1. Program Overview (Penn Mini-Fellowship [PMF])

For clinicians interested in a broader exposure to Behavioral Sleep Medicine and Sleep Medicine, we offer a 3-day mini-fellowship. This experience utilizes a small group format (1-2 instructors/mentors and 2-4 attendees/didactic), covers a broad range of advanced topics, and provides the opportunity for extensive QnA. Please see our web site for a link to a sample itinerary.

The PMF is designed for clinicians & clinical researchers with prior training and/or significant experience with CBT-I and/or Behavioral Sleep Medicine. Eligible candidates should have a minimum training of 30-60 hours of didactics (e.g. one of the CBT-I basic courses) and/or 5-10 completed cases of CBT-I.

The PMF will occur on a bi-monthly basis on the second Tuesday, Wednesday, and Thursday of the month (February, April, June, August, October, and December). Practices and institutions that wish to book the PMF for a group are welcome to do so.

2. Behavioral/Educational Objectives

Below are general objectives that will be tailored to the needs and interests of each group.

- Describe the etiology of insomnia (beyond the 3P model)
- Describe the pathophysiology of insomnia (beyond the mismatch, conditioning, and stimulus dyscontrol)
- Identify key features of sleep restriction (beyond the mismatch)
- Identify key features of stimulus control (beyond stimulus dyscontrol)
- Describe sleep hygiene (The good, the bad, and the ugly)
- Summarize normal sleep processes.
- Explain normal and abnormal sleep architecture
- Recognize key features (signs and symptoms) of commonly-occurring sleep disorders
- Interpret data from common sleep assessment methods (focus is largely on PSG, PSA, and Actigraphy).

3. Target Audience

The course is designed for Psychologists, Social Workers, Nurses, Nurse Practitioners, and Physicians.

4. Continuing Education Information

The Department of Psychiatry University of Pennsylvania is approved by the American Psychological Association to sponsor continuing education for psychologists. Participation in the PMF carries between 15 and 22 CE credits.

5. Fees

The fee for the Mini-Fellowship is $1699.00 per person. A $25 fee is applicable for anyone applying for APA CE credit. Payment should be made by checks made payable to “The Trustees of the University of Pennsylvania” with a note in the Memo line: for BSM program PMF mailed to:

Eileen Mergliano BSM Program Administrator
Department of Psychiatry, University of Pennsylvania
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 Michael Perlis PhD at mperlis@upenn.edu, 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 seeks 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 standing faculty in the PMF program have no commercial interests related to CBT-I or Behavioral Sleep Medicine, apart from not-for-profit educational activities or research grants related to BSM. For a full disclosure of each faculty members related activities, please visit our web sites at:

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