

## 1. Program Overview

Course content will fall within 3 broad areas that include: 1) An overview of sleep disorders and their treatment, 2) Normal sleep and sleep assessment, 3) Adult behavioral sleep medicine interventions. To the extent possible, we will tailor the experience to the needs participants. Please see our web site for a link to a sample itinerary.

## 2. Behavioral/Educational Objectives

- Describe the etiology of insomnia.
- Describe the pathophysiology of insomnia.
- Identify the theoretical underpinnings of CBT-I.
- Identify key features of sleep restriction.
- Explain stimulus control.
- Describe sleep hygiene.
- Describe cognitive restructuring as applied to insomnia.
- Recognize key features of commonly-occurring sleep disorders.
- Summarize normal sleep processes.
- Explain normal sleep architecture.
- Interpret data from common sleep assessment methods.
- Implement CBT-I with minimal to no supervision.

## 3. Target Audience

The course is designed for Psychologists, Social Workers, Nurses, Nurse Practitioners, or Physicians, with some background in Behavioral Sleep Medicine, such as previous training, familiarity with treatment manuals, or 5-10 clinical cases. The Mini-fellowship is especially suited to those seeking to be well-rounded providers of BSM services through a thorough introduction to Behavioral Sleep Medicine that includes relevant material from the broader field of Sleep Medicine.

## 4. Continuing Education Information

The Department of Psychiatry University of Pennsylvania is approved by the American Psychological Association to sponsor continuing education for psychologists. The Department of Psychiatry University of Pennsylvania maintains responsibility for this program and its content. Participation in the BSM Mini-Fellowship carries 16 CE credits. The credits apply to didactic presentations. We cannot offer CE credits for clinical observation though we do believe that clinical observation is a critical training component.

## 5. Fee for Continuing Education Credit

Fee for the Mini-Fellowship is \$1699.00. A \$25 fee is applicable for anyone applying for APA CE credit. Separate checks in each amount should be *made payable to* The Trustees of the University of Pennsylvania and *mailed to*:

James Findley, PhD  
3535 Market St., Suite 670  
Philadelphia, PA 19104

Please be sure the checks are handled as described, otherwise they are likely to be misrouted.

## 6. Special Needs Statement

If special arrangements are required for an individual with a disability to attend this meeting, please contact James Findley, PhD at 215-746-8805, no later than two weeks prior to the lecture date.

**7. Nondiscrimination statement**

The Behavioral Sleep Medicine Program and The University of Pennsylvania values diversity and seek talented students, faculty, and staff from diverse backgrounds. Our program and the University do not discriminate on the basis of race, sex, sexual orientation, religion, color, national or ethnic origin, age, disability, or status as a veteran. Questions or complaints regarding this policy should be directed to the Executive Director, Office of Affirmative Action, 1133 Blockley Hall, Philadelphia, PA 19104-6021 or 215/898-6993 (Voice) or 215/898-7803 (TDD).

**8. Cancellation and Refund Policy Statement**

The Penn Behavioral Sleep Medicine Program reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, the Penn Behavioral Sleep Medicine Program will refund any registration fee but it is not responsible for any related costs, charges, or any expenses to participants, including cancellation costs incurred by airlines/travel agencies.

In order to process refunds for course withdrawals, written notification of cancellation must be received two weeks prior to the scheduled date of participation in the Mini-Fellowship (subject to a service fee). No refunds will be granted thereafter.

**9. Disclosure of Relevant Financial Relationships**

All the participating faculty in the Mini-Fellowship program either have no commercial interests related to CBT-I or Behavioral Sleep Medicine or have educational or research activities within these arenas. For a full disclosure of each faculty members related activities, please visit our web sites at:

[Penn Behavioral Sleep Medicine](http://www.med.upenn.edu/bsm)  
[www.med.upenn.edu/bsm](http://www.med.upenn.edu/bsm)