



## BEHAVIORAL SLEEP MEDICINE PROGRAM

### PENN Behavioral Sleep Medicine Mini-Fellowship

#### Registration

Name (First and Last and Degree) \_\_\_\_\_

Discipline \_\_\_\_\_ Years in Clinical Practice \_\_\_\_\_

Prior CBT-I / BSM Training \_\_\_\_\_

Email & Cell Phone \_\_\_\_\_

Institutional Affiliation \_\_\_\_\_

Proposed Date of Fellowship \_\_\_\_\_ (Month and year, all fellowships are 2<sup>nd</sup> week of the month)

Are you attending with a colleague?  Yes  No. If yes, please indicate who \_\_\_\_\_

#### Program Information

Thank you for your interest in our program. Please complete this form and return it to me at least two months prior to the scheduled event (send to [mperlis@upenn.edu](mailto:mperlis@upenn.edu) with a cc/ to [wkhader@penmedicine.upenn.edu](mailto:wkhader@penmedicine.upenn.edu))

The dates for each Penn Mini-Fellowship (PMF) will be the 2nd Tuesday, Wednesday, and Thursday of the month on a bi-monthly basis starting in February 2018.

Each group PMF will be 4-5 people and will proceed according to the following schedule.

Day 1 is with me (101 questions you have always wanted to ask + other advanced topics, e.g., Alternative Models of Insomnia, PSG report interpretation, EEG classification of Sleep, Sleep Meds, etc.).

Day 2 is with three BSM faculty  
Phil Gehrman PhD (signs & symptoms of intrinsic sleep DXs, assessment, actigraphy).  
Jackie Kloss PhD (Women's Health and Sleep; Sleep in Adolescence).  
Babi Chakravorty MD (Sleep and addictions, Sleep Meds)  
Optional: Erin Vera PhD (Sleep and Weight & Sleep and Pain)

Day 3 is with Jim Findley PhD (review of recorded sessions and the finer points of CBT-I Practice).

The cost is \$1699 + \$25 for APA CEs per person. Payment is due no later than 1 month prior to the start date for the PMF and should be made payable to the "Trustees of the University of Pennsylvania" with a clear note on the memo line "for the Penn BSM Mini-Fellowship program". The check should be mailed to:

PENN Behavioral Sleep Medicine Mini-Fellowship Program  
c/o Ms. Eileen Mergliano  
Department of Psychiatry, University of Pennsylvania  
3535 Market Street, Suite 670 Room #6125  
Philadelphia, PA 19104-3309

#### Cancellation Policy.

Registrants. Course registration may be cancelled up to 4 weeks prior to the scheduled activity. Cancellation, on or before 4 weeks prior to the PMF, will allow for a full refund of registration fees. *No refunds will be provided if the cancellation occurs after the 4 week deadline.* Program. If the faculty of the PMF have to cancel the activity, program will provide a full refund of registration fees. In either case, no refund or compensation will be provided for related expenses (cancellation fees levied by travel agencies, airlines, hotels, etc.). Cancellation by program will, however, additionally compensate registrants by providing complimentary access to one or both of the Penn BSM courses and/or complimentary copies of the CBT-I Educational Products' mock case vignette DVDs.

Please address all questions to me at [mperlis@upenn.edu](mailto:mperlis@upenn.edu), with a cc/ to our program coordinator at [wkhader@penmedicine.upenn.edu](mailto:wkhader@penmedicine.upenn.edu)