

OUTLINE

**Assess for Sleep Problems, Sleep Efficiency, and Relationship with Sleep**  
Understanding biological clocks and other invisible patterns  
Age-related shifts throughout the lifespan  
How interconnected biological rhythms impact sleep...and psychotherapy  
Key interview questions and screening questionnaires  
Using the Insomnia Severity Index and other assessment tools

**Sleep and Circadian Rhythm Disruptions (SCRD): Chronic Illness, Inflammation, and Co-Occurring Mental Health Issues**  
Warning signs of Circadian Rhythm Disruption  
Systemic inflammation and chronic illnesses  
Low energy and chronic fatigue  
Pregnancy, childbirth, and menopause  
Insights for stress, trauma, disordered mood, and addiction  
Case study - 55 yo female with poor quality sleep, chronic fatigue, migraines, and joint pain for 20 years

**Restore Healthy 24-Hour Rhythms: Quick Tips and Long-Term Strategies**  
3 ways to befriend biology's natural peaks and valleys  
Quick tips to enhance rhythm entrainment immediately  
Timing activities to match client's chronotype  
Naps: are they in or out?  
Breathing practices for resonance frequency training  
How to support recovery after illness, trauma, and life disruptions

**The Sleep Anxiety Treatment Plan**  
Strategies to help clients identify what lies behind their sleep anxiety  
ACT tools to help clients accept and attend to worry in more effective ways  
How to establish night-time patterns with less frustration  
Plans for "worst case scenario nights"

Help clients wake up with less dread with Narrative and Image Rehearsal Therapy  
Simple techniques to help improve function after a poor night's sleep  
How to individualize practices so they don't feel like homework  
Methods of inquiry to move toward life goals despite sleep problems

**Making Clients Better "Sleep Architects": Strategies to Create Better Sleep Habits and Enhance Deep Sleep**  
When to eat, drink, move, and rest  
Improving wakefulness during the day  
Navigating sleep architecture to enhance deep sleep  
What sleep needs from the daytime  
Best movement habits for body clocks

**CBT-I and Insomnia Treatment Plans Based on the Latest Sleep Science**  
Creating individualized plans with anchors and flow  
Tailoring a daily plan based on the latest science  
Expanding treatment plans based on client needs and preferences  
Integration of cognitive behavioral therapy for insomnia (CBT-I)  
Limitations of the research and potential risks  
Mindfulness and nature-based strategies to help clients sustain behavior changes and sleep better  
Timing interventions for maximum effect  
Creating a win-win for changes that stick  
How nature and natural light help regulate sleep patterns  
Mindfulness practices to reduce stress and promote relaxation

**Live Webinar Schedule - both days**  
*(Times listed in Eastern)*

**9:00** Program begins

**12:50-2:00** Lunch Break


**5:00** 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.

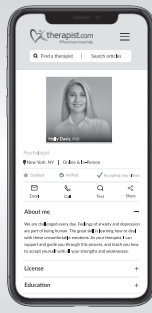
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2-Day

# Sleep Anxiety, Insomnia and Rhythm Disruptions

A Complete Behavioral Treatment Plan for Improving Sleep and Co-Morbid Conditions

Live Interactive Webinar

Monday & Tuesday, September 18 & 19, 2023

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2-Day

# Sleep Anxiety, Insomnia and Rhythm Disruptions

A Complete Behavioral Treatment Plan for Improving Sleep and Co-Morbid Conditions


- Assess for sleep problems, sleep efficiency, and relationship with sleep
- Quickly increase sleep quality using CBT-I and other effective strategies
- Reduce symptom severity in clients with trauma, anxiety, and more
- Create "emergency plans" for clients having a bad night of not sleeping
- Includes "The Art of Sleep Workbook" with reproduceable worksheets

Live Interactive Webinar

Monday & Tuesday, September 18 & 19, 2023

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## 2-Day Sleep Anxiety, Insomnia and Rhythm Disruptions

Whether you're looking to **establish yourself as an expert in the rapidly growing field of behavioral intervention for sleep**; or wanting to enhance treatment for a host of common mental health issues exacerbated by sleep loss --- this training is for you.

Because it's a universal experience as a therapist... your caseload is full of clients struggling to sleep, making therapy more challenging and less effective no matter what you treat.

That's why clinical psychologist and sleep expert Dr. Jessica Del Pozo developed this comprehensive sleep solution training for therapists....

...so you can **treat insomnia and reduce the severity of symptoms in clients struggling with anxiety, trauma, stress, mood disorders, life transitions, and more.**

In just 2 days you'll learn to connect clients with their innate body clocks and construct a daily routine that supports their unique chronobiology, age, and schedule so they can fall asleep, stay asleep, and maintain these gains for the long term.

With **behavioral interventions based in the latest sleep science, user friendly worksheets and detailed clinical guidance for conducting each session** you'll finish this course ready to:

- Assess for sleep problems, sleep efficiency and your clients' relationship with sleep
- Uncover and address the anxiety behind their sleepless nights
- Individualize treatment to match each client's unique biology
- Improve energy and focus through small, specific behavioral anchors
- Trouble-shoot unique schedule and health challenges to maximize sleep potential
- Apply specific strategies for managing co-morbidities
- And much more!

Don't miss this chance to add a valuable new dimension to your practice...and have clients sleeping better than ever before.

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## Meet Your Speaker

**Jessica Del Pozo, PhD**, is a licensed clinical psychologist with over 20 years of extensive professional experience in large and small health care organizations. As a clinician and researcher, she has worked in sleep medicine, chronic pain management, and physical medicine settings amongst others. Dr. Del Pozo taught advanced sleep courses for over 15 years at Kaiser Permanente and is Board-Certified in Biofeedback. She treats clients with co-morbid sleep and circadian rhythms disruption (SCRD) with their presenting symptoms of trauma and stress, pain, digestive problems, heart disease, diabetes, asthma, mood disorders, addiction, chronic fatigue, Parkinson's, dementia, and more.

Speaker Disclosures:

Financial: Jessica Del Pozo maintains a private practice and is the owner of Lemke Health Partners. She receives a speaking honorarium from Mercy Center Auburn and PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Jessica Del Pozo is a blogger with Psychology Today and a contributing fellow to The Institute of Chronic Pain. She is a member of the California Psychological Association and the Association for Applied Psychophysiology and Biofeedback.

### Target Audience:

Counselors • Therapists • Social Workers • Psychologists • Addiction Counselors • Nurses • Physicians  
Other health and mental health professionals

### CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

#### National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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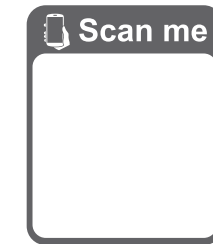
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**September 18 & 19, 2023** [PWZ89619]

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9am Eastern time

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#### QUESTIONS

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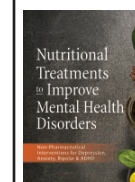
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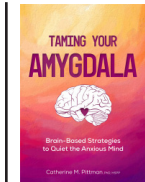


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