



Advanced CBT-I 2020

Thursday-Saturday, April 23-25 2020, Houston Hall Penn Campus, Philadelphia, PA

Day One Thursday, April 23rd

8:00-9:00

-- Welcome --

9:15-10:45

Review of Advanced Insomnia Models

Michael Perlis PhD

11:00-12:30

Alternative delivery systems for CBT-I
(phone, internet, skype)

Jason Ellis PhD

**** 12:30-1:15 Lunch Break ****

1:15-2:45

Adjuvant and/or alternative treatments
(e.g., sleep compression)

Donn Posner PhD

3:00-4:30

Alternative measurement of sleep
(actigraphy, zeo, etc.)

Jason Ellis PhD

4:45-5:45

Lecture on interpreting PSG reports
Michael Perlis PhD

Day Two Friday, April 24th

8:00-9:30

To Medicate or Not Medicate?
Donn Posner PhD

9:45-12:39

Lecture on combo Tx (Meds and CBT-I)
Michael Perlis PhD

**** 12:30-1:15 Lunch Break ****

1:15-5:45

Group Discussion re: Getting Referrals

Example Case Presentations

Case Presentations by Attendees

Day Three Saturday, April 25th

8:00-12:15

Remaining Case Presentations

**** 12:15-1:15 Lunch Break ****

1:15-5:45

Review of Classical resistances
&
Role Plays

NOTE:

All 3 days will run from 8-6pm with breaks every 60-90 minutes and a break for lunch. Lectures and activities may significantly vary in their start times given attendee participation and lecturer extemporization and circumlocution. Further it is likely that one or two of the Day 1 lectures will extend into the AM on Day 2.