwartz, PhD, CCTP-II, E-RYT
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